



Mulvane Grade School Newsletter

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February 2023

Capturing Kids' Hearts: Kindness: Spark the Heart

What is Kindness?

“Kindness is the ability and willingness to express care and compassion for others. Kindness is a choice to use our time, talent, and resources to better the lives of others and the world through genuine acts of love, compassion, generosity, and service.”

Why Focus on Kindness?

- "Kindness boosts positive emotions. Acts of kindness create neural pathways that enhance feelings of well-being and the natural flow of feel-good endorphins and neurotransmitters."
- "Kindness is self-replicating. When we perform an act of kindness, it is likely to encourage others to act in a similar way."
- "Kindness reduces stress and anxiety. Kindness promotes positive relationships with other people. Anything that helps you to build bonds with other people helps decrease anxiety."

Upcoming Events:

- **Feb. 7 - Spring Individual Pictures**
- **Feb. 9 - 3rd grade music program**
- **Feb. 17 - No School: Teacher Inservice**
- **Feb. 20 - No School: President's Day**

Cubs Club: 2nd & 4th Monday of the month - Feb. 13th & Feb. 27rd

Watch D.O.G.S. Program

Who are WatchDOGS (Dads Of Great Students)?

WatchDOGS are fathers, grandfathers, uncles, and other father-figures who volunteer for at least one day each year at an official WATCH D.O.G.S. ® school. During the day, WatchDOGS may read and work on flash cards with students, play at recess, eat lunch with students, watch the school entrances and hallways, assist with traffic flow and any other assigned activities where they actively engage with not only their own students, but other students as well.



****Program has begun! Please message your students teacher if interested in being a Watch Dog.****

Mrs. Miller's Counselor Corner

"I just don't get it!" or "I can't do it." If these sound familiar, these tips might help when your child is frustrated. First of all, remind them that some frustration is normal, and working through it helps their brains learn and grow. Making mistakes is okay. When we make a mistake and learn from it, that forms new connections in the brain.

Naming, and not ignoring the feeling is important, too. Using self-regulation strategies can help students think about what is causing the frustration, clear their minds or give them time to consider strategies to solve the problem. One self-regulation strategy that many MGS students have been taught is called "Countdown to Calm" from Yoga 4 Classrooms. Students are directed to take a slow, deep breath in through their nose to the count of five. Then they hold it for a couple of seconds and breathe out through their mouth from five down to one. Hold that for a couple of seconds and repeat. It may take several breaths like this to feel calm enough to move on and try again. Often, taking a break and doing something different like playing catch, reading a book, listening to music for 10-15 minutes can help too. Lastly, remind your child that it's okay to ask for help.

A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. ~ Amelia Earhart

Spark the Heart

Be friendly and compassionate.

This month we are challenging your student to be kind to others, even when it's hard. We are partnering with you to help your child grow in kindness. Most children learn new behaviors by copying those around them; we have a powerful opportunity and responsibility to teach kindness by example. This month, model kindness and empower your children to show compassion to those around them with these activities.



1 ENGAGE: Self-Love Letter

Carve out ten minutes and challenge your family to write themselves a love letter. Follow these simple steps: 1.) Kick it off with "Dear Me," and don't stop writing until the timer goes off. 2.) Tell yourself how amazing you are and list some of your positive qualities. Younger children may need some help with writing or thinking. They may want to draw a picture instead. 3.) Share your letters as a family when you finish. Be sure to affirm each other as you share.



2 EMPOWER: Affirmation Boxes

Have each family member make and decorate their own "Affirmation Box" or bag to display in a central location in your home this month. At least three times a week, write a family member an affirmation and place it in their box. On the last day of the month, ask everyone to read their affirmations and feel the love!



3 EXCEL: Intentional Kindness

As a family, list 25 random acts of kindness you can accomplish this month. Then, make a plan for how you'll do each act. At the end of the month, reflect and celebrate. Encourage your child to share how it made them feel completing these random acts of kindness.

Conversation Starters

♥ Why do you think it's important to be kind to others? To yourself?

♥ Describe a time when someone was kind to you. How did it make you feel?

♥ What is something kind you have done for someone else? How did it make you feel?

Chispea el Corazón

Sea amistoso y compasivo.

Este mes estamos desafiando a tu estudiante que sea amable a otros, hasta cuando es difícil. Estamos colaborando contigo para ayudar a tu niño a crecer en amabilidad. La mayoría de los niños aprenden nuevos comportamientos por copiar a los que ven a su alrededor; tenemos una oportunidad poderosa y una responsabilidad a enseñar la amabilidad por nuestro ejemplo. Este mes, modela amabilidad y empodera a tus hijos para mostrar la compasión a los que están a su alrededor con estas actividades.



1 CAPTAR: Cartas de Amor Propio

Aparta diez minutos y desafía a tu familia que escriban cartas de amor a sí mismo. Sigue estos pasos sencillos: 1) Inicia con "Querido Yo," y no pares de escribir hasta que suena el timbre. 2) Dite a ti mismo qué maravilloso eres y lista unas de tus cualidades más positivas. Niños más jóvenes podrían necesitar ayuda en escribir o pensar. A lo mejor, en vez quisieran dibujar algo. 3) Compartan sus cartas entre familia cuando terminen. Sean seguros de afirmarse uno al otro mientras comparten.



2 EMPODERAR: Cajas de Afirmación

Haz que cada miembro de la familia haga y decore su propia bolsa o "Caja de Afirmación" para mostrar en un lugar central en tu casa este mes. Por lo menos tres veces a la semana, escribe a un miembro de la familia una afirmación y ponla en su caja. ¡En el último día del mes, pregúntale a cada uno que lea sus afirmaciones, y que todos sientan el amor!



3 EMPLEAR: Amabilidad Intencional

Como una familia, hagan una lista de 25 actos aleatorios de amabilidad que puedan lograr este mes. Entonces, hagan un plan de como harán cada acto. Al fin del mes, reflejen y celebren. Anima a tu niño que comparta cómo lo hizo sentir completar estos actos aleatorios de amabilidad.

Iniciadores de Conversación

♥ ¿Por qué piensas que es importante ser amable a otros? Y a ti mismo?

♥ Describe un tiempo cuando alguien fue amable contigo. ¿Cómo te hizo sentir?

♥ ¿Qué es algo amable que tú has hecho por otra persona? ¿Cómo te hizo sentir?