



# St. Margaret Mary Catholic School



30 Margaret Mary Rd. Woodbridge, ON L4L 2W8

Tel: 905-851-3935 | Fax: 905-851-4624

Web: <http://smm.ycdsb.ca> | Twitter: @SMM\_YCDSB

## SEPTEMBER 2023 EDITION

Catholic School Trustee  
Michaela Barbieri

Pastor  
Msgr. Rony Grayda  
St. Margaret Mary Parish  
905-851-2661

School Superintendent  
Tim Laliberte

CSC Co-Chairs  
2022- 2023  
Martina Ruggiero &  
Carmine Trememunno  
2023-2024  
TBD

Office Administration  
Mary Paravani  
Cathy Recchia

Principal  
Joanne Bortolussi

Dear Parents and Guardians of St. Margaret Mary CS -

Welcome to what I know will be a great year of faith-filled Christ-centred learning at our school! I am happy to be Acting Principal of a school with such a rich history, strong traditions and a vibrant community. Thank you for all your kind words and warm welcome. It will be my pleasure to lead and serve this community until a permanent Principal is secured.. I look forward to getting to know the children (the best part of our school) and you, our parent partners.

I hope the warm summer months afforded you time with your children and families and that it energized you for the school year to come. The SMM staff have worked diligently to prepare for our students. From our custodial team to academic and administrative staff, everyone has worked lovingly to welcome our students back to SMM. With the arrival of our students, our hallways are again filled with joy, love and laughter. Our continued partnership is pivotal in ensuring we build on the many strengths of our dynamic Catholic learning community.

In closing, I happily invite you to join us for **an Open House/Meet the Teacher on Wednesday, September 20th, beginning at 6:30pm.** The Open House provides an opportunity to meet your child(ren)'s teacher(s) and receive an overview of the year that will be. The staff and I look forward to welcoming you!

Yours in Catholic Education,  
Ms. J. Bortolussi, *Principal*

To report student absences and lates, please dial:  
1-855-856-7862 or visit [go.schoolmessenger.ca](http://go.schoolmessenger.ca)

**SMM School Day:**  
8:05 - Supervision Begins  
8:20 - School Day Begins  
9:30 - AM Recess  
11:15-11:35 - Lunch  
11:35-12:15 - Lunch Recess  
2:10 - PM Recess  
3:10 - End of Day

**Loving creator,  
Map your goals for us in our hearts.  
Make our classrooms oases in the busy world.  
Make them places of warmth and trust.  
May our affirmation of our students enable them to stretch themselves as they seek holistic growth in a safe and nurturing Catholic learning environment.  
Amen.**

### Mission Statement

With Jesus Christ as our model, we provide all students with a Catholic education rooted in equity, well-being and learning.

### Vision Statement

A recognized leader in Catholic education committed to inclusion, excellence and innovation that develops socially responsible global citizens.

### Core Values

Catholicity  
Equity, Diversity and Inclusion  
Excellence  
Fiscal Responsibility  
Integrity  
Respect

### Strategic Commitments

Catholic Faith  
Equity and Inclusion  
Student Achievement  
Well-Being

## Catholic Communities of Faith



**SCHOOL AND PARISH PARTNERSHIP:** We value the partnership St. Margaret Mary CS has with our Parish from which our school is named. Fr. Rony

continues to provide our community with loving pastoral care. Together with the Church we support parents in the faith formation of their children. Preparation for Reconciliation and First Communion (Grade 2) and Confirmation (Grade 7) occurs through the parish. Students receiving a sacrament this year must register their child at St. Margaret Mary Church. Notification for these meetings will be communicated through the Church website and Sunday bulletin.

standardized dress with orange articles and accessories on that day. More information is to follow.

