



# Commitment to Character

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

## No Name Calling Week



"Words Do Hurt - Name-Calling Isn't A Joke Think Before You Speak!" ~unknown

...This No Name-Calling Week begins on Martin Luther King, Jr. Day and ends on the Presidential Inauguration. It is an important opportunity to show ally ship to LGBTQ students, particularly transgender and gender nonconforming (GNC) students, as well as LGBTQ students of color...

Join us in celebrating No Name-Calling Week January 15-19, 2018. Whether you're a teacher, student, community organizer, bus driver, guidance counselor, coach, or librarian, show you care by organizing a week of activities at your school aimed at ending name-calling once and for all. Register to receive updates and offers!

Plan a week in your school.  
Use our planning tools to help in your preparations.  
Put kindness in action through lessons and activities.  
We have plans for elementary, middle or high schools.

Are you a middle or high school student? Check out GLSEN's student actions to see how you can get involved in putting kindness into action!

Published on GLSEN (<https://www.glsen.org>)

### Suggestions for a theme week:

**Monday: NO SCHOOL—Martin Luther King Jr.'s Birthday**

**Tuesday: "Team Up Against Teasing" ---students and staff are encouraged to wear their favorite team colors or jersey.**

**Wednesday: "It's no "sweat" to be a friend to someone." Students and staff are invited to wear appropriate sweats/athletic gear.**

**Thursday: "Mix it up Day"- Students and staff are encouraged to wear mismatched clothing. Students will be randomly mixed up at lunch to sit with other students other than their usual friends.**

**Friday: "School Pride Day"- Students and staff are invited to wear school colors or clothing.**

<http://www.sasd.k12.pa.us/NONAMECALLINGWEEK--JANUARY19->

## Three Words a Day

- Jan. 1 Begin something new.
- Jan. 2 Believe in yourself.
- Jan. 3 Think, then decide.
- Jan. 4 Exercise your body.
- Jan. 5 Divide hard jobs.
- Jan. 6 Give away grins.
- Jan. 7 Say hello first
- Jan. 8 Talk about problems.
- Jan. 9 Understand before complaining
- Jan. 10 Apologize when wrong.
- Jan. 11 Laugh a bunch.
- Jan. 12 Explain your feelings.
- Jan. 13 Choose friends carefully.
- Jan. 14 Hurry causes mistakes.
- Jan. 15 Rules protect everyone.
- Jan. 16 Learn by doing.
- Jan. 17 List your strengths.
- Jan. 18 Anything is possible.
- Jan. 19 Why not try?
- Jan. 20 Pat somebody's back.
- Jan. 21 Expand your imagination.
- Jan. 22 Families need cooperation.
- Jan. 23 Ignore others' faults.
- Jan. 24 Do your best.
- Jan. 25 Trying shows effort.
- Jan. 26 Problems have solutions.
- Jan. 27 Wait your turn.
- Jan. 28 Thinking happy helps.
- Jan. 29 Drop bad habits.
- Jan. 30 Sometimes relax alone.
- Jan. 31 Depend on yourself.

## Websites of the month:

### No Name Calling Week

<https://www.glsen.org/no-name-calling-week>

<https://nationalsave.org/>

## 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: During a bike race, Sue has a minor accident.

Dilemma: On one hand Sue could quit the race. On the other hand, she could motivate herself to get up and finish the race.

Discussion: What is your advice to Sue?

### Week 2

Situation: Sam's mother had to leave early for work. She told him to set his alarm clock. When the alarm goes off Sam is really tired, he knows he is not prepared for a test in his science class today.

Dilemma: On one hand Sam could roll over and go back to sleep. On the other hand, Sam could motivate himself to get up and go to school and do the best he can on the test.

Discussion: What is your advice for Sam?

### Week 3

Situation: Sam enjoys playing the violin. His instructor told him if he practiced more he could probably make "first chair." None of Sam's friends play a musical instrument. They want Sam to hang out with them after school.

Dilemma: On one hand Sam wants to hang out with his friends. On the other hand, Sam wants to improve his musical skills and become a better violinist.

Discussion: What is your advice for Sam?

### Week 4

Situation: Sue wants to enter the Commitment to Character essay contest. However, being shy, she is concerned that if she wins she will have to read the essay in the school assembly.

Dilemma: On one hand Sue knows she is a good writer and has a first-rate character message to share. On the other hand, she is afraid about reading in front of the whole school.

Discussion: What advice do you have for Sue?

## Books to read aloud on Self-Motivation:

*Inch and Miles the Journey to Success* by John Wooden

*Ruby the Copycat* by Margaret Rathmann

*Someday* by Alison McGhee



**Florida Literacy  
Week Jan. 27-31**

<http://www.fldoe.org/academics/standards/just-read-fl/celebrate-literacy-week>

## QUOTE OF THE WEEK:

**Quotes: Starting the week of  
January 6:**

Week 1- "It is a funny thing about life; if you refuse to accept anything but the best, you very often get it." W. Somerset Maugham, English writer

Week 2 – "A journey of a thousand miles must begin with a single step." Chinese Proverb

Week 3 – "Make the most of yourself for that is all there is of you." Ralph Waldo Emerson

Week 4 – "Actions speak louder than words." Anonymous

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

Contact  
Information

Autumn Lunin  
Email: [lunina@pcsb.org](mailto:lunina@pcsb.org)

Next Month is Tolerance: Respecting the individual differences, views, and beliefs of other people.