



# NEWSLETTER

What's inside...

**PRINCIPAL'S  
WELCOME**

**REWARDS &  
RECOGNITION**

**SCHOOL  
COUNCIL**

**NHS  
NEWS RELEASE**

**WORKING WELL  
GOLD AWARD**

**THE ROYAL NAVY  
VISIT**

**SPORTS  
UPDATE**

**CREST**

**KNOWSLEY CHAMBER  
AGM VISIT**

**STUDENT  
SAFEGUARDING**

**CHRISTMAS  
COOKING CLUB**

**SAVE THE  
DATE**

**CHILD CARE  
THIS WINTER**

**DECEMBER  
KINDNESS 2022**

## DEAR PARENTS AND CARERS

Dear Parents and Carers,

Welcome to the final edition of our newsletter in 2022. This festive edition showcases just some of activities that students have been exposed to recently and also celebrates the achievements of many students across the curriculum.

We are all extremely proud of our students and the way they have started the new academic year. In my first term as Principal I have witnessed the enormous potential in this school and can see improvements already. The students will tell you that I insist on the highest standards; simply because I want them to achieve well and ensure learning is the priority.

As you read through this edition you will see the wide range of opportunities our students have had from the **Royal Navy** visit in Hospitality and Catering and our brilliant **Future Female Leaders** addressing the **Knowsley Chamber AGM**; just some of the highlights recently. We have now finalised our recruitment to the school council and they will support the prefect team and the wider school to ensure students have a say in what happens here.

Towards the end of this edition you will find some useful contacts for safeguarding should you need support over the Christmas period. Please be aware that not all safeguarding staff will access their e-mails over the Christmas period and if you have concerns they you should contact Knowsley or Liverpool Social Care or the police. The contact numbers and information is contained in this newsletter.





# DEAR PARENTS AND CARERS CONTINUED...

Finally, I would like to remind you that we return to school on **Tuesday 3rd January 2023** and students should arrive on time for line and registration which begins at **8.45am**. We will expect students to arrive to school with their new timetable, school bag, equipment and follow our uniform guidelines.

I would like to take this opportunity to thank you for your support during my first term here and also wish you all a very Merry Christmas and Happy New Year.

All the very best,

Mr I Critchley  
Principal



A GREAT  
PLACE  
TO BE A  
PART OF

# REWARDS & RECOGNITION

## Celebrate Success Ceremonies - Rewards week:

As this term is coming to an end, this week has been a time for our pupils to reflect on their progress and achievements made. Therefore, all pupils at Halewood Academy have been taking part in extended assemblies where **Rewards & Recognition** have been celebrated!

There have been a number of accolades awarded to pupils with awards ranging from subjects, attitude to learning, 100% attendance and Progress Leader[s] nominations.

Pupils have been awarded with certificates, prizes and badges. Many congratulations to this term's deserving winners!

**Mr A Roberts**

Assistant Vice Principal



Well Done!

Well Done!



Well Done!

Well Done!



Well Done!

Well Done!

# REWARDS & RECOGNITION



HALEWOOD  
ACADEMY



Well Done!

Well Done!



Well Done!

Well Done!

Well Done!



Well Done!

Well Done!



Well Done!

Well Done!

Well Done!



Well Done!

Well Done!



Well Done!

Well Done!

Well Done!

# REWARDS & RECOGNITION



HALEWOOD ACADEMY



Well Done!

Well Done!



Well Done!

Well Done!

Well Done!



Well Done!

Well Done!



Well Done!

Well Done!

Well Done!



Well Done!

Well Done!



Well Done!

Well Done!

Well Done!

MEMBER OF THE WADE DEACON TRUST

# REWARDS & RECOGNITION



HALEWOOD  
ACADEMY



Well Done!

Well Done!



100% ATTENDANCE

100% ATTENDANCE

100% ATTENDANCE

Well Done!

Well Done!



100% ATTENDANCE

100% ATTENDANCE

100% ATTENDANCE

Well Done!

Well Done!



100% ATTENDANCE

100% ATTENDANCE

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Well Done!

Well Done!



100% ATTENDANCE

100% ATTENDANCE

100% ATTENDANCE

Well Done!

Well Done!



Well Done!

Well Done!

