



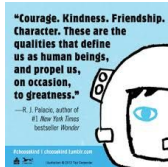
Jackson Avenue Elementary School

## Week of Respect

October 2 – 6, 2017

We will celebrate the New Jersey Anti-Bullying Bill of Rights and  
Promote a Positive School Climate and Culture

This year's theme is **CHOOSE KIND**



Dear Families:

We have an exciting week ahead of us!

Please read our activities below for Week of Respect this week.

We are asking for your participation:

- Please have your child/children wear **BLUE** on Friday, Oct. 6.
- Please consider donating \$1 for our Kindness Rock Garden Project. The funds will help us purchase the rocks and the spray paint for this project.
- Participate in our Family Kindness Rock Painting contest. All entries are due on Thursday, October 26, 2017. Information will be sent home about the contest.

Please ask your child about how this week is going!

Thank you for your support!

Jackson Avenue School & Climate Committee

# Scheduled Activities

## Monday, 10/2

1. Morning Announcement Interview for Kindergarten.
2. Mindfulness Monday - *"We are more kind, when we are calm."*  
Teacher will choose from a buffet of Mindfulness Activities to try in your classroom.

## Tuesday, 10/3

1. Morning Announcement Interview for First Grade.
2. Kindness/Compliment Circles. Teachers will pair up with a class buddy.

## Wednesday, 10/4

1. Morning Announcement Interview for **Second** Grade....
2. Children will take the Choose Kind Pledge on <http://choosekind.tumblr.com/resources>



3. Teachers will do another mindfulness activity in your classroom.

## Thursday, 10/5

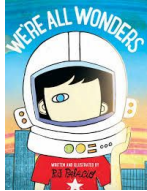

1. Morning Announcement Interview for **Third** Grade.
2. Students will answer 3 questions on **post-its** and teachers will submit 3 post-its for our School Mindfulness Bulletin Board:
  - *What do we do to calm ourselves?*

- *What can we do when we feel frustrated?*
- *What are we grateful for?*

## Friday, 10/6

1. Morning Announcement Interview for **Fourth Grade**.
2. Wear (light) blue on Friday, October 6 for **KINDNESS!**

### SPECIALISTS ARE KIND!

<p>Media center, Mrs. Carter</p>	<p>Read Aloud and discussion for ALL grades: <i>We Are All Wonders</i> by RJ Palaccio</p> 
<p>Physical Education, Mr. Koenig</p>	<p><i>"We are kind when we are calm."</i></p> <ul style="list-style-type: none"> <li>● Take a calming walk on our Jackson Avenue walking trail with a gratitude mantra.</li> <li>● Deep breathing and stretching exercises in the great outdoors.</li> </ul>
<p>Music, Mrs. Fuscaldo</p>	<p>Sing Alongs about Respect e.g.</p> <ul style="list-style-type: none"> <li>● Kindergarten and Grade 1- The Respect Song</li> <li>● Grade 2: <i>Lean On ME</i></li> <li>● Grade 3: <i>All You Need is Love</i></li> <li>● Grade 4: <i>This is My Wish</i></li> </ul>
<p>Art, Mrs. Donatuccio</p>	<p>School-wide Kindness Rock Project Culminating on Thursday, October 26</p>  <p>Mrs. Schott is working on getting a donation of stones! I will ask parents to donate \$1 to buy spray paint and stones</p>
<p>Office</p>	<p>Morning Announcers interviewing students</p>

	(Grades K-4) with special questions
Culminating Activity	<p><b>Respect Assembly, October 26</b></p> <ul style="list-style-type: none"> <li>● Kindergarten &amp; Grade 1 - 10:00-10:30 am</li> <li>● Grades 2 &amp; 4 - 1:30-2:00 pm</li> </ul> <p><b>Kindness Rock Family Contest</b>  Due: Thursday, October 26  Committee will determine winners for each grade.</p>

## Optional Activities to Celebrate Week of Respect During your Content Block and during Art Class:

- o Please try something you haven't tried before. Please stay away from store-bought units and copied booklets and opt for a meaningful and physical activity with children.
- o <http://choosekind.tumblr.com/resources>
- o Paint a kindness CLASS rock (or boulder!) for our Kindness Rock Garden.
- o Create a Post-it Respect message on your window for the world to see your respect and kindness!!



