



## WELCOME TO THE ASTREA ACADEMY TRUST FESTIVAL OF KINDNESS!

For Mental Health Awareness Week 2020, the theme is Kindness. Here at Astrea, we understand that now, more than ever, we need to be kind to each other and kind to ourselves. We want to celebrate kindness within the Astrea Family by sharing stories and providing you with ideas and information to promote and protect your mental health. To this end, we are pleased to introduce the Astrea Festival of Kindness, which will run from 18<sup>th</sup> – 22<sup>nd</sup> May 2020.

The Festival has some great events and content planned, all of which you can access remotely. Particular events to look out for are:

- **DAILY BRIEFING FROM THE BOARD** A daily briefing from each of our Executive Directors, talking about mental health and wellbeing, the events that we have on during the week and exciting updates on developments within a Astrea which directly help our colleagues.
- **THE BE KIND CAMPAIGN** Provides you with helpful content on how you can be kind to others and yourselves. All of our information and content comes from reputable sources for mental health wellbeing.
- **THE ASTREA VIRTUAL COMPLIMENTS TREE** Let's take this opportunity to tell our colleagues within Astrea how much we appreciate them! Our Virtual Compliments Tree allows you to submit a compliment about your colleague, and in return they can submit compliments about you.
- **INSPIRING STORIES OF KINDNESS ACROSS ASTREA** We want to hear from our colleagues, students and their families about the amazing acts of kindness happening every day within the Astrea Family!

- **THE GOOD NEWS, NEWSLETTER** The news at the moment is dominated by the current pandemic, and we want to share with you stories within the news which are positive and uplifting
- **HUMP DAY QUIZ** One of our amazing Principals has kindly agreed to put his “Quizmaster Hat” on to create a quiz for all of us to enjoy on Wednesday!
- **LET’S GET SOCIAL** We’ll be keeping you updated via our social media (on Twitter @astreaacademies) using the hashtag #AstreaFestivalOfKindness. Give us a follow and get involved!

We hope you all enjoy the Astrea Festival of Kindness – look out for further details of any events which you might be interested in! There is no obligation on anyone to join in, but we hope that you will find the content helpful.

**APART, TOGETHER**