

# School Kindness Packet



*"It Just Takes a  
Simple Act of  
Kindness!"*

The gift of kindness can  
start as a small ripple  
and in time  
can turn into a  
tidal wave  
affecting many lives!

Let's start a

*Tidal Wave*

*Mrs. Pocatello*  
Melissa Nelson

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SPONSORS A STUDENT WITH A T-SHIRT!



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**City Proclaimed  
Kindness Week  
Sept. 21st-27th**

**Kindness Day  
celebrated each  
month in School**



The gift of **Kindness** can start a small ripple and in time can turn into a tidal wave affecting many lives.

# Community Kindness Week

September 21st-27th

## Pocatello/Chubbuck Public Schools

1. **Spreading the Word:** School District and/or Administration will send out correspondence to remind all parents notifying them of Kindness Week and to encourage them to get involved in their students' schools.
2. **Flyer:** Thursday, Sept 17<sup>th</sup> is the official Kindness Day for Pocatello and Chubbuck. Attached is a flyer that announces the holiday and also the flyer announcing Kindness Week with the Community "Acts of Kindness" Calendar.
3. **Student Involvement and Planning:** The Community Kindness Movement proposal is all about spreading awareness and encouraging student and parent involvement. School Councilors or Advisors should help facilitate.
  - **High Schools & Middle Schools:** Have Student Council and School Clubs plan the remaining portion of their assemblies with the help of their school administration, advisors, school counselors, and other bullying prevention organization. Mrs. Pocatello and Committee will be there to assist if needed and or to participate, contact information is included.
  - **Elementary Schools:** PTA's will be there to help plan these assemblies with the aid of the principle, teachers, and school counselors, if needed. Involving the students is highly encouraged. Mrs. Pocatello and Committee is available to assist or participate, contact information is included.

4. **School wide Kindness Video:** Video to be shown to all schools to launch Kindness Week, which will be Monday, September 21<sup>st</sup>. The video will help explain to the student why Pocatello and Chubbuck are sponsoring a Kindness Movement.
- Each school can either show a the video at the beginning of a planned school assembly or in a classroom setting, whichever is best for your school.
  - Announce that the school will be celebrating a Kindness Day each month to help remind all of us that it's important to be kind. They are encouraged to wear their yellow Kindness t-shirts on these days. If your school has school uniforms, you don't necessarily have to use the Kindness t-shirts, but their highly recommended as a remembrance that Kindness does begin with each an everyone of us. The t-shirts are hard to miss when everyone is wearing them. It's amazing the kind of reactions we get out in the community when the six of us in my family are wearing them. Imagine your entire school.

5. **School Kindness Week assembly** (optional):  
School Assembly theme: **“Kindness begins with Me!”**  
Each school can start their assembly with the school-wide Kindness/Bullying Prevention video. This video production will star local Pocatello kids. This video will be a project under Mrs. Pocatello and her committee to fulfill and will be approved by the School District before viewing. The video will also show both Mayors signing the “Kindness Day” Proclamation and will give a run down of the Kindness Week calendar of events that are planned by the Community Kindness Movement and others groups in the community.

The remaining portion of the assembly can be planned by the School Administrators, PTA, School Councillors, Student Councils, Clubs, etc. Encouraging students to help plan the assemblies will help in our efforts in inspiring our children to become those natural Kindness leaders. Here are some ideas:

- Focus on giving the students the tools they need to deal with bullying situations. By teaching them the importance in being a friend to a peer that is in need. Be a Kindness Hero!
- Teach them WHAT bullying is.
- Teach them WHEN to report bullying.
- Teach them HOW to report bullying.
- Teach them WHY they need to report bullying. By showing kindness to someone in need, the Kindness Hero can instantly stop the bullying. No one knows how long that peer has been bullied, It's important to remind students that Speaking Up matters and one day, they made need someone to stick up for them
- Relay the message that Kindness is such a simple, yet POWERFUL way in making a difference. True Kindness can preform a change of heart. You can show examples of ways that this has been done. There are many great videos on “Random Acts of Kindness”.

**Kindness Activity - Mrs. Pocatello Idea:** The Community Kindness Movement initially began by performing “Acts of Kindness” and helped diminish bullying. It would be fun to show the students how kindness feels and how it can cause a ripple effect. Your school would need (2) dozen yellow roses or flowers. The principal (or invite Mrs. Pocatello) would give the first rose out randomly to anyone in the crowd. Put a letter “K” on the front of that student and give them 2 roses, 1 rose they get to keep, but the other give away to another student. Each student after they've given their “Act of Kindness” will continue standing in front of the crowd in order. The Principal or Mrs. Pocatello puts letters on their shirts. At the end of the last rose, you will have spelled out with the students, “Kindness Begins with Me.” Also, you can go down the line and ask each student how it made them feel to have been chosen at random to get a rose. This activity will spark the feeling of Kindness, show them the symbolism of how kindness can be passed on, and also that Kindness begins when each of us has the desire to choose kindness.

