



St. Joseph's Catholic Primary School,  
St. Joseph's Way, Jarrow,  
NE32 4PJ.  
0191 5364311

[www.stjosephsjarrow.co.uk](http://www.stjosephsjarrow.co.uk)  
[office@stjosephsjarrow.co.uk](mailto:office@stjosephsjarrow.co.uk)  
Facebook: @stjosephsjarrow  
Instagram: @st\_josephs\_rc\_eyfs



Head Teacher: Mr. P. Craig  
Monday 15th January 2024

Dear Parents/Carers,

Following the success of last year, we have decided to once again ask our pupils and families to complete the 30-day Kindness Challenge.

'Kindness Matters' is a programme that promotes an even more positive approach to life, both in school and at home. Children are encouraged to reflect on how they have been kind, and how we can improve our 'kindness'.

Today, our whole school reacquainted ourselves with John Magee, who is known as the 'Kindness Coach', and he reintroduced the 30-day Kindness Challenge. All of our pupils are being challenged to be kinder over the next 30 school days, and to reflect on their journey. They will watch a short video clip led by John at the start of each school day which promotes a 'kind' idea. Examples of this are:

- saying something nice to an adult
- throwing rubbish in a bin
- contacting an elderly relative

We are asking all pupils to do this at home, from Nursery upwards, and each child has been given a 'Challenge Booklet' to complete at the end of every day. Obviously with younger children, this may need to be completed by an adult. Instructions on how to complete it are in the booklet. We also ask our parents and families if they would also like to take part. If you would like your own booklet, please ask at the office. We ask that completed booklets are brought back in after the final challenge day on Friday 1st March. We hope to have John back in school soon, however he is currently in warmer weather in Cambodia (lucky thing!)

We welcome any photos you may take of your child either being kind or reflecting on their kindness. Please send any photos to [enquiries@stjosephsjarrow.co.uk](mailto:enquiries@stjosephsjarrow.co.uk)

We are really looking forward to being more 'kind'. Hope you are too!

Yours sincerely

Mr P Craig  
Headteacher



**Better Health**  
at Work Award  
Silver Award