



National hug day!

Do you know
what this is
used for?



Incubator -
used to help
babies at the
start of their
life



- ▶ Twin girls, Brielle and Kyrie Jackson, were born 12 weeks premature. This meant that they were tiny and not completely developed, so they needed extra care. They were placed in two separate incubators in a special section of the hospital called a neonatal unit.
- ▶ In the neonatal unit, Brielle and Kyrie were cared for round the clock by specially trained doctors and nurses. Babies who are tiny at birth can have many health problems, but after a while, Kyrie began to gain weight and her health stabilized. However, Brielle had only weighed 1kg at birth - that's about the same weight as seven apples - and she didn't seem to be making any progress.
- ▶ The nurse who was caring for Brielle did everything she could to help, but nothing seemed to work.
- ▶ Then, the nurse had an idea and asked the twins' parents if she could place Kyrie in the incubator with her weaker twin sister. The nurse left the babies to sleep, but when she returned, she couldn't believe her eyes and summoned the doctors and nurses to come quickly. This is what they saw.



Brielle had snuggled up to her sister.

Kyrie had then put her small arm around her as if to hug and support her. From that moment on, Brielle's breathing and heart rate stabilized and she began to improve.

What made the difference?

This is a beautiful story of the difference that love can make.

Sometimes someone you know might need a hug.



What could you do?

- ▶ Something as simple as a smile could change someone's day and make a difference.
 - A smile could make a teacher feel welcome.
 - A smile could make members of staff feel that their work was appreciated.
 - A smile could make a child feel that he or she was liked and accepted.
- ▶ What value does this make you think of?



Reflection

Help us to be kind and loving to one another, and to notice what a difference we can make.

When we go home from school today, let's give someone in our family a hug, and see what happens!





Curiosity

Everyone is open to learning new things about themselves, all that surrounds them and how the two fit together.



Health

Everyone has the skills and tools to maintain a healthy balance of their mental, physical and emotional wellbeing.



Confidence

Everyone believes in themselves, stands up for what is right and has the confidence to reflect and learn from their actions.



Resilience

Everyone keeps trying to better themselves, even when things are difficult or when we make mistakes.



Empathy

Everyone is kind, caring and considerate of the feelings of one another.



Respect

Everyone treats our environment with respect and appreciates the cultures, beliefs and views of one another.