### SMM 2023-2024 SCHOOL STAFF:

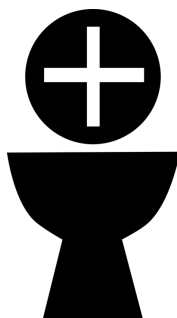
FDK	Ms. Magni, Ms. Butrico
DECE	Ms. Bianchi, Ms. Stranges
SK/1	Ms. Ceresoli
Grade 1/2	Ms. Fuda
Grade 2/3	Ms. DiBiase
Grade 3	Ms. Iacucci
Grade 4	Ms. Loconte
Grade 4/5	Ms. Marini
Grade 5/6	Ms. Masucci
Grade 6	Ms. Iaccino
Grade 7	Ms. Febbraro
Grade 8	Ms. Vono, Ms. Talaga
FSL	Mme. DiChiara, Mme. Alusio
Phys. Ed.	Ms. Rupa
Music	Ms. Colagiacomio
Heritage Lang.	Sig.ra Surdo
Special Education	Ms. Sarcello, Ms. D'Urzo
Library	Ms. Gallace (W pm, Th, F)
ESL	Ms. Volpe (W, Thu am)
Pathways	TBA
Educational Ass't	Mrs. Ritacca, Mrs. Cribari, Ms. Ferreira, Mrs. Rizzuto ( supply)
LTS	Mrs. Galati, Mrs. Polidoro, Mrs. Infusino, Mrs. Tremamunno
Custodial	Ms. Crispo (Head), Ns. Kajin, Mr. Hoc
Office	Ms. Paravani (Sr. Office Admin) Mrs. Recchia ( Part time secretary )

**MONTHLY VIRTUES:** Each month a different Catholic attribute is emphasized at SMM. Students are encouraged to demonstrate these attributes in their words and actions. By doing this we show that we always strive to respond to Jesus' call as a

community. During the month of September the Catholic Virtue of **Courage** will be highlighted in our daily prayers and in our classroom reflections. We look forward to recognizing those students at SMM who best demonstrate courage.

### SCHOOL MASSES AND PRAYER CELEBRATIONS:

Our first faith celebration will be on **October 16th** in our school gymnasium at 9:00 am. Parents and guardians are welcome to join us. Jesus taught us, *"For where two or three gather in my name, there am I with them."* (Matthew 18: 20). When visiting the school, remember to sign into the office.



**ORANGE SHIRT DAY:** Our school will mark Orange Shirt Day on **September 29th**. Orange Shirt Day is an opportunity for us all to come together in the spirit of reconciliation and hope for generations of children to come. *Every child matters.* Students are encouraged and invited to augment their

**CIVVIES DAY:** SMM will continue its tradition of supporting various charitable causes and organizations through our monthly civvies days. **Civvies days will be on the last Friday of the month. The September civvies day will take place on Friday, September 29th.** Please remember to exercise appropriate dress on those days and don't forget your loonie or toonie for **ShareLife**.



### **SMM CATHOLIC SCHOOL COUNCIL:**

A sincere thank you to the 2022-2023 Catholic School Council Members that gave lovingly their time and efforts in supporting school

endeavors and enriching our students' school experience. In partnership with Ms. Falcone, our school's previous Principal, they have accomplished so much in support of our students and community. Good schools become great schools when parents are engaged and involved. Your commitment to SMM is appreciated and inspiring.

Soon, it will be time to form our 2023/24 Catholic School Council. **A nomination form will be shared electronically with the community by the end of this week.** Completed forms are due back in the office by **3:10 pm on September 25th.** Forms returned after the above notes date will not be accepted. **Elections will be held at our first Catholic School Council meeting on September 27th at 7pm.** We hope to see you there!



**TERRY FOX WALK:** All across our country, Canadians remember Terry Fox and his heroic fight against cancer and to raise awareness of this illness that impacts far too many. SMM will participate in a Terry Fox Walk/Run/Roll this month on **September 19th** in honour of Terry and all those who continue to battle cancer. Our committee

will share more information about this event once it is available. Together, we will continue to honour Terry's memory, his legacy and spread his message of hope.

