



**BritishRedCross**

## **Samantha, Alexandra Park School, youth education, coronavirus, Oldham, England**

<b>Date story collected</b>	May 2020
<b>Any restrictions on use?</b>	Check with youth education team before use
<b>Red Cross programme lead and date of sign off</b>	Katie Gaunt, youth education executive Signed off on:
<b>First name of person whose story we are telling</b>	Samantha, Alexandra Park School teacher
<b>Any additional communication needs i.e. language</b>	(if used, include details of translation and who facilitated it)

### **The bullet points**

- Samantha, a teacher at Alexandra Park School, shares how her students have responded with kindness to the COVID-19 crisis.
- They made cards for the local nursing home and shared their kindness with the community.
- Samantha talks about the importance of being kind when the crisis is over and there will have been such an impact on mental wellbeing.

### **Strongest direct quote of the story**

“After this crisis, kindness will still be important, if not more important. Many will have suffered in lockdown. Trust will need to be rebuilt, social interactions re-established and fear bypassed. Without kindness we can’t do any of these things. Many children are anxious about coming back to school following the closure. A mental health-based curriculum including kindness is going to be essential to help them feel safe again.” - **Samantha**

### **Themes**

Youth Education, youth first aid, first aid education, coronavirus

### Suggested copy/headlines for social

### Interviewer notes

### The full story

Samantha a teacher at Alexandra Park Community School has been using the British Red Cross [kindness activities](#) to help support her pupils during the COVID-19 crisis.

#### **Using the kindness calendar**

Samantha explains: “Our students have responded amazingly during the COVID crisis. Those at home have had to apply themselves to independent learning while our key worker / vulnerable children have had to adapt to the weirdness of being on their own.”

The children have used the kindness calendar to think of kind acts during the crisis and record their kind acts.

She says: “The Red Cross resources have been a great starting point for discussions. The kindness calendar honed their ideas as to what they were doing when and why.”

The pupils have also used this time to learn first aid on the Red Cross learning site first aid champions. Children can learn in class together or there are lots of activities which support independent learning too. Learning first aid is just another way for children to show their kindness and being able to help those who need it most.

“Lots of our children really enjoyed learning first aid as a chance to do a good deed in the future,” says Samantha.

#### **Kindness in action**

Alexandra Park School is near a care home and many of the residents have been shielding and have had little contact from others.

Samantha says, “during this time, many people are isolated and a bit of kindness is all the connection to the outside world they will get.”

Students have been sharing their kindness with residents by making a banner, delivering cakes, sending letters and cards.

These are things they have wanted to do without prompting. They’ve wanted to do something kind to cheer others up.

“At Alex Park kindness is already a big thread in our curriculum as our school motto is to learn be happy and achieve our best. Be happy is only possible through kindness. Many of our children come to us already wanting to do kind things. We always encourage them to be kind people.”

### **Kindness after the crisis**

Samantha believes that kindness will continue to be very important long after the crisis is over as well as mental health as lockdown has had a detrimental impact on many.

“After this crisis, kindness will still be important, if not more important. Many will have suffered in lockdown” says Samantha.

“Trust will need to be rebuilt, social interactions re-established and fear bypassed. Without kindness we can’t do any of these things. Many children are anxious about coming back to school following the closure. A mental health-based curriculum including kindness is going to be essential to help them feel safe again.”

### **Related interviews/stories**

### **Background/project information**

Since the coronavirus outbreak started in China, the British Red Cross has closely been monitoring the global and national situation.

In the UK, we are continuing to support the NHS, where we help in 100 hospitals to get people discharged home safely, and support in 25 A&E departments. We’re also working to increase support to vulnerable people in our

communities, whether through our existing services, or providing additional help to some local charities.

We are doing telephone welfare checks on vulnerable people we work with, arranging deliveries of food and medicine. Some of our community reserve volunteers have been helping at local food banks and distributing information.

We were also part of the NHS and Public Health England response at isolation units at Arrowe Park Hospital, on the Wirral, and Heathrow Airport. We are talking to partners in the UK about any additional support we might be able to offer in the coming days and weeks.

We are also calling on the public to get involved in different ways from sharing your kindness through much needed donations, to signing up to be a British Red Cross community reserve volunteer, if you're safe and well.

These volunteers are on standby for whenever an emergency hits their local area. We are working now with national and local organisations on how to make the biggest impact for people.

The British Red Cross are also supporting the international aid response. We have sent aid workers including experts in logistics, information and communications to Beirut, Beijing and Geneva.

Overseas the IFRC (International Federation of Red Cross and Red Crescent) has been responding to the coronavirus by transporting patients to hospitals and providing psychosocial support to people in quarantine. It will also help support Red Cross National Societies in developing countries, who may not have the health care systems to cope, to prepare for coronavirus cases, through public health messaging.

The British Red Cross is sending funds to the global IFRC response to the coronavirus.

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