Hello Mary Russell School Community!

Today your Health and Wellbeing Team would like to extend an invitation to try out Nominations within your household! Some pupils will be familiar with this so they can take the lead.

Nominations are usually given at the end of the lesson however in this case it might be suitable to do nominations at the end of the day, after tea or before bedtime.

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You can nominate one person, two or more or the whole family. For example;

 “I’d like to nominate John for helping me with the dishes” John says “thank you”.

Or

“I’d like to nominate Jane and Brian for playing with me”, (Jane and Brian say thanks)

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 It has proved very popular with our pupils right down to Primary 1! Technically we don’t nominate ourselves however if they choose to ask them what they would nominate themselves for!

Best wishes from your Health and Wellbeing Team