## **Quality Learning for All**

**STUDENT ACHIEVEMENT PLANNING:** In the month of September, school teams come together for

improvement planning. This process involved reviewing school achievement data, climate surveys and observations to create goals for the year to come. Following the development of school improvement goals in the areas of faith, achievement, equity and wellness, the staff will select high-yield strategies that will best support our students. We look forward to sharing our school's improvement plans with you soon!

## **Quality Learning for All**



**SMM COMMUNICATIONS:** Our school team endeavours to keep our community well informed. Throughout the year, our parent partners can expect to receive a Weekly Update on Friday evenings with

information and reminders regarding upcoming events and activities. Our school's X account (formerly known as Twitter) is also a source of information: @SMM\_YCDSB (remember to follow and turn on notifications). Finally, our school website will also be regularly updated with information for the community. Thank you to our parent partners for taking the time to read through all communications and staying well informed. Your partnership is so appreciated. As always, if you have any questions, please reach out to your child's teacher(s) or to our main office.

**MEET THE TEACHER NIGHT:** This year's Open House night will take place on **Wednesday, September 20th at 6:30 pm.** Please come meet your child's teacher, see the learning space and inform yourself on the routines, expectations and curriculum for this year. We look forward to meeting you.



**PICTURE DAY:** Smile for the camera! Picture day at our school is **Monday, October 2nd.** Students should be in standardized dress on Picture Day.

**SMM DRESS CODE:** St. Margaret Mary implements a school Standardized Dress Code (SDC). It is the expectation of staff and administration that all students will follow the SDC with the support of their parents/guardians. A standardized dress code is an important part of our school's identity and safety and positive school climate. Our school staff will also support students in upholding the SDC requirements. For students who are not in compliance with the SDC, a progressive discipline approach will be taken which may include but is not limited to verbal reminders of expectations, calling home for appropriate dress,

communication with parents/guardians and/or written communication with parents/guardians.

For a full list of where items may be purchased and what is permissible, please



see the back end of this newsletter. If you have any questions, please contact your child's teacher or our main office and we will be happy to assist you.

## Safe & Caring School Community

**SMM IS A CHARACTER SCHOOL:** Each morning, as part of our announcements, we remind all students that our school is a character school. This means we always hold ourselves to a higher standard. If students should ever find themselves in difficulty and cannot resolve a problem on their own, they are reminded to approach a caring staff member or school administration for assistance. We review daily that we must always keep our hands and feet to ourselves and use kind words, even when we are provoked. Both the YCDSB and our school places excellence, equity, community and positive relationships at the heart of student success and well-being. Thank you for reinforcing this message at home; we value our partnership.

### Expected Behaviour:

It is the expectation of the YCDSB and St. Margaret Mary Catholic School that students will:

- ★ Demonstrate honesty and integrity
- ★ Respect differences in people, their ideas and their opinions
- ★ Treat one another with dignity and respect, especially when there is disagreement
- ★ Respect and treat others fairly
- ★ Respect the rights of others
- ★ Take appropriate measures to help those in need
- ★ Seek assistance from teachers to resolve conflict peacefully
- ★ Demonstrate respect for people in positions of responsibility
- ★ Respect the need of others to work in an environment that is conducive to learning and teaching
- ★ Be courteous and polite at all times

We thank you for reviewing these expectations for behaviour and overall conduct with your child.



### EMERGENCY & FOI FORMS:

Emergency and Freedom of Information (FOI) forms were sent home with each child on the first day of school. Please ensure the information on the emergency form is correct. If there are changes to be made, kindly make them right on the form. The FOI form asks for explicit consent by way of having parents authorize specific statements. Please sign, date, and return these forms to the school as soon as possible.

**TECHNOLOGY CONSENTS:** You will have received consent forms for student use of internet platforms such as Google and D2L (Design to Learn). Additional forms regarding appropriate use of online platforms and good digital citizenship have been included for primary, junior and intermediate students. Kindly

review these forms with your child, sign and date them, and return them to your child's classroom teacher.

