



Monongalia County Schools Diversity, Equity and Inclusion Newsletter

"Kindness to all Cultures"



Monongalia County celebrates the importance of Kindness in November

Kindness can be dated back to the 13th century. Everyone has a different story, they come from a different walk of life and they have different viewpoints. Even though we have differences that doesn't mean we shouldn't continue to show kindness to one another.

We may never know what is going on in someone else's life. A simple act of kindness can make someone's day or change their life. Holding the door open or offering to help may not be a big deal to one person, but could be different to another.

There has been research on kindness and the way that it makes us feel. The research shows that kindness can make us feel better because an act of kindness can give our oxytocin hormone levels a boost. Oxytocin is associated with making us more trusting, more generous, and friendlier as well as lower blood pressure.

As a county we will be promoting acts of kindness in our schools. Kindness has shown to have many advantages and does not take a lot of effort or energy to do. Please help us support our message of being kind to one another, not just this month, but year-round.



Besides increasing our oxytocin levels kindness also increases:

- 1. Energy**
- 2. Happiness**
- 3. Lifespan**
- 4. Pleasure**
- 5. Serotonin**

Besides the things that kindness increases it also decreases:

- **Pain**– acts of kindness produce endorphins
- **Stress**– Kind people are shown to have 23% less cortisol levels
- **Anxiety**
- **Depression**
- **Blood Pressure**



November Observations

- **National Native American Heritage Month**
- **World Kindness Week– Week of November 13th**
- **World Kindness Day– November 13th**

For questions or more information please contact:

Michael Ryan

County Chair of the Diversity, Equity, and Inclusion Committee

Michael.ryan@k12.wv.us

304-291-9210 Ext. 1556

Guardian Corner

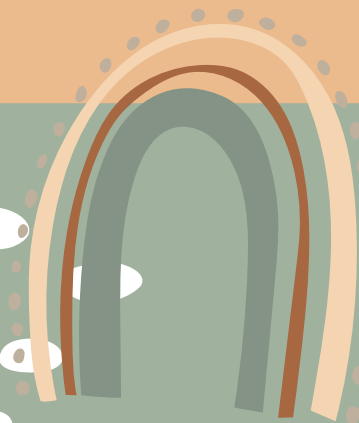
The guardian corner is optional reading for parents that are looking for additional resources or ideas at home. Monongalia county schools in only provide optional resources and respect everyone's differences

We all would like for our kids to be kind and to grow up being kind and caring adults. You have probably repeated the words, "be kind" at some point. Many children develop kindness and empathy on their own, but it is still important to teach and model kindness to kids.

Teaching your kids to be kind is where you want to lead by example. Kids learn to be kind by watching what others do around them.

Throughout the day if you are showing kindness to people your child is more likely to show kindness too. It is important to show your kid kindness too. Try to speak to them kindly, even when you may be frustrated or exhausted.

It is also important to find moments when you child is showing kindness and acknowledging them for it. If you see you child share their toy, make sure to acknowledge it with them. You can tell them, "I am proud of you for sharing your toy. That was very kind of you."



Activities You Can Do At Home

Random Acts of Kindness Presents

Making an art project for someone for no particular reasons. Pet rocks or paperweights are easy to do.

What you need: rocks; acrylic paint; paper; scissors; pencils, crayons, or markers; googly eyes; stick-on gems.

What to do:

- **For pet rocks and paperweights:**
- **Paint the rock.**
- **Attach googly eyes if making a pet rock. If you are making a paperweight, decorate the rock with stick-on gems and write messages: 'I love you,' 'You are beautiful,' 'You make me smile,' 'I love your laughter,' 'You are fun!'**
- **Give the rock to a neighbor or friend.**

Activities You Can Do At Home

Random Acts of Kindness Bingo

Kids understand how to be kind, but sometimes they have difficulty knowing how to put the concept into action. By playing kindness bingo you can have easy options for your kids all the time.

What you need: paper, pencils, crayons or markers; bingo stampers or highlighters.

What to do:

- **Make a grid on a piece of paper.**
- **Make as many squares as you wish but sixteen or twenty-five work well.**
- **The kids can decorate the Bingo sheet with images that come to mind when**
- **they think about kindness (hearts, rainbows, helping hands).**
- **In each Bingo square, write an act of kindness. Get your kids involved and encourage them to think up ways to be kind: say hi to a neighbor down the street, help younger siblings pour the milk, set the table without being asked, etc.**
- **Make, decorate and cut out small hearts. Then, stick the hearts to the bingo board when the kids complete the acts of kindness. You could also stamp the square with a Bingo stamper or highlight it if you prefer.**
- **When the Bingo square is complete have some way to celebrate: a special dessert, or a half-hour later bedtime, for example.**

Activities You Can Do At Home

Kindness in the Mail

What you need: card stock or thick paper or blank postcards; pencils, crayons, or markers. Stamps.

What to do:

- Cut thick paper or cardstock into rectangles.
- Decorate one side of the postcard with a picture or words or collage.
- Draw a line down the middle of the back of the paper, write the address of the recipient on the right side, and add a message on the left side. Messages can be: thinking of you! Or Can't wait to see you soon! Or Remember when we caught that fish last summer... Emphasize messages of kindness and good feelings.
- Mail the postcards to cousins, aunts and uncles, grandparents, and long-distance friends.

Activities You Can Do At Home

Teaching your teenage kindness

Teaching a teenager kindness is much easier than most people think. If you really want to teach your teenager about kindness, there is no better way than to teach by example.

Your teenager listens and observes you quite a bit, even when you think they are not. What you do they are watching you. It doesn't have to be big actions either small actions are just as important:

- **Give someone a hug**
- **Smile at a stranger**
- **Share something with someone**
- **Offer to help someone do something**
- **Hold a door open for someone**
- **Give sincere compliments**

While each one seems small it all adds up if they are done consistently and will help them pick up the habit as well.

Preview to next Month

December is “Celebrations all over the world”

This month will focus on the different celebrations that happen all over the world. There are over 120+ celebrations around the world each year. Not everyone celebrates the same things and that is okay. It is important to recognize and respect different celebrations that take place around the world.

December Observations

- **National Human Rights Month**
- **Human Rights Day– Dec. 10th**

****Please note that these are not all observations throughout the month. If any were missed that relates to Diversity, Equity and Inclusion it was not intentional****

Kindness at University High School

The Sunshine Committee at University High School is dedicated to providing positivity around our school. This month the Sunshine Committee hosted a small activity that allowed students AND teachers to spread positivity by writing kind messages to other students and teachers and passing them out during advisory/PLT time.

*The Multicultural Marketplace
January 10th, 2023*

Come experience different cultural traditions and customs!

If you would like to participate and share your culture, please contact Mr. Steele at:
frederic.steele@k12.wv.us