Honesty

August

• **Definition:** truthfulness, sincerity, or fairness

• **Ways to show HONESTY:**
  
  o Sometimes it can be hard to tell friends how you really feel, especially if a friend hurt your feelings on accident. Talk to that person privately about how you feel. It may make things better.
  
  o Spreading rumors is another way of lying and can hurt others. Stop rumors by refusing to spread them. You have the power to help others!
  
  o Tell the truth, even if that means you will get in trouble. Take responsibility for your actions. The consequences you receive for lying are worse.
  
  o Tell the truth. Others will trust you more.
  
  o To keep friends, you must be honest. Without that trust, a friend will not feel safe talking to you.
  
  o Set a good example. Tell the truth and expect the same in return.
  
  o Honesty builds trust. If you always tell the truth, others will count on you when they need a friend. You will be the one your friends want to talk to.
  
  o Honesty will help you at school. If you nicely explain your thoughts and feelings to your teacher, school counselor, principal, or another adult, he or she can help you.
  
  o If you are honest with your friends, they are more likely to be honest with you. That makes your friendships stronger.
  
  o If you are nervous about telling someone how you feel, try writing them a nice letter. That way, you can say everything you want to say without being too nervous.

  o “If you tell the truth you don't have to remember anything.” -Mark Twain
  
  o “A half truth is a whole lie.” -Yiddish Proverb
Courage  
September  

- **Definition:** bravery; knowingly facing a difficult, scary, or new experience  
- **Ways to show COURAGE:**  
  - Courage is the discovery that you may not win, and trying when you know you can lose. Always try your best—you'll never know what you can achieve unless you take some chances.  
  - The greatest roadblock to success is the fear of failure. Show some courage and see what you can achieve.  
  - “If my mind can conceive it, and my heart can believe it, I know I can achieve it.”  
  - “If you wait to do everything until you're sure it's right, you'll probably never do much of anything.” Show some courage!  
  - “Promise me you'll always remember: You're braver than you believe, and stronger than you seem, and smarter than you think.” -Christopher Robin to Winnie the Pooh  
  - “A ship is safe in harbor, but that's not what ships are for.” Unless you take a chance and show some courage, you will never come close to reaching your dreams.  
  - “Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying: ‘I will try again tomorrow.’”  
  - Wherever you go, there will always be people who say that you are not good enough. Prove them wrong. Show some courage and go for your goals.  
  - “Each time we face our fear, we gain strength, courage, and confidence in the doing.”  
  - Think about a time when you showed courage. Be proud of yourself for facing something difficult, scary, or new. You are brave. Keep it up!
**Dignity**

**October**

- **Definition:** showing and giving respect for yourself and others
- **Ways to show DIGNITY:**
  - Friendships which last are those wherein each friend respects the other’s dignity.
  - “Always be a first-rate version of yourself, instead of a second-rate version of somebody else.” – Judy Garland
  - Respect the dignity of your classmates by treating them with kindness. Everyone deserves to come to school and feel accepted and respected.
  - “To wish you were someone else is to waste the person you are.” Show dignity by being proud of who you are.
  - Like yourself. If you don’t, how can you expect anyone else to like you too?
  - Leaders go out of their way to boost the dignity, or self-esteem, of those around them. Give three honest compliments today. You’ll be amazed at the difference you can make.
  - If you don’t have dignity, or self-esteem, you are driving through life with your foot on the brake. You will go far when you believe in yourself.
  - Help boost someone’s self-esteem. If they have dignity, they are more likely to be kind, generous, and thoughtful to others.
  - "You were not born a winner, and you were not born a loser. You are what you make yourself be."
  - "To the world you may be one person, but to one person you may be the world." Help others feel welcome and respected at school. You can be their world.
  - "If you don't run your own life, somebody else will." Show dignity, or high self-esteem, for yourself and others by making good choices at school.
• **Definition:** being grateful or thankful

• **Ways to show GRATITUDE:**

  o “Learn everything you can, anytime you can, from anyone you can - there will always come a time when you will be grateful you did.”

  o “Feeling gratitude and not expressing it is like wrapping a present and not giving it.” Thank others for the kind things they do. It will boost their self-esteem and make you feel good too!

  o Thank others for their kindness by SHOWING them kindness in return. It is the best form of gratitude. Actions speak louder than words.

  o Show gratitude for your teachers by trying your best, listening, and following directions. They will appreciate it!

  o Write someone a “Thank You” note today, saying how much you appreciate him or her. It will mean so much.

  o Take time each day to say “thank you” to those who help you and show you kindness. It will show them that you care and encourage them to continue their good behavior.

  o Think about the things and people you are thankful for. Whenever you are sad, remind yourself of these people and things—you will start to feel a little better.

  o Be thankful for all the things and people you have in your life instead of angry and jealous for what you don’t have.

  o “It isn’t what you have in your pocket that makes you thankful, but what you have in your heart.”

  o “Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.” -Oprah Winfrey
Excellence December

• **Definition:** outstanding, superior

• **Ways to show EXCELLENCE:**
  
  - “Excellence is not a skill. It is an attitude.” Work hard and believe in yourself. You will achieve more than you dreamed of.
  - Always put forth your best effort. Otherwise, you will not reach your full potential.
  - Be willing to risk failure for a worthy goal. If you don’t try, you will never win.
  - Excellence does not equal perfection. Excellence is learning from your mistakes and trying again.
  - Set a goal for yourself and work toward that goal until you reach it. You can succeed!
  - Keep moving forward, even when things seem difficult. Keep trying and you will move closer to your goals.
  - Make excellence a habit in your life.
  - Step up, step out, and be excellent!
  - Find something that you are interested in. Pursue it, set goals, and commit yourself to excellence. Do the best you can.
  - “Excellence is doing ordinary things extraordinarily well.”
  - No one has reached excellence without having to first study and prepare. No one is born knowing everything, nor does everything perfectly.
Dedication