MEMBER OF THE WADE DEACON TRUST

# REWARDS & RECOGNITION AWARDS

Subject	Name	Form
<b>YEAR 7</b>		
English	Billy P	7DOL
Dance	Imogen H	7JMA
Maths	Adam M	7HSA/7DAT
Drama	Connie M	7NMC
MFL	Alfie P	7JMA
Art	Freddie C	7NMC
RE	Freddie C	7NMC
Geography	Sean K	7LMO
History	Harry B	7SRL
PE	Gabby D	7LON
Computer Science	Ethan R	7LMO
DT	Crystal L	7PRY
Science	Alfie P	7JMA
Music	Marley B	7HSA/7DAT
Assistant Progress Leader Award	Lacey M	7DOL
Progress Leader Award	Pharris C	7LOW

<b>YEAR 8</b>		
English	Poppy E	8JCU
Dance	Kaitlyn F	8DRO
Maths	Josef C	8REL
Drama	Max R	8RDO
MFL	Sienna S	8JCU
Art	Rhian B	8KHE
RE	Lennon M	8SOW
Geography	Hannah M	8KWI
History	Freya M	8KWI
PE	Logan H	8SOW
Computer Science	Kendra A	8JCU
DT	Krzysztof G	8CCO
Science	Tyler R	8KHE
Music	Charlie S	8GOW
Assistant Progress Leader Award	Amanique S	8CCO
Progress Leader Award	Alexandru B	8KWI

Subject	Name	Form
<b>YEAR 9</b>		
English	Laurie C	9DMO
Dance	Jemima H	9NHI
Maths	Joel H	9CSA
Drama	Brandon C	9HSC
MFL	Brandon C	9HSC
Art	Ophelia R	9CSA
RE	Jessica S	9NHI
Geography	Callum D	9CSA
History	Ava P	9SSC
PE	Laurie C	9DMO
Computer Science	Brandon C	9HSC
DT	Holly M	9NHI
Science	Chloe W	9NST
Music	Archie H	9SSC
Assistant Progress Leader Award	Jack M	9SSC
Progress Leader Award	Louie H	9EBB

<b>YEAR 10</b>		
English	Emylea H	10RSE
Dance	Isabella J	10RKE
Maths	Olivia B	10SJO
Drama	Jamie C	10RKH
MFL	Rosie C	10PBR
Art	Jamie C	10RKH
RE	Heidi O	10PBR
Geography	Sam S	10KHO
History	Tasha S	10PMC
PE	Ellie S	10RKE
Computer Science	Autumn H	10RSE
Business	Amelia H	10PBR
Photography	Gabby M	10LPA
Hospitality and Catering	Lewis S	10PMC
Science	Jack L	10KHO
Health & Social Care	Megan A	10PMC
Child Care	Paige C	10PMC
Music	Archie H	10KHO
Assistant Progress Leader Award	Libbie B	10RKE
Progress Leader Award	Alfie K	10RSE

# SCHOOL COUNCIL

HALEWOOD  
ACADEMY

We are proud to introduce the members of our whole **School Council**. Congratulations to them for being successfully appointed to represent their respective form groups.



Pupils on the **School Council** meet annually to consult on all things School and the wider community related, as we at Halewood Academy firmly believe that our pupils have unique perspectives on learning, teaching and school life and we encourage our pupils to think about how to enact their understanding of human rights and responsibilities in practical ways.

We look forward to the new ideas you will bring!

**Mr A Roberts**

Assistant Vice Principal

Year group	Name	Form
7	Sam W	7CJO
7	Shaye H	7DOL
7	Josh B	7HSA/DAT
7	Liv C	7JMA
7	Lyra C	7LON
7	Freddie C	7NMC
7	Addison H	7PRY
7	Layla W	7LMO
7	Harry B	7SRL
8	Jamie S	8CCO
8	Mikey C	8GOW
8	Luke D	8KHE
8	Michael W	8KWI
8	George M	8LKL
8	Josh S	8RDO
8	Paige H	8SOW
8	Jake R	8JCU
9	Josh H	9CKN
9	Kenzie F	9CSA
9	Louie H	9EBB
9	James S	9HSC
9	Connor F	9HI
9	Chloe W	9NST
9	Francis W	9SMT
9	Max M	9DMO
9	Ellie W	9LTR
10	Olly C	10KHO
10	Jake D	10PMC
10	Jamie C	10RKH
10	Emily E	10RSE
10	Finley M	10VKE
10	Luke S	10LPA
10	Max H	10SJO

**NEWS RELEASE  
FOR IMMEDIATE RELEASE****NHS urges parents of secondary school-aged children to take up school flu vaccine offer, amid rising cases**

Secondary school flu vaccination has started in the North West this month, with school vaccination teams already taking the vaccine out to pupils to ensure they have the best protection this winter.

