



Monroe County Schools Coordinated School Health Office “Random Acts of Kindness” month is hopeful to inspire people every day. I hope people all over our district will enjoy doing these acts of kindness. Not only do acts of kindness bring joy to the receiver, but they spread positive reactions to the giver, too!

Random Acts of Kindness for October 2020

Week 2- 12-16th – TEACHERS – 2nd week of October we will be honoring teachers. If you could please have students do something to thank staff! It can be as simple as a picture, card, or a letter from the class. Please send pictures we can place on social media.

Week 3- 19th-23rd. ESSENTIAL WORKERS- 3rd week of October we will be honoring essential workers. If you could encourage students to honor these individuals in some way. If you could incorporate into a lesson/class project, that would be wonderful. If we can assist with this/deliver items let us know. Please send us pictures we can place on social media.

Week 4- 26th-30th - VETERANS- 4th week of October we will be honoring Veterans. If you could encourage students to honor Veterans or individuals currently serving. If you could incorporate into a lesson/class project, that would be wonderful as well. If we can assist with this/deliver items let us know. Please send us pictures we can place on social media.

Events/Activities for the month:

Water Bottles- CSH will kick off “Random Acts of Kindness” month with water bottles for every Monroe County School student in schools. Those deliveries have started and will continue until all schools are completed.

Kindness Speech Contest- The flyer with details/information is attached. If you could please incorporate this into a lesson, that would be wonderful. We've had several English teachers/Public Speaking classes use this as a project. We appreciate any support/encouragement you can give in getting entries.

Kindness Calendar – I've attached a Kindness Calendar you can give to your class. There's a different RAOK that can be performed for 28 days/acts. If you could have students submit pictures of them participating in an act with their kindness calendar photographed, too! Of course, submissions would have to be approved to be on our social media page.

Wrinkled Heart- Heart attached – This is a great project to teach empathy. Give children attached heart to hold. Take turns saying unkind things/acts that could hurt someone's feelings, while each time making a fold on the heart. After, unfold the heart and recognize the wrinkles that can't be taken away. Discuss with students what happens when they do/say certain things and how it affects other people.

My Daily Gratitude- There's another activity attached called "My daily gratitude" they can draw a picture and write their submission. I'd love to see some of these. If your class participates can you please let me know? I'll gladly come and pick up. Simply place in a folder and let me know when I can pick up.

What do you live for? - CSH is happy to announce we have another large rock making its way to the School Health Office. It will look a lot like the one at Central Office that our very own students painted. This rock will have written... What do you live for? painted on the rock. Along with, student hand prints all over it. For our office, one of the things we live for, is the children we serve. We live for caring and bettering the lives of our students and families. We wanted hands of our children/students placed all over the rock. This will simply be a reminder of our purpose as well. We will be asking/videoing staff and students asking them... What do you live for? I'm hopeful all of the answers will bring us joy and some laughs. Also, a reminder of our purpose! #whatdoyoulivefor

I think that's a wrap for the month. I welcome your suggestions/questions. If you please could send us lots of pictures of participation in events for the month. Also, if you post any if you could use the hashtag #MoCoCoordinatedSchoolHealthRAOK and tag us ☺

Sincerely,

Lacey Mason CSH District Director