



**Third Annual “Kindness Week”
April 3 -8 across the City of Toronto.**

<http://www.kindnessweek.ca/>

How will Annette and High Park Take Part?

DELIBERATE Acts of Kindness:

Recognizing our Random Acts of Kindness (RAKs)

Again this year, we'll create a massive display beside the offices. We want to recognize our Random Acts of Kindness that take place every day, but also encourage students & families to do deliberate Acts of Kindness as well. Students need only be encouraged this week to make an effort and look for ways to support people in need. Acts of kindness can be as simple as thanking a crossing guard, sitting next to someone at lunch who appears to be alone, or holding the door open for others.

If you'd like to recognize an Act of Kindness that you have done, that your family has done, or if someone treats you with a RAK, then add a 'Kindness Note' to the display. RAKs can take place *anywhere*: at home, at school or even in our local community!

Be sure to share your Acts of Kindness with the Hashtag **#BKIND** and to mention our schools, **@TDSB_HPAS @TDSB_AnnettePS** as well as **@KindnessWeek**.

If you have any questions please connect with Kelly
kelly.fricke@tdsb.on.ca