



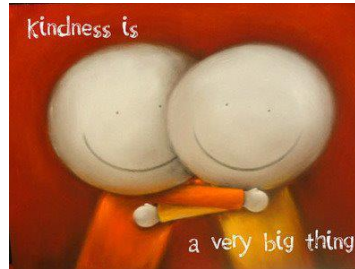
Great Kindness Challenge

PWES students will participate in the Great Kindness Challenge the week of January 26-January 30th. To celebrate, we will host a variety of dress down themes—there is no cost to participate! Expect a flyer in your child's folder the week of January 14th.

January Classroom Guidance

The counseling theme at PWES this month is kindness. To work on being kind this month, we will be doing activities and lessons that emphasize the importance of kindness. During my visits to the classroom, I will also read the book "Have You Filled a Bucket Today?" Students will also learn about being a "bucket filler" and a "bucket dipper". Be sure to talk with your child to find out what's going on here at school!

~ Kindness ~



Instilling Kindness in your Children

Parents play an important role in helping to instill kindness in their children. Parents can show their children how to be kind through their own personal actions and words. Something as simple as holding the door open for someone else can model the importance of showing kindness towards others. Below are some ideas on how parents can help their children to understand the importance of being kind towards others.

- Participate in service activities as a family. Work together to donate old clothes to a local collection agency, volunteer at a soup kitchen as a family, or make cards for residents at a local nursing home.
- Hold discussions with your child about kindness. When reading or watching movie or television with your child, discuss with your child how the characters showed kindness towards others.
- Reward children for acts of kindness. If you witness your child doing something kind for someone else, reward them for their efforts. Rewards do not have to have a monetary value to them. A simple "good job" or "I'm proud of you" motivates your child and instills a sense of pride and accomplishment which, in turn, raises your child's self esteem.

"No act of kindness is too small. The gift of kindness may start as a small ripple that over time can turn into a tidal wave affecting the lives of many." — Kevin Heath