

INSPIRING STORIES OF KINDNESS ACROSS THE ASTREA FAMILY



Dear Colleagues

The current situation means that our working and professional lives have changed in a way we could never have anticipated; presenting opportunities but also challenges we could never have expected. However, across the Trust, colleagues, pupils, parents and communities have come together to support, encourage and help each other. The spirit and culture that is Astrea has never been more visible than in the actions and commitment each of you has shown during these unprecedented times.

The Astrea Festival of Kindness provides us with the opportunity to further show what is great about the Astrea family as we launch a week of activity designed to challenge the stigma around mental health, to learn and to bring us all together to raise awareness on this hugely important issue.

There are activities, tools and information which can be accessed at any time and many 'fixed' events, such as webinars, will be recorded and uploaded for you to watch at your convenience. Please participate in whatever way works for you.

Inspiring Stories of Kindness: As part of the Festival, we would like to share stories of kindness from colleagues, students, families and communities, outlining amazing acts of kindness happening every day across the Astrea Family!

Please get involved: maybe you shared or received a joke or funny picture? Chatted virtually with someone? Engaged with a community project? Has someone made you feel appreciated? Even a 'thank you' goes a long way, and we want to hear about it!

Help us spread the word: to strengthen relationships, develops community and deepens solidarity - no matter how big or small, please let us spread joy by sharing stories with us - it would be great to have photos to go with the information too, but as always we would need permissions from all involved, so please ensure this is granted before passing onto us.

We don't want this to be a burden on your time, so for ease, details can be sent to:

FestivalOfKindness@astreaacademytrust.org

Or you can tag us on Twitter @

#AstreaFestivalofKindness

We look forward to hearing from you!