

School Kindness Packet



Kindness
begins with
Me!

*"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

Community Kindness Week

School Planning Ideas

September 21st-27th

Pocatello/Chubbuck Public Schools

1. **Spreading the Word:** We recommend your School sending out correspondence to notify parents that your school will be participating/celebrating in our Community Kindness Week and to encourage them to get involved in the activities you have planned.
2. **Flyer:** Thursday, Sept 17th is the day the City Council will read the Kindness Week Proclamation for Pocatello and Chubbuck. On that day I would recommend sending out the “Acts of Kindness” Calendar in every student's book bag to let the parent know about the Community/School Kindness Challenge for the week of Kindness Week.
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 principal, 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 is available to be shown to all schools. This video is highly recommended and will help launch Kindness Week in your schools. I recommend showing it to your students on the first official day of Kindness Week, which is Monday, September 21st.

A viewing of the School Video will be available to Principals the week before Kindness Week. Please be advised, we will send a link soon to view for your school approval.

The first portion of the video is an Animated Explainer on how Kindness Week evolved, why Kindness is being celebrated, how they can become the difference in their school, we discuss the Kindness Week Proclamation Signing, and talk about the “Acts of Kindness” Calendar. This video portion is 2 minutes long.

The second portion of the video’s script was written by Mrs. Pocatello, produced by Cade Sutton (a local 18 year old Youtube Video Maker) and stars local Pocatello and Chubbuck school students. It was shot at Century High School. This is a highly recommend video to watch. I really think everyone will enjoy it. This video portion is 6-7 minutes long.



- 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 each month for Kindness day 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. I believe that the t-shirt, in a way is like a school uniform and will act as a unifer for your school. 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! How AMAZING!



5. **School Kindness Week assembly** (optional):

School Assembly theme: “**Kindness begins with Me!**”

We recommend starting your assembly with the **Kindness Explainer Video**. We will have the two video available to split up and view them at two different time during your assembly or you can watch the version where they are combined into one video.

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!

By showing your students that its “Cool” to SPEAK UP and be a Kindness Hero. I call it a hero, because to the student being bullied it could be a lifesaver. Statics show that bullying happens more often in front of peers and not adults. So, providing our students with the tools in being KIND LEADERS, is a valuable asset for your school in preventing bullying.

If your schools wants to inform the kids of what bullying is, you can choose to touch on these topics. I would recommend keeping the assembly inspirational. We also learn to from heart felt emotions and a lot of kids experience bullying and need to know that there is help, they don't have to deal with it alone.

- 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.
- 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. Yout school would need (2) dozen yellow roses or flower. The principle (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 Principle or Mrs. Pocatello puts letter's 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 by showing them the locally Produced Kindness Video written by Mrs. Pocatello, Produced by Cade Sutton, and Star Local Pocatello/Chubbuck School Students. If your school received t-shirts, challenge them to wear them as much as they want and can through Kindness Week.

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

Mrs. Pocatello and Committee were trying their best to raise as much money as they can to fund 14,000 Kindness t-shirts that will cost \$33,000. These aren't just another t-shirt. The Kindness t-shirt symbolizes that all our children are unique, but can come together as one! They serve as a unifier. They also spread the message that Kindness is the answer to Bullying Prevention and help give the reminder.



We all know that the biggest influential people in a child's life is the parents. As parents, we play a vital role in teaching their children kindness and having empathy for others. That is why this was a Community Kindness Movement Proposal to the City and Schools. Having our children in these t-shirts brings the valued Kindness message home to each household.

I feel the Kindness T-shirt plays a VITAL role in establishing unity, establishing a reminder, they can be a school "pride" t-shirt because the cost is more affordable, and most importantly they will help unify your school.

Mrs. Pocatello was able to fundraise \$17,000 to fund all 13 Elementary Schools in the

Pocatello/Chubbuck School District with Kindness T-shirts, from the help of many local businesses. That is 6000 t-shirts! A local business in town recently contacted us a sponsored Gem Prep Charter School with t-shirts. So, it can be done. Parents are wanting this for their children. I encourage your school to consider fundraising options or sending out order forms to the parents. We have applied for grants, but won't hear back or be awarded those until October-November. We will continue to try and help get Kindness T-shirts into your Schools as well.

Purchase a Kindness T-shirt

The Kindness T-shirts are available to purchase for any Student, Staff, Administration, and for the Community, at www.MrsPocatello.com - The t-shirts for the schools are \$3.50 (that includes sales tax). We are offering them to the Community as a "Buy 1, Give 1 for \$7.00 - This gives (1) t-shirt for the person buying a Kindness T-shirt, but also sponsors another (1) t-shirt to a student in school.

School Kindness T-shirt Order Forms

We do have a School Order Form, if your school is interested in sending ordering forms out to your parents to purchase t-shirts for your students. They can also consider sponsoring more money to help fund others in the school, if they feel inclined to do so.

