

BEDALE HIGH SCHOOL KINDNESS CHALLENGE

MAKE KINDNESS A HABIT

To celebrate the theme of 'kindness' in mental health awareness week, we want to encourage everyone to complete '**random acts of kindness**' throughout the week.

We would love to hear about or see pictures of some of these amazing things you get up to - please email pictures or a sentence to your form tutor!



Mental Health Awareness Week 18-24th May