- Bullying happens more often when there’s no adult supervision. Give the kids live action scenarios preformed by the staff to help stop these situations with peers by using Kindness.
- Discuss the Community “Acts of Kindness” Calendar and how your school will participate.
- End the assembly with inspiration, motivation, or a Kindness challenge to have all the kids wear their “Kindness t-shirts” to all the community and school events.

6. **Yellow “Kindness Begins with Me!” T-shirts** (optional)

Mrs. Pocatello and Committee are trying their best to raise as much money as they can to pay for 14,000 Kindness t-shirts that will cost \$33,000. These aren’t just another t-shirt. These t-shirts symbolize that all children are all unique, but can come together as one! They also spread the message that Kindness is the answer. The t-shirts will also spread the message of Kindness into every home that has a public school student. We all know that the biggest influential people in a child’s life is the

parents. The parents play a vital role in their teaching children kindness. That is why this is a community wide and school movement. “May we all be Models of Kindness!”

**Help Sponsor A Child**  
 HERE IN POCA TELLO/CHUBBUCK  
 starting at **ONLY \$2.50**

**Kindness**  
 begins with  
**Me!**

**Community Kindness Movement**  
 POCATELLO-CHUBBUCK

**WE'RE ON A MISSION**  
 May we all be Models of Kindness  
[www.GoFundMe.com/Kindness4Kids](http://www.GoFundMe.com/Kindness4Kids)

*Mrs. Pocatello*  
 Melissa Nelson

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7. **Kindness Week Activities Ideas:**

- Teachers teach a Bullying Prevention or Kindness lesson each morning for the 1<sup>st</sup> 10-15 min. of class.
- September 17<sup>th</sup> will be proclaimed Pocatello and Chubbuck's official "Kindness Day". You can have a school-wide Kindness poster contest and announce the winners at the assembly. Give out small prizes and display the posters throughout the school.
- Make posters of the "Act of Kindness" Challenge for Kindness Week and have them displayed throughout the school. Have the teachers each morning announce the "Acts of Kindness" Challenge for that day or the Principle quote a Kindness Quote over the Intercom each morning and then announce what the "Act of Kindness" Challenge is for that day.
- CONNECT US ALL! Design a pre-cut person, hand, or heart shape. When students are caught being kind, put their name in a Kind Box. On Kindness Day random draw out some names. Those students take the cutout and put their name and deed on the shape. The shapes are taped together in a chain connecting the kids. This is a great project for the entire school---connecting one end of the school to the other!
- Student Councils, Clubs, PTA's, and Teachers help come up with a Kindness theme for each grade school hall. On September 17<sup>th</sup>, classes can help make Kindness Day art projects to display for the following week.. Have the kids make Kindness Quotes, Kindness posters, or have a school Kindness Pledge to be Kind Wall and decorate in the color Yellow. Have the teachers, Student Councils, Clubs, and/or PTA help decorate the halls on Friday, September 18<sup>th</sup>, so the schools will be decorated in yellow when the students arrive on Monday. The schools can hold their own hall decorating contests.
- A Unity Dance can be an activity planned at the end of the week for Middle Schools and High Schools.. They can wear their "Kindness" t-shirts to get into the dance at a discount or for free. The Unity Dance can take place during school hours, at the end of the week on Friday or Friday evening for High Schools. A Unity Dance can all be a fundraising event to raise money for more kids in the school to get t-shirts (if we aren't able to raise all the money) or can go toward making Kindness Banners to put up for each Kindness Day that says "Kindness begins with Me! - Bullying Stops Here!"

### END OF THE WEEK GOAL

At the end of Kindness Week, the goal is to provide all of our public school students with the tools they need to help prevent bullying from happening more often in school. We hope it helped inspire unity for a better and safer learning environment for all..

# Kindness Day

Celebrated the 3<sup>rd</sup> Thursday of every Month

Kindergarten WF Students can celebrate the Wednesday before

<b>Thursday -</b>	<b>September 17<sup>th</sup></b>
<b>Friday -</b>	<b>October 15<sup>th</sup></b>
<b>Tuesday -</b>	<b>November 19<sup>th</sup></b>
<b>Thursday -</b>	<b>December 17<sup>th</sup></b>
<b>Friday -</b>	<b>January 21<sup>st</sup></b>
<b>Wednesday -</b>	<b>February 18<sup>th</sup></b>
<b>Thursday -</b>	<b>March 17<sup>th</sup></b>
<b>Friday -</b>	<b>April 21<sup>st</sup></b>
<b>Tuesday -</b>	<b>May 19<sup>th</sup></b>

### END OF THE YEAR GOAL

At the end of the year, we will be sending out a survey to take. This way we can evaluate the effects of our Community Kindness Movement. We would like to see if your school saw a difference in bullying that was reported.