They also can order for themselves and for their family on these forms. The form is also included at the end of the packet.

We are doing our best to give you the LOWEST PRICES on t-shirts. New Day Products is our local sponsor in printing the t-shirts. We want to thank them for their generosity and for their KINDNESS!

7. **Kindness Week Activities Ideas:**

- Teachers teach a Kindness or Bullying Prevention lesson each morning for the 1st 10-15 min. of class during Kindness Week and on each Kindness Day or we recommend doing it every Friday. Whatever works best with your staff.
- 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 17th, 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 18th, so the schools will be decorated in yellow when the students arrive on Monday. The schools can hold their own hall decorating contests.

Fundraise for Kindness T-shirts for your Schools:

- Plan a “Unity Dance” and charge for admission and advertise that all proceeds will be going to Kindness T-shirt for your Middle Schools and High Schools.. The Unity Dance can take place during school hours, at the end of the week on Friday or Friday evening for High Schools. You can also use the proceeds to or can go Kindness Banners to put up in your schools 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.

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.

8. Kindness Day Each Month in School:

The School District PTA's are planning these days and sharing them so that we have a full 10 month planning for each Kindness Day this year. Once those ideas are put together, I will share them with your schools and have them available to print out on my website. That way your school can adopt their ideas and use them and each school will be doing the same thing or you can have your own PTA/PTO plan your own school Kindness Day celebrations, community service projects, Acts of Kindness challenge, etc.

We hope to have this available before October 15th. So, please feel free to check www.MrsPocatello.com

Kindness Day

Celebrated the 3rd Thursday of every Month

Kindergarten WF Students can celebrate the Wednesday before

September 17th

October 15th

November 19th

December 17th

January 21st

February 18th

March 17th

April 21st

May 19th

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.



Melissa Nelson

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208-521-6574

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.

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-

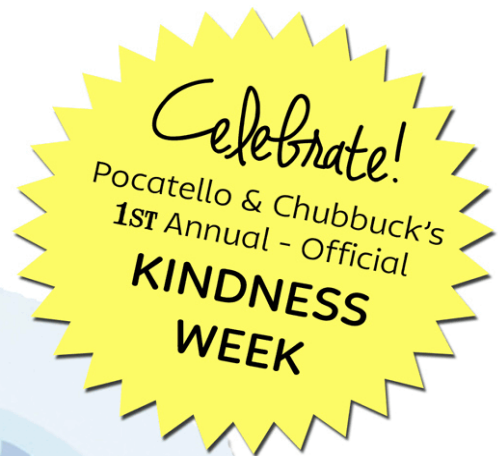
Introduce yourself to someone new or talk to someone you see every day but don't usually speak to.

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

T-Shirts are \$3.50 each

(sales tax included in price) Fill Out and
Send in with Payment



Kindness T-Shirt **ORDER FORM**

School _____

Teacher _____

Student Name: _____

T-Shirts are 100% Cotton

Child XS (4-5) _____

Child S (6-8) _____

Child M (10-12) _____

Child L (14-16) _____

Child XL (18) _____

Adult SM _____

Adult M _____

Adult L _____

Adult XL _____

Adult 2XL _____ +2.00 More

Adult 3XL _____ +3.00 More

SubTotal: _____ x \$3.50 = _____ + extra _____ = _____

Order for your student(s) or even your family!

Become a Sponsor for your child's school to help fund t-shirts.

Sponsor 5 Students - \$17.50

Business Sponsor: \$500 min.

Sponsor 10 Students - \$35

(get your logo on the back of the t-shirts)

Make the checks payable to: Region5PTA

All orders need to be placed by September 25th, 2015

T-shirts will be delivered to the school and distributed

Place your Order Online at www.MrsPocatello.com

Kindness T-shirt order form

Teacher Total Sheet - Fill one out per Classroom
Keep copies of Student Orders for your records

School _____

Teacher _____

Grade _____



Fill out total number of each size per class:

Child X-Small (4-5) _____

Child Small (6-8) _____

Child Med (10-12) _____

Child Large (14-16) _____

Child X-large (18) _____



Adult Small _____

Adult Med _____

Adult Large _____

Adult X-Large _____

Adult 2X-Large _____ +\$2.00 each

Adult 3X-Large _____ +\$3.00 each

Child Sizes:

Total # of Child T-shirts _____ @ \$3.50 = _____ Amount Due

Adult Sizes:

Total # of Adult T-shirts _____ @ \$3.50 = _____ Amount Due

TOTAL = _____

Please write checks to: **Region5PTA**

For questions or to submit your order contact:

Mrs. Pocatello 2015

Melissa Nelson

208-521-6574

MrsPocatello@gmail.com

www.MrsPocatello.com

Pocatello/Chubbuck Community Kindness Week

September 21st-27th

Kindness Day celebrated in school each month

Every 3rd Thursday

ORDER ONLINE AT

www.MrsPocatello.com (processing fees do apply)