**VISITING SMM:** All visitors to SMM must buzz the office from the front doors. Our office staff will ask you to identify yourself and state the reason for your visit. Please assist us with our safety procedures by being patient and answering the office staff's questions. Please do not ask students to open the front doors for you. If you are picking up your child from school, we will call them down to the main entrance for you. If you are dropping off a lunch, please leave it at the front entrance table (kindly label the lunch with the stickers and markers provided). Anyone who is required to enter the building must sign in to the main office and obtain a visitor's badge. Thank you for your cooperation in this matter.



**TRANSPORTATION:** For students riding the bus to school, please ensure that you have checked [School Bus City](#) for your pick up and drop off times and location. Students riding the bus will adhere to bus safety routines and procedures. Parents of JK to Grade 6 students are reminded that a parent/guardian is required to be at the bus stop to meet their child each evening.



**SAFE ARRIVAL:** Parents and guardians must communicate all lates and absences. This can be done by using the Safe Arrival number or website on the front page of this newsletter. Once *O Canada* and Prayers have begun, students will be marked as late. Students arriving late at the front doors will wait until *O Canada* and Prayers have concluded before entering the building. A staff member will be at the front doors to let students into the building. Where practical and possible, student appointments should be scheduled outside the regular school day hours so as to maximize student learning.

**EXTENDED ABSENCES:** Extended absences must be communicated to your child's teacher and the office. In the case of an extended absence, a program of study will be prepared for the student. Cumulative student absences have an impact on student learning and achievement. For this reason, we strongly encourage parents/guardians to book vacations during scheduled breaks times (i.e., Christmas, March Break) where possible. If you have any questions or concerns, please speak with your child's teacher.



**PARENTS/GUARDIANS ON THE PLAYGROUND:** We respectfully remind our community that parents and guardians are not permitted on the playground during morning entry routines. Students in Ms. Magni and Ms. Butrico's class will enter directly from the kindergarten pen. Parents of SK/1 to Gr. 8 students may drop off children at the school's front walkway and students will walk to the supervised yard. **Morning supervision begins at 8:05 am.** Parents/Guardians are welcome to pick up their children from the playground at 3:10 pm dismissal.

**SAFETY AWARENESS WEEK:** The YCDSB has a primary responsibility and goal to ensure a safe learning environment for all students and staff. As part of our safety initiative, SMM, along with other schools in the YCDSB, practice a variety of safety drills and

protocols. We will review and practice a variety of emergency drills and procedures in the event of an emergency situation such as Shelter in Place (extreme weather), Lockdown (an intruder in the school) and Evacuation (fire, gas leak, etc.). Schools are required to complete the above drills on an annual basis. More information is to follow.



**ANAPHYLAXIS & ALLERGIES:** The YCDSB has an anaphylactic policy to help protect students affected by life threatening allergies. As outlined in the policy, parents are asked to inform the school of such allergies and are required to fill in S15 and S15a forms (available in the office). Each form must include a passport sized photo so that the student is easily identifiable to staff. Parents are asked to ensure that students for whom Epi-Pens are prescribed have two EpiPens at school. **It is strongly advised that one Epi-Pen is kept on the student's person at all times** and the other stored in the office for emergency use. It is important to note that we are a Nut-Safe School. Please monitor your children's snacks and lunches to ensure they contain only nut-free products. We continue to remind and inform our students NOT to share food in our school environment (including on the school grounds, buses, field trips, before/after school and in any school sanctioned events for students). **We also respectfully ask parents not to send food items to school for students to share** (for example, during birthday celebrations). 'Allergy Safe' environment signs are posted throughout the school, as well as outside classes where students with life threatening allergies are located. S15 and S15a forms will be reviewed by staff. Staff have also received training and information on signs of an anaphylactic reaction and how to administer the Epi-Pen.

