

# West Dartmoor Federation



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Our Month of Kindness

January 2019

Dear Parents,

Welcome back to a new term!

To ensure a really positive start to the year we have decided to focus on kindness. In assembly today we shared the book 'Have you filled your bucket today?' The book encourages positive behaviour and how rewarding it is to express daily kindness, appreciation, and love. Bucket filling and dipping are used to explain the effects of our actions and words on the well-being of others and ourselves. Throughout this month, children who have especially gone out of their way to show kindness will be rewarded with a certificate which will be presented in our weekly achievement assembly.

Today the children have brought home a calendar full of acts of kindness. We would like to encourage the children to try to carry out at least one of these acts of kindness every day (we are aware that we are starting on day 7!) and after talking with you about what they have done, they can highlight that act. They do not have to be done in date order. We would really appreciate it if you could send in a photograph of your children completing one of the acts of kindness so that we can build up a kindness photo display to celebrate the month.

Please send photographs to the school admin address with the subject – kindness

[admin@meavy.devon.sch.uk](mailto:admin@meavy.devon.sch.uk)

[admin@ladymodifords.devon.sch.uk](mailto:admin@ladymodifords.devon.sch.uk)

We will not be collecting in completed calendars and there are no prizes for completing all the activities. It is more about making sure that kindness is at the forefront of the children's minds and that as a whole school community we are really thinking and talking about how our words and actions can impact on ourselves and those around us.

We hope you will join us in supporting the children with our kindness challenge.

With kind regards,

The staff