The NHS is once again offering the flu vaccine, which is usually given to children as a nasal spray, to secondary school aged children in years 7 to 9. Parents of those who are eligible are asked to return their consent forms to school as soon as possible.

Vaccination teams will be visiting schools across the region through December and January to ensure as many eligible young people as possible can get their vital protection.

Children and young people often catch and spread the flu very easily, and parents are being urged to take up the vaccination offer as soon as their children are invited.

Flu, which is caused by the influenza virus, can be a very unpleasant illness for children and can sometimes lead to more serious illnesses such as pneumonia or bronchitis. When children have the nasal flu vaccination, it can not only protect them, but can stop the spread to other, more vulnerable groups.

The latest data from the UK Health Security Agency shows rates of hospitalisation for flu has risen more than 14% in the North West in the past week.

Parents of children in school years 7-9 will receive a consent form and leaflet inviting them to take up the opportunity to have the flu vaccine in school.

The nasal spray, which is offered to eligible children every year to protect them from flu, is free on the NHS to the following groups:

- children aged 2 or 3 years on 31 August 2022 (born between 1 September 2018 and 31 August 2020)
- all primary school children (Reception to Year 6)
- some secondary school aged children
- children aged 2 to 17 years with long-term health conditions
- If your child is aged between 6 months and 2 years and has a long-term health condition that makes them at higher risk from flu, they'll be offered a flu vaccine injection instead of the nasal spray. This is because the nasal spray is not licensed for children under 2 years old.

**Tricia Spedding, who is Head of Public Health at NHS England – North West and leads the regional flu vaccination programme, said:** “In the North West, we have seen flu related hospitalisations rising week on week and the flu vaccine is our best defence to keep us safe this winter.

“The nasal spray is quick and painless, and should your child catch the flu after having it, the illness is less likely to make them seriously unwell. Any side effects will be very mild and shouldn't last more than a day or so.

“Vaccination teams will be visiting schools across the region throughout December and into the new year and I would urge the parents of eligible secondary school-aged children to return their consent forms and take up the offer when they visit your child's school.”

Eligible people need to have a flu vaccine every year because the viruses that cause flu can change. This year's flu jab is a good match for the type of seasonal flu that is currently circulating (H3N2), and is the best and most effective way to protect ourselves, and our loved ones this winter.

# WORKING WELL GOLD STANDARD AWARD



HALEWOOD  
ACADEMY

As part of the Knowsley Chamber of Commerce, Halewood Academy has been acknowledged to the Knowsley Gold Standards of Working Well. Working Well is a partnership between Knowsley Public Health and the Chamber of Commerce to ensure that businesses are equipped to provide health and wellbeing guidance, activities and programmes that focus on physical and mental wellbeing. A strong emphasis is placed upon the working environment and culture to ensure it is one that is conducive for all. Halewood Academy is proud to reach this standard, showing the commitment to wellbeing for all.



The Working Well standards can support employers with practical advice and help companies to introduce new measures such as resilience workshops, mental health awareness sessions, stress management and mindfulness. If you are a local Knowsley based business or company and would also like to explore this award, please contact Cheryl Smeatham, at [cheryl.smeatham@knowsleychamber.org.uk](mailto:cheryl.smeatham@knowsleychamber.org.uk) or telephone 0151 477 8602.

## THE ROYAL NAVY VISIT FOOD TECHNOLOGY

The Royal Navy visited our Year 10 Hospitality and Catering class to discuss careers in the armed forces and also lead the Ready, Steady, Cook Challenge. Students were involved in making their own pizza, and of course that included making fresh dough, or they could make a chocolate cake. The Royal Navy staff shared the importance of healthy home comforts when it comes to food, given that on average they can spend 4-6 months at sea at a time. We are very grateful for their time and our students enjoyed it immensely. We look forward to welcoming them back again next year.



# SPORTS UPDATE



HALEWOOD  
ACADEMY

Congratulations to the U14 Girls football team who represented **Everton** at a tournament in Wigan on Wednesday 7th December. The girls came runners up, losing out to **Blackpool**. They beat **Blackburn Rovers, Rochdale and Wigan**.