## PTA or PTO Involvement

PTA Regional President, Mary Kae Ryner and Mrs. Pocatello will be holding a meeting for all the PTA's to discuss planning for Kindness Week and planning the Kindness Day each month for the school. There are 9-10 School PTA's and so they will each take one month and plan a Kindness Day for their school. They will then collaborate their Kindness Day that they planned, so that all PTA's will do the same activities in their schools each month and only have to plan (1) Kindness Day.

## **Student Council** & Advisors/Councilors

Mrs. Pocatello and/or Committee Member is willing to meet with your Student Councils, School Clubs, Advisors, and/or Councilors to help plan their Kindness Weeks if needed. Please have them contact Mrs. Pocatello to set up a time. We may also share what the PTA will be doing each Month for Kindness Day and your school can choose to adopt their planned Kindness Day activities.

# Community Kindness Week

September 21-27, 2015

## Acts of Kindness Challenge

### Sept. 21- Meal Monday-

Eat lunch with someone new &/or sit together with your family for dinner, planning your acts of kindness.

### Sept. 22- Tell Them Tuesday-

Say nice things to people you see, give compliments and praise.

### Sept 23- Wow Wednesday-

Make someone's day by leaving an anonymous gift (candybar, note, flower, etc.) or do an act of service.

### Sept. 24- Thank You Note Thursday-

Write & give a thank you note to someone you appreciate, but don't tell often.

### Sept 25- Friendly Friday-

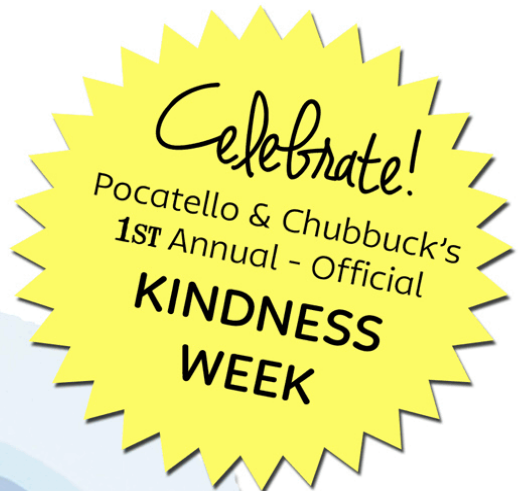
Introduce yourself to someone new or talk to someone you see every day but don't usually speak to.

### Sept 26- Smile Saturday-

Smile at as many people as you can throughout the day. Try to get them to smile back.

### Sept 27- Say "I love you" Sunday-

Tell your family and those closest to you, how much they mean to you and that you love them.



Let's start a tidal wave!



Sponsored by *Mrs. Pocatello 2015*  
Designed by Melanie Mortensen





Contact Information for Mrs. Pocatello

**Melissa Nelson**

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208-521-6574

[www.MrsPocatello.com](http://www.MrsPocatello.com)

The School Kindness Week Packets will be available on my website to view and to print soon. Please contact me if you have any questions or if your school needs help with planning. We can collaborate ideas from other schools and share information or activities. If you don't have a PTA or a Student Council to help plan, I would recommend contacting parents who would be willing to participate and volunteer their time in helping our children. If your school would like for me to attend an assembly or Kindness activity, please email me for scheduling. I also would be willing to make appearances on Kindness Day throughout the school year as well.





The gift of Kindness can start a small ripple and in time can turn into a tidal wave affecting many lives.

**Sponsor a Student:**  
[www.GoFundMe.com/Kindness4Kids](http://www.GoFundMe.com/Kindness4Kids)

## WE'RE ON A MISSION May we all be Models of Kindness

Take part in creating a **Kindness Tidal Wave** here in Pocatello/Chubbuck! Sponsor a student who attends Public Pocatello/Chubbuck Schools, with a yellow Kindness t-shirt that says, "Kindness Begins with ME!". The t-shirts will be worn through our **Community Kindness Week**, September 21st-27th and on **Kindness Day**, celebrated every 3rd Thursday of the month in school. Sparking a reminder in all of us that *"It just takes a Simple Act of Kindness"*. The t-shirts are vital, they symbolize to our children that they are all unique, but can come together as one. Kindness is the answer to Bully Prevention. My desire is to create a better and safer learning environment for our children. *Support our STUDENTS in our Community Kindness Movement!*

## YOU CAN MAKE A DIFFERENCE BY SPONSORING A CHILD, A CLASSROOM, A SCHOOL!

**Buy 1, Give 1**  
**for \$5.30**

Buy (1) Kindness t-shirt for yourself,  
sponsors a Kindness T-shirt for a student

### Attention Businesses:

Get your business logo on the back of 6000+ t-shirts

- Small - \$500
- Med. - \$750.00
- Big - \$1000.00



*Mrs. Pocatello 2015*  
Melissa Nelson