

# NEWSLETTER

A monthly publication by LRES PTA's CommUNITY committee



Ladera Ranch Elementary  
**PTA**  
everychild.onevoice.

## WE'RE ALL EARS!

If you have suggestions on topics you'd like to see featured in upcoming newsletters, please send them to [CommunityLRESPTA@gmail.com](mailto:CommunityLRESPTA@gmail.com).

A good rule of thumb...  
**THINK** before you speak.  
**T** - is it *true*?  
**H** - is it *helpful*?  
**I** - is it *inspiring*?  
**N** - is it *necessary*?  
**K** - is it *kind*?

**Hello, LRES Families** and welcome to the latest edition of the CommUNITY newsletter.

In January, our focus was on Dr. Martin Luther King Jr. and his fight for justice for all. We hope you and your family were able to have many engaging and thoughtful conversations on the ever-present topics of racism, social justice, and equality.

This month, KINDNESS has been front and center at LRES as the kids learned about inclusion, empathy, and a safe and happy school environment. The activities below can continue this theme of positivity and help you spread even more acts of kindness throughout your home, the school, and the Ladera Ranch community.

As always, the goal of our Community Unity (commUNITY) group and newsletter is to encourage acceptance of all people into our community through the practice of inclusion, equality, and kindness.

# Counselor Corner

Susan Burke, Interim LRES School Counselor

In February, our LRES PTA hosted Kindness Week. This was a great week full of activities to promote acts of kindness at school and throughout our community. Celebrating Kindness Week provides the opportunity to remind our students the importance of being kind to others, and also the importance of empathy, compassion, and inclusion. Teaching kindness in school promotes a happy, healthy, and bully-free environment.

As a school counselor, I provide Social Emotional Learning (SEL) lessons to teach empathy, inclusion, and kindness. The SEL lessons promote helpful and caring students, leading to a sense of community and belonging. The social emotional impact from kindness is not the only benefit. According to the Mayo Clinic, kindness is more than just a behavior, it is a quality of character. Being kind is good for our mind and our physical health. Kindness actually produces endorphins, which promotes good feelings. It also releases oxytocin, a hormone that increases a person's happiness and reduces stress. Oxytocin also lowers blood pressure and decreases inflammation in our bodies. Thus, being kind not only helps us feel happier, it also keeps us physically healthy.

At LRES, we strive to develop a community of inclusion. I encourage you to talk to your child about what that means. Teach them kindness and sensitivity towards others and model the behaviors yourself. [Very Well Family](#) provides several excellent tips on how to teach children to be inclusive and kind.



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*“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”*

– Leo Buscaglia

# NEWS: Kindness Around CUSD

## **"To Know Better" video brings students together to spread kindness**

A multimedia competition, dubbed "To Know Better," aims to "stop hateful vibes and wrongful bias" that have happened during the COVID-19 pandemic, according to its website, [www.knowbetter2020.com](http://www.knowbetter2020.com)

Altogether, about 30 students from Don Juan — made up of ASB leaders, peer leaders, and others — are part of the video. Principal Varricchio remarked how the project is getting students to acknowledge each other in a campaign that shows "there is no place for hate." View the video and full article at <https://cusdinsider.org/to-know-better-video-brings-students-together-to-spread-kindness/>



## Kindness Activities

Please use the activities below to help your children "throw kindness around like confetti" and spread the message of friendship, inclusion, and empathy.

[CLICK HERE TO DOWNLOAD OR PRINT](#)



# KINDNESS WEEK

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Not printed at CUSD expense

# Random Acts of Kindness Bingo

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## Random Acts of Kindness Bingo

*mark off each square as you complete them*

Play with Someone New	Tell Your Teacher One Thing You Like About Them	Hold the Door Open for Someone	Pick a flower and give it to a loved one	Give an 8-second hug to a family member
Say Please & Thank You All Day	Pick Up Litter on Campus	Say Something Nice to Your Parents	Donate Your Extra Change	Compliment 3 People
Tell a Family Member How Much You Love Them	Compliment your neighbor		Pick Up Litter in the Community	Sit with Someone New at Lunch
Smile at Someone New	Say Thank You to the Crossing Guard	Do a Chore without Being Asked	Let Someone Go Ahead of You	Say Thank You to the Lunch Staff
Paint a Rock with Words of Affirmation and Put it in the Community	Make a New Friend	Introduce Yourself to a New Friend	Invite Someone Who is Sitting Alone to Sit with You	Write a Friend a Positive Note