The girls were a credit to the school, and **Everton** at the tournament, scoring some excellent goals and working together! Even despite not winning overall team moral was high with plenty of singing on the way home.

**Mrs Jones**

PE Teacher and Aspirations Coordinator



# CREST

**CREST** is a nationally recognised scheme from The British Science Association for student-led project work in the **STEM** subjects (science, technology, engineering and maths). It has been running since 1986 and sees tens of thousands of young people taking part each year.

Students work in small teams to complete the project over five hours and present their work at the end of the day. All students have a role in the project, putting communication, teamwork and project management skills into action!

The theme of the day was based around "**Machines of the Future**" - students had

to build their knowledge of machine learning and algorithms before being tasked with designing a product that would make humans lives easier in the future. Some amazing designs were submitted, and students showed all of our **RACER** values during the course of the day. We had over 150 pupils across **Years 7 and 8** successfully completed the Bronze award.

**Mr Campbell**

PE Teacher &  
STEAM Co-ordinator



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# KNOWSLEY CHAMBER AGM VISIT



HALEWOOD  
ACADEMY

On Tuesday 12th December the Future Female Leaders (FFL) attended the Knowsley Chamber AGM. Lesley Martin-Wright (Chief Executive Knowsley Chamber of Commerce and High Sheriff of Merseyside) invited our FFL students to the AGM to enable the students to present to the Chamber what the FFL programme is, and what they have achieved so far. Heidi O and Laurie C spoke in front of over 100 influential people about their experience in the FFL, and the audience was stunned with their confidence, with many approaching us after to express what a credit to the school they were. Lesley also stated, 'Heidi and Lauri were terrific and a real credit to you and the school'.

I was very proud of the students as it takes a lot of courage to stand up in front of a crowd of people, never mind some of the most influential people from across Merseyside. All members of the FFL are incredible in what they do to support each other, and young aspiring future female leaders, as well as the work they do in raising money for The Megan Hurley Foundation and ensuring her legacy lives on in Halewood Academy. Well done to all involved in the FFL programme.

**Mrs C Jones**

PE Teacher and Aspirations Co-ordinator



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HALEWOOD  
ACADEMY

WE SEEK THE BEST

# STUDENT SAFEGUARDING INFORMATION 2022-2023

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The Avenue,  
Halewood,  
Liverpool,  
L2 1UU

T: 0151 477 8830  
E: [admin@halewoodacademy.co.uk](mailto:admin@halewoodacademy.co.uk)

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**WE SEEK THE BEST**

## Key safeguarding contacts

If you have a safeguarding concern, please contact school via the following email addresses or contact the school via telephone.

### **Ms Gallagher**

Vice Principal

Designated Safeguarding Lead/  
Assistant Child Protection Co-ordinator

0151 477 8830

[jgallagher@halewoodacademy.co.uk](mailto:jgallagher@halewoodacademy.co.uk)

### **Mrs Campbell**

Leader of the Safeguarding Hub

Deputy Designated Safeguarding Lead  
Child Protection Co-ordinator

0151 477 8830

[fcampbell@halewoodacademy.co.uk](mailto:fcampbell@halewoodacademy.co.uk)

### **Mr Day**

Designated Teacher for LAC/  
previously LAC

Deputy Safeguarding Lead.

0151 477 8830

[dday@halewoodacademy.co.uk](mailto:dday@halewoodacademy.co.uk)

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**WE SEEK THE BEST**

## Knowsley MASH

Knowsley Multi Agency Safeguarding Hub (MASH) brings together agencies from services that have contact with children at risk to make the best possible use of their combined knowledge to keep them safe from harm. The MASH provides a 'first point of contact' for Early Help, Children's Social Care (CSC) and Adults Social Care enabling members of the public and professionals to raise concerns about the safety and welfare of children or adults.

This may include children or adults identified as potentially being in need of support or as being at risk of suffering abuse Knowsley Multi-Agency Safeguarding Hub (MASH) on 0151 443 2600 (during office hours) If you urgently need help outside office hours you can contact the Emergency Duty Team on 0151 443 2600 Please note if you believe a child or young person is at immediate risk of harm, you should contact the police urgently, CALL 999 Emergency.

