

Counseling Staff

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*Please contact us
if you are having
any concerns
about your child -*

*We are here to
help!*



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Lafayette Elementary School

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Kindness Campaign

SY 2012-2013

Lafayette Elementary School



*Kindness
Starts With
Me!*

Counselor's Corner

At our Kindness Campaign Assemblies this month we taught students that **Kindness** means being friendly, helpful, and showing concern for others' feelings and needs.

All students took the **"Kindness Pledge"** by promising to do the following:

- Act friendly and caring toward everyone
- Be a friend to kids who are left out
- Not use hurtful words
- Help anyone who is bullied
- Set a good example that inspires the best in others

Each student got a small "kindness" token (pencil, bookmark, sticker, or backpack tag) to take with them and remind them of their pledge. We have continued to follow up these pledges during character education and Peace classes with individual classrooms. Each student has a "Kindness Pal" assigned to them weekly, and Kindness Pals look for opportunities to do kind things for each other throughout the week. Students can be nominated by their teacher for a "Character Spotlight Award" for showing kindness. These students will receive a special award from the counselors at the end of the month. We are also teaching kids that kindness is 'catching' and they should keep spreading it around the school (see the Kindness Chains hanging in the Great Hall!)

We are made kind by being kind.
Eric Hoffer

A Word About Bullying

Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived **power imbalance**. The behavior is **repeated** over time. The behaviors are also **intentionally done** to cause harm, either physically or emotionally, to someone else. We teach our students to speak up and alert an adult if they believe someone is being bullied.

What We Do About Bullying

Bullying is NOT tolerated at Lafayette! If bullying is suspected, we individually interview students involved to get the facts, and then make a plan to stop it. This may include contacting teachers, administrators, and parents. Disciplinary action and counseling or other emotional and behavioral supports are provided to both bully and victim as needed.

What You Can Do About Bullying

If you suspect your child is being bullied or is bullying someone else, **please contact your child's teacher and school counselor as soon as possible!** Help your child understand what bullying is, and how to let trusted adults know what is going on. Keep lines of communication open, checking in with your child often on their friends and school.

For more information and tips, visit: www.stopbullying.gov



Helping your Child Show Kindness and Empathy To Others

- Ask your child to tell you about their Kindness Pal, and help them think of kind things they can do for their pal.
- Talk with your child about kids who may be left out, either in their class or others, and plan a playdate or some other activity to include that student.
- Research shows that when people write down their acts of kindness, they actually do much more! So, keep a "family kindness log" of any kind acts done by anyone in the family and discuss over dinner daily.
- Initiate conversations about charity, giving to others, and helping those in need, then take your child with you to make donations to charities.
- Read stories about kindness and giving, such as *The Rag Coat*, *Dr. DeSoto*, and *The Kindness Quilt*.
- Have your child think about a charitable deed he or she would like to perform, and then help make it happen.
- Help your child think about a time they needed something, and brainstorm the feelings associated with being in need (fear, anxiety, sadness, desperation.)
- Role-play activities in which one imagines and acts out the role of another, especially those in need.
- Do activities that focus on the lives of famous empathetic persons (e.g. Martin Luther King, Jr., Mother Teresa.)
- Most importantly, consider your own actions and words and set examples of kindness and compassion for your children.