



January Hawk Talk 2019

Maple Hill Elementary

PBIS Character Trait of the Month:

Kindness

"No act of kindness, however small, is ever wasted"-Aesop



January Events

- Jan. 7th Return back to school
- Jan. 7th 5th Grade GATE-Improv Class at lunch
- Jan. 9th Student Council-Leadership Series (2:30-3:30 p.m.)
- Jan. 10th 3rd Grade Field Trip-Mt. Sac
- Jan. 14th 4th Grade Field Trip-San Juan Capistrano Mission
- Jan. 14th Primary Principal Awards
- Jan. 17th Earthquake Drill
- Jan. 17th After School Hawk Shop
- Jan. 18th 5th Grade GATE-STEM lesson with Mrs. Ojeda
- Jan. 21st No School-Dr. Martin Luther King's Birthday
- Jan. 23rd Student Council-Leadership Series (2:30-3:30 p.m.)
- Jan. 23rd 5th Grade GATE-Robotics with Mrs. Cahalan-Casillas
- Jan. 24th Scripps National Spelling Bee-School Wide Competition. School Champion will be announced!
- Jan. 25th Lockdown Drill
- Jan. 28th-31st Celebrating "Kindness Week"
- Jan. 28th 5th Grade GATE-Improv Class at lunch
- Jan. 28th ELAC (English Language Advisor Council) Meeting with Mrs. McNeil, 8:30 a.m. in MPR. More information will come via an email.
- Jan. 30th SSC (School Site Council) Meeting, 3:00 p.m. in MPR. All are welcome to attend. Ms. Morris will be sharing the California Dashboard scores.
- Jan. 31st Kindness Assembly for all grades-"The NED Show"

FROM THE PRINCIPAL:



This month our P.B.I.S Hawk Trait is Kindness. In an effort to teach our students about what true kindness looks like, sounds like, and feels like, we will be celebrating "World Kindness Day" for an entire week in January. We have a week full of engaging activities to promote kindness and we will also be participating in "The Great Kindness Challenge" (one week devoted to performing as many acts of kindness as possible on campus).



Follow Our School on Twitter @MapleHillHawks and on Facebook at [Maple Hill Community Club](#)

As we were planning "World Kindness Day", I came across an article that shared helpful parenting tips on raising a kind child. I found the article to be insightful and thought provoking. I have a five-year-old niece, named Charley, who is in Kindergarten and I have already engaged in some of the talking points, provided in the article, with her and I was very encouraged by the positive outcome our conversation had. I hope you find this article as helpful as I did.

Are you raising nice kids? A Harvard psychologist gives 5 ways to raise them to be kind

By [Amy Joyce](#)

July 18, 2014

(The Washington Post)

Earlier this year, I wrote about [teaching empathy, and whether you are a parent who does so](#). The idea behind it is from Richard Weissbourd, a Harvard psychologist with the graduate school of education, who runs the [Making Caring Common](#) project, aimed to help teach kids to be kind.

I know, you'd think they are or that parents are teaching that themselves, right? Not so, according to a new study released by the group.

About 80 percent of the youth in the study said their parents were more concerned with their achievement or happiness than whether they cared for others. The interviewees were also three times more likely to agree that "My parents are prouder if I get good grades in my classes than if I'm a caring community member in class and school."

Weissbourd and his cohorts have come up with recommendations about how to raise children to become caring, respectful and responsible adults. Why is this important? Because if we want our children to be moral people, we have to, well, raise them that way.

"Children are not born simply good or bad and we should never give up on them. They need adults who will help them become caring, respectful, and responsible for their communities at every stage of their childhood," the researchers write.

The five strategies to raise moral, caring children, according to Making Caring Common:

1. Make caring for others a priority

Why? Parents tend to prioritize their children's happiness and achievements over their children's concern for others. But children need to learn to balance their needs with the needs of others, whether it's passing the ball to a teammate or deciding to stand up for friend who is being bullied.

How? Children need to hear from parents that caring for others is a top priority. A big part of that is holding children to high ethical expectations, such as honoring their commitments, even if it makes them unhappy. For



Follow Our School on Twitter @MapleHillHawks and on Facebook at [Maple Hill Community Club](#)

example, before kids quit a sports team, band, or a friendship, we should ask them to consider their obligations to the group or the friend and encourage them to work out problems before quitting.

Try this

- Instead of saying to your kids: “The most important thing is that you’re happy,” say “The most important thing is that you’re kind.”
- Make sure that your older children always address others respectfully, even when they’re tired, distracted, or angry.
- Emphasize caring when you interact with other key adults in your children’s lives. For example, ask teachers whether your children are good community members at school.

2. Provide opportunities for children to practice caring and gratitude

Why? It’s never too late to become a good person, but it won’t happen on its own. Children need to practice caring for others and expressing gratitude for those who care for them and contribute to others’ lives. Studies show that people who are in the habit of expressing gratitude are more likely to be helpful, generous, compassionate, and forgiving—and they’re also more likely to be happy and healthy.