<https://www.knowsleyscp.org.uk/children-and-young-people/what-should-i-do-if-i-am-worried/>

### Liverpool Careline child services

Careline child services Careline child services manages all child social care enquiries and referrals. You can contact us 24 hours a day, 7 days a week on the above link or telephone 0151 233 3700. If you have concerns about a child at risk (if a child is at immediate risk call 999)

<https://liverpool.gov.uk/children-and-families/childrens-social-care/getting-help/careline-child-services/>

In addition, you can contact the Safer Schools Police Officer Nyle Davidson  
[Nyle.Davidson@merseyside.police.uk](mailto:Nyle.Davidson@merseyside.police.uk)

Halewood Academy: 0151 477 8830

Emergency: 999

Police: 101

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## Useful websites

### Young minds

Youngminds is a Mental Health Charity for Children and Young People. It provides Information, advice & support for young people affected by mental health. Youngminds also offer support to parents. Parents contact 0808 802 5544 - Young person text YM to 85258 for free 24/7 support.  
<https://www.youngminds.org.uk>

### NSPCC

NSPCC helpline is staffed by trained professionals who can provide expert advice and support. We're here if you're concerned about a child, if you're a parent or carer looking for advice. Contact number 0808 800 5000 <https://www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline>.

### Childline

Childline is a free, private and confidential service where you can talk about anything. They are available online, on the phone at any time. Get help and advice about a wide range of issues, call on 0800 1111, talk to a counsellor online, send Childline an email or post on the message boards. <https://www.childline.org.uk>.

### Papyrus

Papyrus is a national charity dedicated to the prevention of young suicide. We provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK. Contact us on 0800 068 4141 <https://www.papyrus-uk.org/hopelineuk>.

### Kidscape

Kidscape offers friendly, impartial, non-judgmental information, advice and support to parents, carers, family members or professionals who are concerned about a child - either because they are being bullied, or because they may be involved in bullying others. Bullying can happen anywhere - inside and outside of school, in the community, in the home, and online. Advice for parents: 020 7823 5430 WhatsApp: 07496 682785 Email: [parentsupport@kidscape.org.uk](mailto:parentsupport@kidscape.org.uk) <https://www.kidscape.org.uk>.

### NHS

The NHS website is a great source of support for the mental health needs. Visit the site below for further information. <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/> <https://youtu.be/cyEdZ23Cp1E>.

### E-Safety

Internet Matters – this is the main online safety advice site for parents in the UK. Internet Matters has a wealth of information for parents including simple tutorials on how to set up the internet filter on your broadband, settings for all devices, advice and guidance, and much more, the link is below: [www.internetmatters.org](http://www.internetmatters.org).

# CHRISTMAS COOKING CLUB



HALEWOOD ACADEMY

Since returning to school following October half term, a number of pupils in Year 7 and 8 have been participating in a **Christmas Cooking Club** with Mrs Owen-Williams and Mrs Dowling.

The pupils have had the opportunity to develop and improve their food preparation and cooking skills. Pupils have created shortbread biscuits, cake topped mince pies, Christmas yule log and chocolate truffles.

Well done to all those involved.

Mrs Owen-Williams  
Faculty leader



Well Done!



Well Done!



## SAVE THE DATE



HALEWOOD ACADEMY

Halewood Academy are holding **Year 8 Parents Evening** which will take place on **Thursday 8th February 2023** from 4:00pm until 7:00pm. Further details to follow when we return in January.

SAVE THE DATE

Thursday 2nd  
February 23  
4-7pm

# Does your child need care this winter?



Urgent Treatment Centre	GP Surgery	Pharmacy	Choose the right service	111.nhs.uk	Call NHS 111
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If your child is ill it can be a worrying time, but lots of childhood illnesses can be treated quickly and effectively at home or by accessing the right healthcare service. Here is our handy guide to services available in your area. By choosing the right service you can help your little one feel better, quicker.

