



# Commitment to Character

## Kindness - Being nice and considerate toward others.

### Kindness Websites of the Month:

Daily actions to help you spread more kindness in the world...



Remember we are still focusing on Citizenship during the month of December.

### Medal of Honor Coin Design "Call for Entry"



Due Date: December 21, 2018 Who: Grades 3-12

In October of 2019 the Medal of Honor Conference will be taking place in Tampa. We have the exciting opportunity to submit designs for the official conference coin that will be minted and presented to those in attendance.

The Medal of Honor is the highest military decoration that may be awarded by the United States government. It is presented by the President of the United States, in the name of Congress, and is conferred only upon members of the United States Armed Forces who distinguish themselves through conspicuous gallantry and intrepidity at the risk of life above and beyond the call of duty.

Use one (1) Core Value in Medal Design:

- **Courage-** Doing the right thing when faced with danger or difficult decisions is the hallmark of the Medal of Honor, and can be done in everyday life as well as on the battlefield
- **Sacrifice-** Upholding sacrifice and service above self are guiding principles for all Americans as citizens of a free and prosperous nation
- **Patriotism-** Devoting our loyalty to our nation and educating others about what makes America great is essential to a lasting, unified nation
- **Citizenship-** Inspiring all Americans to be involved in their community, respect others, show compassion, and assume personal responsibility helps build a greater nation
- **Integrity-** Being honest and having strong moral principles is a personal choice to hold oneself to consistent and ethical standards, and one we can all make.
- **Commitment-** Dedicating time, energy, and resources to and for others results in stronger communities and an America that is the example for the rest of the world. From Matt's emails

### Three Words a Day

- Dec. 1 Faces show feelings.
- Dec. 2 Love someone else.
- Dec. 3 Do something well.
- Dec. 4 Giggle lots today.
- Dec. 5 Happy thoughts stay.
- Dec. 6 Think things through.
- Dec. 7 Manners are important.
- Dec. 8 See others' qualities.
- Dec. 9 Politeness wins praise.
- Dec. 10 Don't repeat mistakes.
- Dec. 11 "No" is okay.
- Dec. 12 Finish projects started.
- Dec. 13 Use life-skills daily.
- Dec. 14 Keep on working.
- Dec. 15 Smiles are contagious.
- Dec. 16 Take initiative now.
- Dec. 17 Respect our world.
- Dec. 18 Help the needy.
- Dec. 19 Yes to life.
- Dec. 20 Change is constant.
- Dec. 21 Follow your star.
- Dec. 22 Give away smiles.
- Dec. 23 Spread sunshine everywhere.
- Dec. 24 Give your all.
- Dec. 25 Merry Christmas wishes.
- Dec. 26 Share the wealth.
- Dec. 27 Care about lifeskills.
- Dec. 28 Use teamwork daily.
- Dec. 29 Ambition never ends.
- Dec. 30 You made it!!

**Kindness Pledge**  
(From: *The Kindness Curriculum* by Judith Rice)

**Kindness Pledge**  
I pledge to myself on this day,  
To try and be kind in every way,  
To every person big and small,  
I will help them if they fall.  
When I love myself and others, too,  
That is the best that I can do.

# Happy Holidays!

## 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: A new student from a foreign country has difficulty speaking and understanding English. Sue notices the girl sits by herself at lunch.

Dilemma: On one hand Sue knows a kind person would sit with the new student. On the other hand Sue wants to sit with her friends.

Discussion: What advice do you have for Sue?

### Week 2

Situation: Sam is given a partner that is a slow runner for Field Day. Even though Sam is the fastest runner at his school his team did not win the race. Some classmates tease Sam because his team lost.

Dilemma: On one hand Sam could blame his teammate for the loss. On the other hand Sam could be kind and praise his teammate for trying his best.

Discussion: What should Sam say and do?

### Week 3

Situation: A substitute teacher cannot find the spelling book for the spelling test. She is looking all over the room for the book.

Dilemma: On one hand Sue knows it would be kind to help the substitute find the book. On the other hand Sue knows it would be easier to just sit and talk with her friends.

Discussion: What advice do you have for Sue?

### Week 4

Situation: Sam mother's sends him to the grocery store. She told him to hurry. While in the checkout line Sam notices the man behind him had only one item—ice cream.

Dilemma: On one hand Sam knows his mother told him to hurry. On the other hand it would be kind of Sam to allow the man to go ahead of him.

Discussion: What advice do you have for Sam?

## Books to read aloud on kindness:

*"Have You Filled A Bucket Today?"* By Carol McCloud

*"Stone Soup"* By Marcia Brown

*"The Kindness Quilt"* By Nancy Elizabeth Wallace



December 3 – December 10

Pearl Harbor Remembrance Day is  
December 7<sup>th</sup>

BILL OF RIGHTS DAY-December 15



December 25



December 26- January 1

## QUOTE OF THE WEEK:

Quotes: Starting the week of  
December 3

**Week 1 – “No act of kindness, no matter how small, is ever wasted.”  
— Aesop, Greek fabulist (fl. 6th century B.C., possibly legendary)**

**Week 2 – “If someone doesn't have a smile, give them one of yours.”  
Anonymous**

**Week 3 –  
“Kind words do not cost much. Yet, they accomplish much.” ~ Blaise Pascal**

**Week 4 – “Kindness is a language which the deaf can hear and the blind can read.” ~ Mark Twain**

What is your school doing to promote good character? Please share you activities and ideas.

Contact  
Information

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Next Month is Self-Motivation-Working in a careful and consistent manner without giving up.