**SMM - SCENT/FRAGRANCE FREE:** SMM is a Fragrance/Scent Free school environment. We kindly ask that you continue to closely monitor potential fragrances around the school environment; any type of fragrance may lead to a severe allergic reaction. Thank you for your continued collaboration as we strive to keep all children and staff safe.



**ASTHMA PROTECTION:** The YCDSB recognizes that there are some students who have a diagnosis of asthma that could be life threatening. Asthma management is a shared responsibility among students, parents, caregivers, and the school community. It is the

responsibility of parent(s)/guardian(s) to advise the school immediately upon registration and/or when in receipt of a diagnosis of asthma. It is also the responsibility of parent(s)/guardian(s) to ensure that all medical information pertinent to their child's diagnosis of asthma is current. If your child has a diagnosis of asthma, please contact the school office immediately so that the appropriate forms can be completed.



**MEDICATION AT SCHOOL:** Medications should be administered at home. However, should your child require medication to be administered at school, please pick up the required S16 and S16a forms from the office. Complete the form (including physician's signature) and return it to school. Students are not to keep medication (aside from inhalers and EpiPens) in their knapsack or in the classroom.

**PEDICULOSIS:** YCDSB recognizes and appreciates concerns related to Pediculosis. The Board also recognizes that the Ministry of Health does not designate Pediculosis as a communicable disease, and as such, it is not considered a health hazard to the community. Anyone can get head lice, regardless of cleanliness. Head lice is not a public hazard, as it does not cause illness, but they are a nuisance. Please check your child's head regularly for lice or nits. If you do find lice or nits, contact the school office. Students will be readmitted to school once treatment has been administered and confirmed by the parent, in accordance with the procedures of this policy.

**CELL PHONE USE:** Students are not permitted to use their cell phones (text or call) at any time while at school, unless directed by their teachers. Parents and students will communicate using the school phone. Please contact the school if you require a message to get to your child. If a student is feeling unwell, parents/ guardians will be notified by school staff. For students who are not in compliance with this expectation, a progressive discipline approach will be taken. We thank our parent partners for reviewing this safety expectation with their children. If you have questions or concerns, please contact our main office.



**ELECTRONIC DEVICES:** School Board Policy 311 Digital Discipleship states that all personal electronic devices, such as cell phones, carried by elementary students shall be kept out of sight, turned off and not used during the school day, unless authorized by the

principal or under the direction of a teacher. Failure to abide by this policy may result in confiscation of the electronic device. As you know, these items not only can disrupt the learning environment, but are also expensive and hard to replace. At times, they also cause conflict among students and can pose a risk to one's reasonable expectation of privacy. It is strongly recommended that these items remain at home. Please assist us by reviewing and supporting this policy with your child.

## **PARKING LOT SAFETY**

***Safety is our collective responsibility!***

**Everyone must feel safe and welcome at SMM, and that begins in our school's parking lot.**

Parents, guardians and students are also encouraged to use active travel methods to come to school. Walking, jogging, or bike riding to school are great ways to get daily exercise. Many studies have linked student success and well-being to daily exercise and movement.

Those driving are asked to be extra cautious around the school's ground for those walking, biking, etc. Be careful when backing out of parking spots. Those walking are encouraged to make use of walkways for optimal safety

**The emergency lane and bus route are exclusively for emergency vehicles and buses;** vehicles are not permitted to drive into this area.

Accessible parking spots are available and are designated for those who have licensed permission. This is the law. Please do not park in these spaces, even temporarily, unless you have a permit.

**If your child must be driven to school, you are expected to follow these Kiss and Ride guidelines:**

- *Drive into the 'Kiss and Ride' lane along the curb before allowing your child to get out of the vehicle;*
- *Students must independently exit from the passenger side of the car (closest to the school); parents are to remain in the vehicle*
- *Student belongings (i.e., school bags) should be with the child for easy exit/access*

**COMMUNICATION WITH STAFF:** Our staff are here to support our students and families. Should you have any questions or concerns, please discuss them with your child's teacher by calling the school office or sending an email to make an appointment.