• **Definition:** devoted or committed to something

• **Ways to show DEDICATION:**
  
  o “Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe.”
  
  o “Dedication is not what others expect of you, it is what you can give to others.”
  
  o In order to excel, you must be completely dedicated and be prepared to work hard. Without 100% dedication, you will not achieve your goals.
  
  o Don’t wait for grade cards to decide to make a change. Tomorrow is a new day with no mistakes in it. Start it fresh by working hard in school and completing your work. You’ll be pleased with how much you can learn and how high your grades can go.
  
  o Dedication means trying, even when something is difficult.
  
  o Think about what you want to be when you grow up. What do you want to achieve? What will it take to get there? With dedication, you can reach your goal.
  
  o Not sure how to reach your goal? Ask Mrs. Rex for help. She can help you get there, step by step.
  
  o If you believe in yourself, have dedication, and never quit, you’ll be a winner. The price of victory is high, but so are the rewards.
  
  o What will you dedicate yourself to for the rest of this school year? Make a goal and never give up.
  
  o “Confidence doesn’t come out of nowhere. It’s a result of something…hours and days and weeks and years of constant work and dedication.”
• **Definition:** faithful and devoted to someone or something

• **Ways to show LOYALTY:**
  - Be a good friend ALL of the time, not SOME of the time.
  - When you disagree with someone, try to work it out instead of giving them up as a friend. That shows true loyalty to your friendship.
  - Be a loyal student by always giving your best effort. That shows your teacher, other students, and yourself that you care.
  - Be loyal to yourself by sticking to your goals. Never give up and you will achieve!
  - Be loyal to your class. If someone is left out, show that you care by including that person in your class family.
  - Loyal friends make the best friends because they are always there to support you.
  - Loyalty is sticking to something, even when it becomes difficult.
  - People can learn a lot from dogs. Dogs are loyal and loving, always there to help you feel better. Let’s follow their lead!
  - Without loyalty and trust, our friendships would disappear. We must show others that we deserve their friendship.
  - We earn the loyalty of others by being kind, thoughtful, and dependable.
  - One easy way to be a loyal friend: Tell the truth! When we lie, no one can trust us.
**Teamwork** March

- **Definition:** a cooperative effort by a group or team
- **Ways to show TEAMWORK:**
  - Share your talents with those you work with at home and school.
  - Take turns when working and playing with others.
  - Compromise when you have a disagreement or argument.
  - Do your part by doing your best and inspire others to do the same.
  - Show appreciation to people for what they contribute.
  - Encourage people to do their best.
  - Include others because nobody likes being left out. Make people feel needed and appreciated.
  - “Individually, we are one drop. Together, we are an ocean.”
  - “Coming together is a beginning. Keeping together is progress. Working together is success.” –Henry Ford
  - “Genius is 1% inspiration and 99% perspiration.” To truly achieve greatness, we must work together and give our best efforts.
  - “The nice thing about teamwork is that you always have others on your side.”
  - “If you can laugh together, you can work together.”
Service April

• **Definition:** an action done to help somebody or something

• **Ways to show SERVICE:**
  
  o Help others and you help yourself. You make friends AND a better world.
  o “The best way to find yourself is to lose yourself in the service of others.”
  o “Be the change you want to see in the world.” Set an example. That way, you help create a more positive, friendly world.
  o “Service to others is the rent you pay for your room here on earth.” If we do not help each other, our world will become a sad and lonely place to live.
  o Think about a time when someone did something nice for you. Try giving that same kindness back.
  o Pay it forward. Do something kind for 3 people at school. Then, they will pay it forward and do something kind for 3 more people at school. By the end of the day, we will all be very happy. 😊
  o One person can make a difference in the lives of others. Be that person!
  o Don’t forget to serve yourself too! Help yourself by setting goals and working toward them. Serve yourself by asking for help when you need it.
  o “To the world you may be one person, but to one person you may be the world.” You hard work and service MATTERS and makes a difference.
  o The story of the starfish:
    
    ▪ A man saw a boy throwing starfish into the ocean. He asked the boy why he was doing this and the boy said, “The sun is up and the tide is going out. If I don't throw them in, they'll die.” The man looked at the miles and miles of beach and saw starfish everywhere. He knew that the boy could never save all of them. After explaining this, the man saw the boy throw one more starfish into the water. At this, the boy said, “It made a difference to that one.”
• **Definition:** showing regard and consideration for the rights of others

• **Ways to show RESPECT:**
  
  o You do not have to be everyone’s friend, but you DO have to respect everyone.
  
  o Obey the golden rule: Treat others as you want to be treated!
  
  o Respect is what we owe everyone at our school. Everyone has the right to be safe and to learn. Help make sure that happens by reminding others to be kind.
  
  o Respect others, but also respect yourself. Give yourself credit for the good choices you DO make and the skills you DO have.
  
  o Respect the opinions of others, even if you disagree with them. We all have a right to our thoughts and opinions.
  
  o Show respect for others and you will likely receive respect in return.
  
  o Knowledge will give you power and good character will give you respect.
  
  o “Respect your efforts, respect yourself. Self-respect leads to self-discipline. When you have both firmly under your belt, that's real power.” -Clint Eastwood
  
  o Show respect for our school by following PAWS: Pride, Attitude, Work Ethic, and Self-Control.
  
  o If nothing else, show respect. That care and consideration for yourself and others will take you far.