<p><b>Online symptom checker</b> Our friends at Alder Hey have created an online symptom checker with lots of useful advice on common symptoms in children. Visit the website: <a href="http://www.alderhey.nhs.uk/symptom-checker">www.alderhey.nhs.uk/symptom-checker</a> You can then decide where best to get the right care for your child.</p>	<p><b>When to go to a doctor</b> If you are worried about your child's health, then you should speak to your GP first. Out of hours, you can call 111 who will help to decide whether your child needs to be seen right away or if the issue can wait to be treated the next day by your own family doctor. Common illnesses that can be treated by your GP are;  <ul style="list-style-type: none"> <li>• Persistent coughs</li> <li>• Skin infections</li> <li>• Eye infections</li> <li>• Ear pain</li> </ul> </p>	<p><b>When to go to A&amp;E</b> Accident and Emergency is for people with life-threatening illness or injury, so if you think your child needs immediate attention, then you should attend A&amp;E. Conditions that require immediate attention include;  <ul style="list-style-type: none"> <li>• Shortness of breath or working hard to breathe resulting in drawing in of the chest when breathing or making a grunting noise</li> <li>• Seizures</li> <li>• Severe bleeding or burns</li> <li>• Head or eye injuries</li> <li>• Allergic reactions causing swelling of the face, lips, eyes or tongue, fainting or trouble breathing</li> <li>• Serious animal bites</li> <li>• Infants under 2 months of age with a fever</li> <li>• Blue or purple lips, skin or fingernails</li> <li>• Uncontrolled pain</li> </ul> </p>	
<p><b>When to go to a pharmacy</b> Your local pharmacy can offer advice and has a wide range of over-the-counter medicines that can help treat common illnesses. Make the pharmacy your first stop to help with;  <ul style="list-style-type: none"> <li>• Coughs and colds</li> <li>• Upset tummy</li> <li>• Minor cuts, bumps and bruises</li> <li>• Minor stings and bites</li> </ul> </p>	<p><b>When to go to urgent treatment / walk-in centres</b> If your GP surgery is closed, or your child's condition is more urgent, but not life-threatening, then your local Urgent Treatment / Walk-in Centre has specialist nurses and doctors that can help. Many local centres have x ray equipment too, which means you don't always need to attend A&amp;E. Common conditions that can be treated here include:  <ul style="list-style-type: none"> <li>• Cuts and scrapes</li> <li>• Minor burns</li> <li>• Minor breathing difficulties (asthma / croup / bronchitis)</li> <li>• Suspected fractures</li> <li>• Uncontrolled fever</li> </ul> </p>		
			<p><b>If your child is struggling to breathe or loses consciousness, you should call 999</b></p>

<p><b>Urgent Treatment &amp; Walk-in Centres</b> Your local centre is closer than you think. Open 365 days a year, including bank holidays, to treat all sorts of urgent illnesses and injuries.</p>	<p><b>St Helens Urgent Treatment Centre</b> Monday to Saturday 7am-10pm Sunday &amp; Bank Holidays 9am-10pm</p>	<p><b>Runcorn Urgent Treatment Centre</b> Monday to Sunday 8am-9pm</p>
<p><b>Widnes Urgent Treatment Centre</b> Monday to Sunday 8am-9pm</p>	<p><b>Kirkby NHS Walk-in Centre</b> Monday to Saturday 8am-8.30pm Sunday &amp; Bank Holidays 10am-8.30pm</p>	<p><b>Halewood NHS Walk-in Centre</b> Monday to Saturday 8am-8.30pm Sunday &amp; Bank Holidays 10am-8.30pm</p>

**December Kindness 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Give a gift to someone who is homeless or feeling lonely	2. Leave a positive message for someone else to find	3. Give kind comments to as many people as possible today	4. Spread kindness and share the December calendar with others	5. Contact someone you can't be with to see how they are	6. Offer to help someone who is facing difficulties at the moment	7. Support a charity, cause or campaign you really care about
8. Be generous. Feed someone with food, love or kindness today	9. See how many different people you can smile at today	10. Share a happy memory or inspiring thought with a loved one	11. Do something helpful for a friend or family member	12. Notice when you're hard on yourself or others and be kind instead	13. Listen wholeheartedly to others without judging them	14. Buy an extra item and donate it to a local food bank
15. Contact someone who may be alone or feeling isolated	16. Help others by giving away something that you don't need	17. Appreciate kindness and thank people who do things for you	18. Congratulate someone for an achievement that may go unnoticed	19. Look for something positive to say to everyone you speak to	20. Give thanks. List the kind things others have done for you	21. Ask for help and let someone else discover the joy of giving
22. Get outside. Pick up litter or do something kind for nature	23. Call a relative who is far away to say hello and have a chat	24. Be kind to the planet. Eat less meat and use less energy	25. Turn off digital devices and really listen to people	26. Let someone know how much you appreciate them and why	27. Plan some new acts of kindness to do in 2023	28. Treat everyone with kindness today, including yourself!



**ACTION FOR HAPPINESS** Happier · Kinder · Together