

# Hill West Primary School

## ACE Champion Newsletter; June 2022

### KINDNESS



*ACE; Ambitious, Curious and Ever-respectful*

We are the ACE Champions. Our values stand for Ambitious, Curious and Ever-Respectful. We meet every fortnight to discuss how we can promote our core values across the school. We would like to inform the community of the things that we have been meeting about and discussing. We decided to look at the idea of Kindness and Compassion and how they can be displayed across the school.

#### Kindness

Kindness occurs when a person does a good deed for another without asking. To be kind is to be polite, thoughtful, caring and considerate to everything and everyone. Understanding that different people need different things and promoting equity to everyone around us. Being kind means supporting others when they need it; using thoughtful actions towards others. There is no single way to show kindness, it is shown in multiple ways: giving compliments, doing something without expectation of a reward and showing support for those around you. At Hill West we help and support each other when we may need it. Anyone can show kindness no matter where they come from or where they're going. #Include! Do not exclude.

#### Compassion

Compassion means to look out for each other. Care for one another: when someone is feeling down you help them get back up again. Showing compassion means that you are being sympathetic and understanding. We can show this towards anyone around us; from those we love to those we do not know. Compassion creates and builds relationships. It could be holding a door for others, saying thank you when something kind is done to you and consoling those who are upset. We use compassion to solve problems and make a move to help. Empathizing with others and through concern and regard for others' misfortunes. Compassion is the new fashion.

**Thank you for reading our very first ACE Champion newsletter on Kindness and Compassion.**

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Hill West Primary  
Four Oaks

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