



COUNSELOR'S CORNER



St. Clement
Catholic School

December 2011

'Tis the Season of Giving, Caring, and Kindness

More Than Just Presents

During the month of November, students participated in classroom guidance lessons incorporating our virtue of Stewardship. We focused on different ways each of us can share our unique gifts and talents with others. This is a great lead into our December virtue of Kindness. As we enter the Christmas season, let us remember to be kind to one another and to share our love with those around us.

Take an opportunity to reinforce our virtues of Stewardship and Kindness with your children during this holiday season.

Share some RAK

The Random Acts of Kindness (RAK) Foundation was created to inspire people to practice kindness and to "pass it on" to others. The foundation provides free educational and community ideas, guidance, and other resources to kindness participants. Many of the foundation's ideas and activities will be incorporated into December's monthly guidance lessons. Learn more about the Random Acts of Kindness Foundation at www.actsofkindness.org.

Don't Pay It Back... Pay It Forward

The idea of paying it forward was created by the novel by Catherine Ryan Hyde and was followed by a movie in early 2000. Since then the Pay It Forward Foundation has been working to educate and showcase real-life Pay It Forward success stories. According to the Foundation, "the premise of the novel "Pay It Forward" is one that any person can implement in his or her own life, at any time. It begins with doing a favor for another person ~ without any expectation of being paid back. Indeed one would request that the recipient of that favor do the same for someone else ~ ideally, for three other people."

This year, our seventh grade took a look at the Pay It Forward concept and brainstormed how it could be implemented here at St. Clement. I encourage every student, parent, and teacher to work on performing acts of kindness for others. If an act of kindness is done for you, consider doing something for someone else rather than returning the favor.

To learn more about the Pay It Forward Foundation and Movement, please visit these websites:

<http://www.payitforwardfoundation.org>

<http://www.payitforwardmovement.org/>

Pay It Forward this Holiday Season!

December is KINDNESS Month

How to be a Kind Person

- Show you care about others through kindness, caring, generosity and compassion.
- Live by the Golden Rule . . . treating others the way you want them to treat you.
- Think about how every decision, word or action will impact every person around you.

Kindness at Home

- Talk with your children about the importance of doing things for other people. Remind them often that they have the power to brighten another person's day through a simple act of kindness.
- Participate in a community service project with your children.
- Try to find things that you can do together to make a difference in someone else's life.
- Catch your child being caring, that is doing something kind and generous for another person.
- Watch a television program together, and talk about the various ways in which the characters acted unkind or kind towards one another.
- Remember that you are a powerful role model for your child. If you are kind and helpful to other people, that is what your child will learn from you.

Encouraging Kindness

- **Model kind acts.** Let your child see you hold the door for someone or motion another driver ahead of you in traffic. You might comment on how being considerate made you feel: "That woman was in a hurry. I'm glad we could help." Chances are, your child will want to feel that way, too.
- **Plan kind acts.** Ask your children to name 10 ways to show kindness, or have the whole family think of ideas together. Then, let everyone choose one to try. Examples: Weed a neighbor's flower beds, take treats to animals in a shelter, share CDs with friends.
- **Recognize kind acts.** Attach an envelope to your refrigerator or bulletin board. When someone sees another family member act kindly, he can write a note about it ("Bryan helped Susie with her math homework"). Pull out the notes and read them aloud at dinner or during family meetings.



*Merry Christmas
and
Happy New Year!*

Contact Information

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