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## Principal's Blog

## Friday 21st May 2021 - The Importance of Kindness

Being kind to others is such an important part of our Academy culture. We ask everyone in our Academy community to treat one another with kindness. Whilst we recognise that nobody is perfect, and that sometimes we all make mistakes – what is important is then the choice to put things right. This is an essential part of life. I thought I would share with you a new display in our academy all about kindness, my favourite quote being 'Kindness is free. Sprinkle that stuff everywhere' How very true! Let's choose to be kind, let's choose to sprinkle it everywhere. Whether we open a door for someone, make a donation to a good cause or purely say good morning. Let's remember how good those simple acts feel and share them. Being kind to others, our environment and to ourselves is vital - go ahead Freeston community, sprinkle away!



I look forward to hearing from all on Monday how they made someone smile this weekend by being their wonderful self.

