

# OPEN MIND

January 2023 / Vol 5



School Choice Week

## Quotes and Bible Verses about Friendship

"Do to others as you would have them do to you." —Luke 6:31

"Encourage one another and build each other up." — 1 Thessalonians 5:11

"Greater love has no one than this: to lay down one's life for one's friends." — John 15:13

"Here's the lesson: Use your worldly resources to benefit others and make friends. Then, when your earthly possessions are gone, they will welcome you to an eternal home." —Luke 16:9

"Empathy has no script. There is no right way or wrong way to do it. It's simply listening, holding space, withholding judgment, emotionally connecting, and communicating that incredible healing message of "you are not alone", - Brene Brown.

## This month's character trait: Friendship

This month students learned and practiced the value of friendship. They learned three skills that are crucial to develop and carry into their futures: kindness, compassion, and empathy.

Join us in teaching our young ones how to appreciate the value of friendship and its importance in their lives.

### Reflections

Make sure your child is reflecting upon these concepts and understands them

- Am I being friendly every day?
- Is it hard to be a friend to someone?
- Is being generous the same as being a friend?
- Can I inspire someone else to be a good friend?
- Can I be a friendship model for those who know me?

## Mindful Moment

5-4-3-2-1 Focus

Notice 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell, and 1 thing you can taste.

## February Celebrations and Awareness Dates

- Black History Month
- American Heart Month
- 8 Safer Internet Day
- 14 Valentine's Day
- 17 Random Acts Of Kindness Day
- National Caregivers Day
- 20 President's Day
- 22 Ash Wednesday

## Lessons from January

### Preschool

Connected more deeply with their bodies, minds, and breath through yoga journeys and deep breathing exercises. They learned important qualities in friendships.



### Kinder - Second

Listened to a story about the value of kindness and compassion and how either a chain of kindness or unkindness can happen. Students discussed what kindness and compassion look like, feel like, and sound like.



### Third - Fifth

Explored what judgments are and how mindfulness can help when we notice them. They demonstrated an understanding of friendship using the five senses. Students engaged in a classroom community circle building empathy.



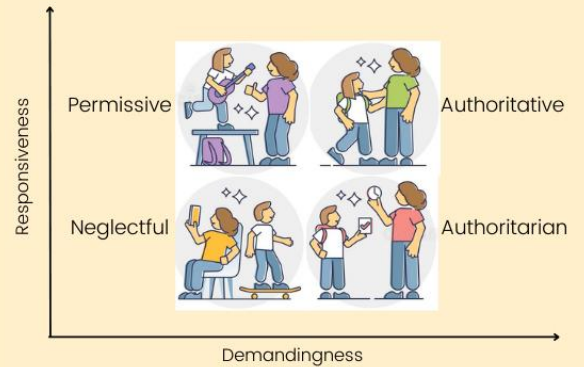
### Middle School

Practiced compassion towards themselves and others. Students learned their behavior toward others is directly related to their ability to empathize and treat others with kindness and compassion.



## Parents Corner

### What's your parenting style?



Identifying your parenting style can be very helpful in supporting healthy development and making positive changes.

Preferred Parenting Style: Authoritative

- Sets and enforces clear rules and expectations; holds self and child accountable
- Flexible, understanding, considers child's thoughts, opinions, and feelings
- Uses natural consequences and open communication to teach problem-solving skills (teachable moments)

Why is authoritative parenting preferred?

- Teaches values, independence, reasoning, mutual respect, and understanding
- Allows child to make mistakes and learn from them with parental support
- Leads to: stronger academic performance and social skills, increased ability to solve problems and resolve conflicts on their own later

—MPG, PC.