# York Catholic District School Board

Catholic Education Centre, 320 Bloomington Road West, Aurora, Ontario L4G 0M1  
Tel: 905-713-1211, 416-221-5051, 1-800-363-2711  
Fax: 905-713-1272 • [www.ycdsb.ca](http://www.ycdsb.ca)

Dear Parent/Guardian,

## Elementary Safe Arrival Absence Reporting

At York Catholic District School Board, one of our greatest priorities is ensuring that all our students arrive safely to school every day. Parents and guardians are required to report their child(ren)'s absence or late arrival in advance, or before bell time for the current day by accessing the **Elementary Safe Arrival Program** using any of the three methods below:

- **Toll Free Safe Arrival Phone Number 1-855-856-7862**
- The **Safe Arrival SchoolMessenger** website: [go.schoolmessenger.ca](http://go.schoolmessenger.ca)
- The **SchoolMessenger App**  from the *Apple App Store* or the *Google Play Store*.

The first time you use the App or Website, select **Sign Up** to create your account. To report an absence, select **Attendance** followed by **Report an Absence**.

These options are available **24 hours a day, 7 days a week**. Future absences can be reported at any time. **This Safe Arrival reporting procedure is in place for York Catholic Elementary schools**. If you have children at a York Catholic secondary school, please follow that school's absence reporting procedures.

Parents and guardians who have not reported their child(ren) absent or late will receive an automated phone call where they can explain the absence. If our system is unable to reach a designated contact after the required amount of time, office staff will follow up.

If any of your contact information changes, or if you have any questions about the **Elementary Safe Arrival Program**, please contact your child's school office. Thank you for your attention to this important information about reporting of your child's attendance for the upcoming school year.

Thank you,

York Catholic District School Board



# St. Margaret Mary CS

30 Margaret Mary Rd. Woodbridge, ON. L4L 2W8

📞 905-891-3935 🖱️ [smm.ycdsb.ca](http://smm.ycdsb.ca) 🐦 @SMM\_YCDSB

September 1, 2023

Dear Parents and Guardians,

## St. Margaret Mary CS Standardized Dress

St. Margaret Mary CS implements a school-wide Standardized Dress Code (SDC) in accordance with YCDSB Policy 219A. As defined in the policy, a standardized dress is one in which *'students [are] dressed in clothes of common colour and style'*. Our school's dress code supports a sense of belonging and pride and school safety. It is the expectation of the staff and school administration that students and parent partners will abide by the dress code.

A standardized dress code allows our school's families to purchase items from regular retailers. The following is a list of retailers that sell items compliant with our dress code:

Joe Fresh	Old Navy	Walmart	Bonnie Togs
Carter's	Children's Place	GAP	Costco
RJ McCarthy	Halpern's	DGN Kilters	In-School Wear

Any logos on dress code items can be no larger than the size of a Loonie. Items are to be solid colours only (no graphics, slogans or stripes).

### Acceptable Tops

Short/Long Sleeve Top w/ collar (i.e., golf/polo)

Hoodies / Sweaters / Pullover

Cardigan / Vest

**Socks:** navy blue or white

### Acceptable Bottoms

Corduroy / Cargo  
Pants

Bermuda / Sweat Pant Shorts (at knee)

Skort / Skirt / Dress / Tunic / Jumper / Capris

*\* footless tights permitted under skort, jumper, skirt or dress*

### Non-Acceptable Standardized Dress Items

Jeans / Jeggings / Tights

T-shirts

Fitted Yoga Pants

Running / Short Shorts

There are no restrictions on footwear (please wear non-marking soles), gym clothes or outerwear.

Thank you for supporting our school's Standardized Dress Code. If you have any questions, please feel free to contact your child's teacher or our main office for assistance.