How? Learning to be caring is like learning to play a sport or an instrument. Daily repetition—whether it’s a helping a friend with homework, pitching in around the house, or having a classroom job—make caring second nature and develop and hone youth’s caregiving capacities. Learning gratitude similarly involves regularly practicing it.

Try this

- Don’t reward your child for every act of helpfulness, such as clearing the dinner table. We should expect our kids to help around the house, with siblings, and with neighbors and only reward uncommon acts of kindness.
- Talk to your child about caring and uncaring acts they see on television and about acts of justice and injustice they might witness or hear about in the news.
- Make gratitude a daily ritual at dinnertime, bedtime, in the car, or on the subway. Express thanks for those who contribute to us and others in large and small ways.

3. Expand your child’s circle of concern.

Why? Almost all children care about a small circle of their families and friends. Our challenge is help our children learn to care about someone outside that circle, such as the new kid in class, someone who doesn’t speak their language, the school custodian, or someone who lives in a distant country.

How? Children need to learn to zoom in, by listening closely and attending to those in their immediate circle, and to zoom out, by taking in the big picture and considering the many perspectives of the people they interact with daily, including those who are vulnerable. They also need to consider how their decisions, such as quitting a sports team or a band, can ripple out and harm various members of their communities. Especially in our more global world, children need to develop concern for people who live in very different cultures and communities than their own.

Try this

- Make sure your children are friendly and grateful with all the people in their daily lives, such as a bus driver or a waitress.
- Encourage children to care for those who are vulnerable. Give children some simple ideas for stepping into the “caring and courage zone,” like comforting a classmate who was teased.
- Use a newspaper or TV story to encourage your child to think about hardships faced by children in another country.

4. Be a strong moral role model and mentor.

Why? Children learn ethical values by watching the actions of adults they respect. They also learn values by thinking through ethical dilemmas with adults, e.g. “Should I invite a new neighbor to my birthday party when my best friend doesn’t like her?”

How? Being a moral role model and mentor means that we need to practice honesty, fairness, and caring ourselves. But it doesn’t mean being perfect all the time. For our children to respect and trust us, we need to acknowledge our mistakes and flaws. We also need to respect children’s thinking and listen to their perspectives, demonstrating to them how we want them to engage others.



Follow Our School on Twitter @MapleHillHawks and on Facebook at [Maple Hill Community Club](#)

Try this:

- Model caring for others by doing community service at least once a month. Even better, do this service with your child.
- Give your child an ethical dilemma at dinner or ask your child about dilemmas they've faced.

5. Guide children in managing destructive feelings

Why? Often the ability to care for others is overwhelmed by anger, shame, envy, or other negative feelings.

How? We need to teach children that all feelings are okay, but some ways of dealing with them are not helpful. Children need our help learning to cope with these feelings in productive ways.

Try this

Here's a simple way to teach your kids to calm down: ask your child to stop, take a deep breath through the nose and exhale through the mouth, and count to five. Practice when your child is calm. Then, when you see her getting upset, remind her about the steps and do them with her. After a while she'll start to do it on her own so that she can express her feelings in a helpful and appropriate way.

FROM THE DIAMOND BAR LIBRARY:

January 2019

LACountyLibrary.org

Diamond Bar Library
 21800 Copley Dr., Diamond Bar
 909.861.4978 @DiamondBarLib

LIBRARY HOURS: Mon - Thu 10 am - 8 pm
 Fri - Sat 9 am - 5 pm
 Sun Closed

LEGEND:
 o Children
 = Teen
 > Adult
 x All

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 CLOSED	2 o Play & Explore: Sand Time 11 am - 12 pm Ages 2 - 4	3	4	5
6	7	8 o Smarty Pants Storytime 10 - 10:30 am - Ages 0 - 4 *Pre-reg required	9 o Parent & Me Paint Party 11 am - 12 pm Ages 3 - 5	10	11	12 o From Here to There & Everywhere: Stories from Around the World 2 - 3 pm - Ages 5 - 11
13	14	15 o Smarty Pants Storytime 10 - 10:30 am - Ages 0 - 4 *Pre-reg required = Teen MakMo VisIt Microphotography w/ MakMoScopes 3:30 pm - Ages 10 - 17	16	17	18	19
20	21 CLOSED	22 o Smarty Pants Storytime 10 am - Ages 0 - 4 *Pre-reg required = Teen MakMo VisIt Geometric Lanterns 3:30 - 4:30 pm Ages 10 - 17	23 o Fire & Ice Science Show 4 - 5 pm - Ages 5 - 11	24	25	26 x Guzheng Music 3 - 4 pm - All ages
27	28 > Power of Positive Parenting 6 - 7:30 pm For parents/caregivers of children ages 0-12.	29 o Smarty Pants Storytime 10 am - Ages 0 - 4 *Pre-reg required	30	31		

For ADA accommodations, call Monday - Thursday, 562.940.8462 (voice) or 562.940.8477 (TTY).



Follow Our School on Twitter @MapleHillHawks and on Facebook at [Maple Hill Community Club](#)