



PCS  
August 2020

# Commitment to Character

## Respect: Treating yourself and others with courtesy and consideration.

### Character Education Month by Month:

- August **Respect\***  
Treating yourself and others with courtesy and consideration.
- September **Responsibility\***  
Doing your best and taking ownership for your words and actions.
- October **Cooperation\***  
Getting along with others and working together.
- November **Citizenship\***  
Being law abiding and involved in service to school, community and country.
- December **Kindness\***  
Being nice and considerate toward others.
- January **Self-Motivation**  
Working in a careful and consistent manner without giving up.
- February **Tolerance\***  
Respecting the individual differences, views and beliefs of other people.
- March **Honesty\***  
Using truthful speech and behavior.
- April **Self-Control\***  
Managing your emotions and choosing acceptable behavior.
- May **Caring**  
Being kind, friendly, considerate and willing to listen, give and share.
- June **Courage**  
Being brave in difficult situations, challenging yourself.
- July **Patriotism\***  
Demonstrating allegiance to one's country.

FL School Code, Section 1003.42(2)(s)\*

### Three Words A Day

- Aug. 1 Read for information.
- Aug. 2 Always think positive.
- Aug. 3 Praise is pleasing.
- Aug. 4 Hitting solves nothing.
- Aug. 5 Visit the library.
- Aug. 6 Keep your temper.
- Aug. 7 Celebrate being you.
- Aug. 8 Giggles stop gloom.
- Aug. 9 Overlook others' mistakes
- Aug. 10 Return kind favors.
- Aug. 11 Accept others' love.
- Aug. 12 Worry is exhausting.
- Aug. 13 Afraid? That's okay.
- Aug. 14 You are responsible.
- Aug. 15 Always try hard.
- Aug. 16 Don't give up.
- Aug. 17 Remember favors received.
- Aug. 18 Exercise gives energy.
- Aug. 19 Parents are teachers.
- Aug. 20 Sometimes be quiet.
- Aug. 21 Attitude controls you.
- Aug. 22 Privilege demands responsibility.
- Aug. 23 You are somebody.
- Aug. 24 Decrease your demands.
- Aug. 25 Steadiness prevents falls.
- Aug. 26 Complement yourself today.
- Aug. 27 Always do right.
- Aug. 28 Show your concern.
- Aug. 29 Don't be selfish.
- Aug. 30 Help clean up.
- Aug. 31 Courage is important.



**TEACHING TOLERANCE**  
EDUCATING FOR A DIVERSE COMMUNITY

Teaching about race, racism and police violence.  
Supporting students through coronavirus.

<https://www.tolerance.org/>

Social Justice Standards

<https://www.tolerance.org/professional-development/social-justice-standards-the-teaching-tolerance-antibias-framework>

**Website of the Month:** Operation Respect: At Operation Respect we believe that all young people deserve, and have the right, to learn in a safe, respectful and caring community. For those of you who have already begun work to create such an environment, the Don't Laugh at Me curriculum can add extra passion and new dimensions to that effort. For those of you unsure of where to start, but who know that such a community of learning is what you seek, Don't Laugh at Me is the perfect way to begin. <http://operationrespect.org/classroom-lessons/>

For more PCS Resources go to: <https://www.pcsb.org/site/Default.aspx?PageID=362>

## Dinner Dilemmas

Purpose: To create family discussions that promotes Character Education in Pinellas County.

Dinner Dilemmas are designed to go home once a month with the students. Schools that send home a weekly newsletter could print one dilemma each week in its publication. During the week families are asked to discuss the dilemma. It is hoped that families will talk about the dilemma and decide how the character quality of the month relates to the situation presented. It is further hoped that families will discuss the dilemma of the week and decide how the character quality of the month applies to each family member.

### Week 1

Situation: Sam's aunt is always mean and rude to him. He wants to talk back, but his parents say he needs to show respect.

Dilemma: On one hand Sam does not believe he should show respect to someone who is not nice to him. On the other hand, Sam is told to show respect to family members.

Discussion: What advice do you have for Sam?

### Week 2

Situation: Sue and her friends were standing in the hallway when another student in a wheel chair rolls by screaming and crying. Sue's friends roll their eyes and laugh.

Dilemma: On one hand it's okay for Sue to be with her friends when they are laughing. On the other hand, Sue knows she should show respect for people even when they are different.

Discussion: What advice do you have for Sue?

### Week 3

Situation: Sam gets home from school and there is a sick stray dog in this front yard.

Dilemma: On one hand it is right to show respect for all living creatures by taking care of them. On the other hand, Sam may endanger the other pets in his house if he brings the dog inside.

Discussion: What advice do you have for Sam?

### Week 4

Situation: Sue and her family go to the beach. There is a big pile of trash and the trash container is far away.

Dilemma: On one hand Sue and her family know they should show respect for nature and help keep it clean. On the other hand, they did not make the mess and there are workers who get paid to pick up trash.

Discussion: What advice do you have for Sue?

## Books of the Month

Below are three book ideas to teach respect. Although they are picture books they work for all grade levels.

*Hey, Little Ant* by Hannah and Phillip Hoose

*Because You Matter* by Jan Carmen Liles

*Chrysanthemum* by Kevin Henkes

## QUOTE OF THE WEEK:

### Quotes: Starting the week of August 24

Week of August 24- "Don't worry about knowing people; just make yourself worth knowing." ~ Unknown

Week of August 31- "People who feel good about themselves produce good results." ~ Spencer Johnson, M.D.

### MANAGING CORONA VIRUS (COVID-19) ANXIETY

**For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

**For Kids**

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

**For Quarantine/Isolation**

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

**Building rapport** with students can be a remarkably effective way to improve relationships. There is some confusion over what rapport is and how one goes about building it. Rapport is not something established by asking, "What is your favorite sport?" Rapport is developed by actions—it results from things teachers, counselors and administrators do. It's recognizing that your students have differing points of view. Allowing students to communicate without feeling judged, condemned or guilty during discussions. When they like you and trust you, and when you in turn like and believe in them, you'll form a bond that makes teaching and learning a more positive experience.

Adapted from Smart Classroom Management and SchoolCounselor.org

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Information

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