- o Create class posters or banners about **KINDNESS** to display all over the school.
- o Borrow and read an Anti-Bullying-themed Read Aloud from the Media Center, and discuss the themes with your class.
- o Teach a Character Education lesson.
- o Problem Solve an issue that is currently occurring in your classroom. Use critical talk, "I" statements, and other conflict

resolution strategies.

- o Role-play bullying/bystander scenarios in your classroom.
- o Share your ideas with colleagues/Team up to teach about Creating a Positive School Culture!
- o Buddy-up permanently with a class in a lower grade to mentor.
- o **BE KIND AT ALL TIMES TO OUR CHILDREN. Because the best way to raise kind citizens to model kindness.**

*Remember: Children misbehave when what we are asking them to do is beyond what they are capable of doing independently at this point in time.*

### **EXTEND THE KINDNESS THROUGHOUT THE YEAR...**

Become a Certified Kind Classroom 2017-2018 (incorporating lots of math).

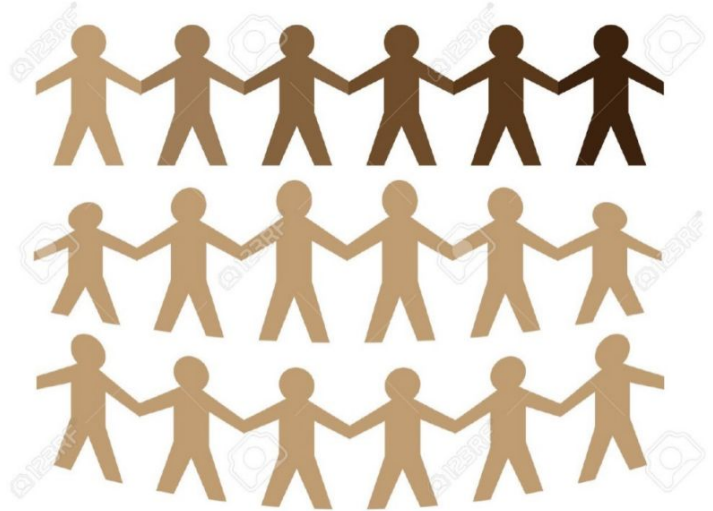
<http://choosekind.tumblr.com/resources>

**Scroll down for examples.**



# PAPER CHAINS AREN'T JUST FOR CHRISTMAS!

- ▶ On your sentence strips, write a sentence or two about your strengths
- ▶ Read what you wrote while breathing in good feelings about yourself
- ▶ Lets attach them together and watch us grow!



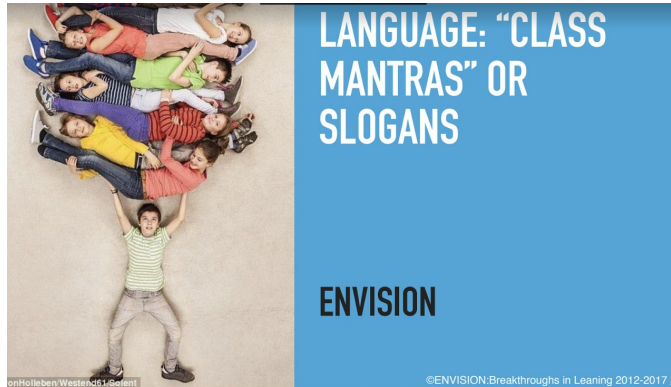
## WRITE AND RIP

- ▶ self, cool down - focus
- ▶ 5 minutes
- ▶ write negative thoughts and worries on a piece of scrap paper; you could draw as well. No one will see these
- ▶ engage for length of song
- ▶ rip and recycle



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**SEL LANGUAGE**

- ▶ Let's Do It!
- ▶ Ready 2 Learn
- ▶ I'm in my Great State
- ▶ Make Learning Happen
- ▶ At my best/peak
- ▶ Positively focused



## CPR (BEGINNING OUR DAY)

- ▶ **C** Check in: 2 minute body scan
- ▶ **P** Pin Point your state
- ▶ **R** Respond with appropriate supportive practice
- ▶ Sunny - happy, relaxed, energetic, excited
- ▶ Cloudy - tired, bored, worried, anxious
- ▶ Stormy - scared, angry, sad

