



February 23, 2009

Dear students and families,

We are excited to welcome everyone back from February Break and to announce our Kindness Week activities starting Monday, February 23.

Monday we kick off our week with a general assembly to celebrate *Kindness Starts Here!* Students will be invited to participate in *Random Acts of Kindness Day* on **Tuesday**. Students will consciously decide to perform acts of kindness throughout the day. They will record their kind actions or kindness shown to them on their *Random Acts of Kindness Hearts* which will become the decoration for our *Kindness Lives Here* display.

Wednesday we will all take a stand against bullying and intimidation by wearing pink on “*Pink Shirt Day*”. This initiative began in the Maritimes when 2 students mobilized hundreds of students in support of a boy who was bullied for wearing a pink polo shirt to school. This act of kindness has touched the hearts and sparked the imagination of political figures, media personalities and educators across Canada. We encourage all students to wear some pink on Wednesday to support our school’s work in educating and supporting students in refusing bullying behaviours and choosing kindness instead.

Thursday our Grade 7/8 leadership will “*Lead with their Hearts*” as they check in with the members of their assigned Big Family Group to offer a friendly piece of encouragement and give them a heart to say “*You are connected and cared for at Saskatoon French School!*” These hearts will join the *Random Acts of Kindness Heart* on posters students will create together on our final Kindness Week celebration **Friday** where students are invited to wear white to represent peace at our *Kindness Lives Here* celebration.

Also, we invite students to bring a waste-free lunch on **Thursday** to show kindness to Mother Earth. Remember the 3 R of going Green? Reduce, Reuse and Recycle. Essentially, a waste-free lunch includes healthy food choices packaged in *reusable* containers to *reduce* the amount garbage hitting our landfills and reduces the need for *recycling* as well. Check out <http://www.wastefreelunches.org/> for more information on waste-free lunches.

We organized our *Kindness Week* activities to highlight our shared school belief in kindness and to teach students not only to say no to bullying but to embrace a culture of kindness so that we can achieve our mission of Excellence, Diversity, Cooperation and Partnership as we live out our shared fundamental beliefs in Kindness, Respect, Safety and Learning.

Thank you for supporting these initiatives. Turn over this page for a handy reminder of this week’s events!

Kindness Week				
Monday	Tuesday	Wednesday	Thursday	Friday
Kindness Starts Here Get into the spirit of the week!	Random Acts of Kindness Go above and beyond to be kind!	Bullying Stops Here Wear pink for kindness!*	Lead with your Heart Pack a waste free lunch!	Kindness Lives Here Wear white for peace!

*If your child does not own anything pink please **do not** feel obligated to buy a clothing item that may never be worn again. The school will provide pink paper hearts that student can pin to the shirt they wear to school Wednesday.