# St. Margaret Mary CS

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## ST. MARGARET MARY CATHOLIC SCHOOL COUNCIL

### NOMINATION FORM

Please fill in the appropriate section below to declare your candidacy, or to nominate someone else, for an elected position as a parent/guardian representative on the [name of school] Catholic School Council.

I wish to declare my candidacy for an elected position as parent/guardian representative on the school council.

I wish to nominate \_\_\_\_\_ for an elected position as parent/guardian representative on the school council.

Name: Address: \_\_\_\_\_

Home phone: \_\_\_\_\_ Business phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

I am the parent/guardian of \_\_\_\_\_ who is currently registered at this school.

I am an employee of the board:  yes  no

The person I have nominated is the parent/guardian of \_\_\_\_\_ who is currently registered at the school.

The person I have nominated is an employee of the board:  yes  no

Please include a brief bio of yourself or the candidate you have nominated which will be published for election purposes:

e.g. occupation, background, interests, volunteer work

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Return this form to the school office by \_\_\_\_\_

You will be notified when your nomination has been received.

# SMM Mental Health

## SEPTEMBER NEWSLETTER

### Welcome Back To School!

Make your  
MENTAL HEALTH PRIORITY



Drink water



Breathe deeply



Eat healthy



Go for a walk

Make a gratitude list



Journal about your feelings



Be kind to yourself



Talk with family and friend



### What's In This Month's Issue?

- Tips to make your wellness a priority and start off right
- New school year message
- Kindness Calendar

### New Beginnings

Summer holidays are over and it's time to settle up ourselves back to our routine. As we begin the new school year, let us prepare our hearts and minds to help us achieve a stress-free successful year! Remember to take the time for yourself, its a bright new beginning!








# Kindness Calendar



[Click Here for a Copy](#)

## SEPTEMBER 2023

RANDOM ACTS OF KINDNESS FOUNDATION®

SUN	MON	TUE	WED	THU	FRI	SAT	
<p>AUGUST</p> <p>S M T W Th F S</p> <p>30 31 1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31 1 2</p> <p>3 4 5 6 7 8 9</p>	<p>OCTOBER</p> <p>S M T W Th F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31 1 2 3 4</p> <p>5 6 7 8 9 10 11</p>	29	30	31	1	2	
					Recycle items you no longer need.	 <p>Ask your friends to go bowling together.</p>	
3	4	 <p>Thank someone who is a hard worker.</p>	5	6	7	8	9
Pack tomorrow's lunch in a reusable bag or lunchbox.	Share a funny joke with a friend.		Give someone a copy of your favorite book.	Start a journal for special quotes.		Share one of your favorite memories with a friend. Ask about their favorite memory.	Try to create positive energy with everything you say and do.
10	11	12	13	14	15	16	
Call a family member you don't see often.	 <p>Walk a dog.</p>	Turn your negative thoughts into gratitude.	Share a positive video.	Resolve to be less judgmental in your day to day life.	Invite a classmate you don't know to sit at your table during lunch.	Paint and hide rocks in neighbors' gardens.	
17	18	19	20	21	22	23	
Get some neighbors together to spend an afternoon picking up litter in your neighborhood.	Hug a loved one. Make it a long hug!	Write a kind note and place it on the bathroom mirror.	Compliment someone's on something other than their clothing or looks.	Change three small things about your routine that will help the environment.	 <p>Skip the meat and eat fresh veggies today.</p>	Read a book about indigenous people from your country.	
24	25	26	27	28	29	30	
 <p>Read a comic book to a younger family member.</p>	Write a love note to yourself about everything that makes you wonderfully you.	Sneak a note of thanks on to your teacher's desk.	Give your neighbor a smile.	Try to make a new friend today.	Invite someone new to play with you during recess.	Write a note to someone you admire.	

Visit [www.randomactsofkindness.org](http://www.randomactsofkindness.org) for more kindness ideas.

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