

Jamerson's 180 days of kindness: We believe that our world needs A LOT more kindness! We are challenging the scholars, staff, parents and families to 180 days of kindness. There are 180 days of school each year and we are challenging you to be kind each and every day. Each day you will learn about a new way to be kind, you will learn about different customs from around the world, and/or you will learn something new each day about how to be kind. How to be kind to yourself, how to be kind to others, even how to be kind to our world. We hope that you take us up on our challenge and that by the end of our 180 days together this school and community will be the kindest ever! Some days it may be easy, some days could be a bit more challenging, but either way, it is so worth it-love and kindness need to win! So, let's begin...

Day 18: September 9th- Teddy bear day: Today is national teddy bear day. Be nice to your toys, be nice to your teddy, be nice to things that make you happy and warm inside. Treasure them and enjoy them today in particular.

Day 19: September 10th- Work for peace day: Imagine a world where wars and other conflicts didn't exist. One in which different countries respected one another, and communities were at peace... This can happen if we start small, if we start here... At lunch today sit with someone new and talk about what makes that person feel included- and excluded- in everyday activities at school. Share some of your feelings too. You will have made a new friend, but more importantly, you will have given someone a sense of belonging. A sense of belonging is something we all crave, and one that brings peace of mind.

Day 20: September 11th- Patriot Day, also known as Remembrance Day is a holiday observed annually on September 11. It is a day dedicated to remembering and paying tribute to the 2,977 people who lost their lives and numerous people who were injured during the attacks on September 11, 2001, in New York, Washington DC and Shanksville, Pennsylvania, in the United States. Patriot Day is recognized by United States law as the official day of remembrance for these tragic events, and has been observed every year since the attacks. Although the attacks took place within the United States, the shock and grief experienced in response to the attacks was shared throughout the world, and for this reason Patriot Day 2019 will be observed, not only in America, but across the world. Take a moment today to be thankful for living in America and enjoy the freedom that brings you.

Day 21: September 12th- Show good manners: Greeting people is considered good manners, a way of showing respect. There are other ways to show good manners too, you can look someone in the eyes when you speak to them, hold a door open for someone, say thank you and please. Try asking someone how they are today and actually wait for them to respond and listen to the answer.

Day 22: September 13th- Defy Superstition day: On Defy Superstition Day, you throw your superstitions out the window and do the opposite of what you would normally do. Studies show that women are more superstitious than men and the top 4 most superstitious countries are China, Italy, Japan, and the United States. Some superstitions are: Walking under a ladder is bad luck, a black cat crossing your path is bad luck, breaking a mirror gives you seven years of bad luck, if you step on a crack you'll break your momma's back, finding a penny up is good luck; so think the opposite of those today!