



October 2019

Theme: Kindness

Books: *The Nature of Kindness*, by Stephanie N. Prountzos
The Jelly Donut Difference, by Maria Dismondy

Dear Students, Teachers and Parents,

In addition to teaching academic content at Harbor Hill, we spend a lot of our time teaching Kindness. Kindness is a behavior marked by ethical characteristics, a pleasant disposition, and concern and consideration for others.

There are different ways to practice kindness. A kind word, a smile, opening a door, or helping carry a heavy load can all be acts of kindness. Celebrating someone you love, giving honest compliments, sending an email thanking someone, telling someone how s/he is special to you, helping an elderly neighbor with yard work or food, taking a photo of someone and sending it to the person, sharing homemade food, refusing to gossip, and donating old clothing and things you don't need are all ideas about how to practice kindness.

In the two books this month, we have children, just like our students here at Harbor Hill, who learn the importance of kindness. In *The Jelly Donut Difference*, we see two siblings (twins) who have difficulty being kind to each other. However, they notice a neighbor in need and in their quest to help her, they learn the importance of being kind to each other. In *The Nature of Kindness*, we see one little girl who changes the world around her one kind act at a time. At the end of the book, she learns that "In this life, this is all you need to make a big difference: being kind is key!"

Let's practice being kind to each other every day. October is National Bullying Prevention Month. On October 23, we will celebrate **Unity Day**. **Wear orange to show we stand together against bullying and are UNITED for kindness, acceptance and inclusion.** We will also mix up the lunch tables so everyone has an opportunity to sit next to someone new and maybe make a connection that wasn't there before. At Harbor Hill, Kindness Counts! So make sure to fill someone's bucket today! 😊

😊 Mrs. Kemler and Mrs. Hazen