

KINDNESS CAMPAIGN



2016

Ms.Cesario and student leaders (Kindness Committee)

KINDNESS CAMPAIGN 2016

“The best way to find yourself is to lose yourself in the service of others.”

—Mahatma Gandhi



WHY?

will help support our school improvement plan to build resilience in our students

School Focus is: WELL-BEING - resilience

This initiative will also help students become a positive force in their community.

This is a school wide initiative that will bring together teachers, students, parents and other people in the community.

There are many factors that contribute to resiliency:

positive attitudes and emotions,

academic success,

physical health,

and social competence.

Social competence is an important factor to building resiliency because this allows people to feel connected and what a better way to feel connected than by helping others. By creating opportunities such as the Kindness Campaign 2016, students are given the opportunity to contribute to the well-being of others both at school and in the community to build a sense of connectedness.

HOW?

WHO is involved:

KINDsnacks company [KIND](#)

Kardish Food Company [Kardish](#)

Mary Honeywell E.S., Berrigan E.S., Steve MacLean E.S., W.O. Mitchell ,
Adrienne Clarkson E.S.



WHEN?

JANUARY 4th - February 19th 2016

Wrap up Feb 15-19th (RANDOM ACTS OF KINDNESS WEEK)

GOALS?

10 000 acts of kindness in 30 days

**Plant a tree in school yard to remind students of being
kind**

HOW CAN YOU HELP?

encourage children to reach out and help others at home, at school and in their community

share acts of kindness ideas with others and Kindness committee

share the joy of being kind

post acts of kindness tally sheet in classroom

bulletin boards- tree and leaves with acts of kindness written

facetime other classes at other schools

KINDNESS SURVEY

