

March 2019



Dear Parents/Guardians:

Let's turn the world kind! A random act of kindness is a selfless act performed by kind people to either help or cheer up a friend, teacher, parent, or random stranger, for no reason other than to make that person happier. This year St. Katherine of Siena School will be celebrating *Spring into Kindness* **Tuesday, March 12-Friday, March 15, 2019**. Our goal is to eliminate name-calling and provide an ongoing dialogue about spreading kindness to our community.

Regrettably, many children experience some form of name-calling. Name-calling begins in the elementary school years and peaks during middle school years. That's why it is important to begin to address the problem of name-calling while children are still in grade school.

Enjoy reading these books on kindness with your child/children. For our younger students:

Boo Who? by Ben Clanton (PreK-1)

What Does It Mean To Be Kind? by Rana DiOrio (PreK-1)

Most People by Michael Leannah (PreK-3)

I Walk With Vanessa: A Story About A Simple Act of Kindness by Kerascoet (K-4)

A Hat for Mrs. Goldman: A Story About Knitting and Love by Michelle Edwards (K-5)

The Quiltmaker's Gift by Jeff Brumbeau (1-5)

Each Kindness by Jacqueline Woodson (1-5)

For our middle school students:

Wonder by R. J. Palacio

Out of My Mind by Sharon M. Draper

Rules by Cynthia Lord

Also, feel free to check out <https://www.edutopia.org/SEL-parents-resources> for some great ways to talk to your children about kindness and empathy.

Sincerely,

Mrs. Stephanie Rodgers, M.Ed, NCC, CORA School Counselor

Ms. Sara Siegfried, MSW, LSW, Catapult Family Connections School Counselor