



مدرسة جيه اس اس الخاصة
JSS PRIVATE SCHOOL

Grades KG-12

JSSPS/CTP/PO/GEN/43/19-20

9 June, 2019

Dear Parents,

Phrases like "*random acts of kindness*" and "*pay it forward*" have become popular terms in modern society. Science proves there are good reasons why so many of us can't get enough of those addictive, feel-good emotions and explains why kindness is important with evidence of many physical, emotional, and mental health benefits.

But of great significance for schools, kindness is a powerful and free resource to reduce anti-social and bullying behavior, raise happy and caring children, enhance self-esteem, increase peer acceptance & greater sense of belonging, and reduced depression.

Many physical and mental health benefits can be achieved by being kind. Altruistic actions trigger a release of oxytocin. This important hormone can significantly increase happiness and reduce levels of stress. Oxytocin also protects the heart by lowering blood pressure and reducing free radicals and inflammation (a factor for aging). Taking into account the benefits of kindness and positive psychology, it is important that we just don't just *teach* about kindness but encourage students to actively do good.


Students of the Happiness Committee are happy to participate in the UNESCO MGIEP (Mahatma Gandhi Institute of Education for Peace and Sustainability) Global Kindness Matters Campaign. This initiative invites young adults to be sensitive to and actively perform acts of kindness. These acts of kindness can be small or big contributing to the achievement of 17 UNSDG Goals for the Millennium.

The students have decided to celebrate Kindness Week from June 11th to June 17th 2019. Kindly take note of the activities planned by the students and encourage your child to learn and grow from the different initiatives.

Date/Day	Initiative	Applicable Grades	What needs to be done
Tuesday 11 th June	Bring two used plastic water bottles to school	All Grades	Students should bring with them two used plastic water bottles. The same may be handed over to the class teacher.
Wednesday 12 th June	Pray for Children	All Grades	June 12 th is World Day against Child Labour. Please do encourage your child to be thankful for what he/she is blessed with and pray for children around the world who are deprived of education and have to work instead of going to school.
Thursday 13 th June	Feed the Birds	Grades 9 to 12	Students to carry grains to school to feed the birds. You may buy sunflower and mixed seed which is available in the market. Please send the same in a disposable container so that the same may be left in the school garden.
Friday 14 th June	Random Acts of Kindness in your community.	All Grades	Encourage your child to do any act of kindness that he/she is comfortable with in the community.
Saturday 15 th June			You may have a picture/video (only 1 minute) sent to the head teachers of the Happiness Committee – Ms. Ramya - ramva.issps@gmail.com for students of KG to Grade 5 and

			to Ms. Olevia - olevia.gjssps2017@gmail.com for students of grade 6 to 12.
Sunday 16 th June	I Create Smiles	All Grades	Studies have shown that just the act of smiling can have both short- and long-term benefits on people's health and wellbeing. So please encourage your child to come to school with a smile and also pass it on to everyone.
Monday 17 th June	No Meat Day	All Grades	The meat industry uses up a vast amount of our precious resources like fossil fuels and water. While going vegetarian or vegan may not be for everyone, a small reduction of one meatless day can go a long way in helping the environment. Please send us a short video of your experience with the No Meat Day. Duration of video should not be longer than 1 minute. Video (mp4 format only) it must be sent to the head teachers of the Happiness Committee–Ms Ramya at ramya.jssps@gmail.com for students of KG to Grade 5 and to Ms. Olevia olevia.gjssps2017@gmail.com for students of grades 6 to 12.

Please do encourage your child to engage in the kindness week activities and seek the benefits from the same.


Chitra Sharma
Principal