

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 email them to us at:

**CommunityLRESPTA
@gmail.com**

EVENTS

Wave "Hi!" to our CommUNITY booth at the LARCS Eggs-travaganza drive-thru event on Sat, March 27! All four Ladera schools will be there!

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

Last month we highlighted kindness, inclusion, and ways to promote a healthy, happy, and safe school environment.

This month, our focus is on HOPE and EMPATHY.

Current events offer up multiple opportunities to discuss HOPE. And teaching kids of all ages about showing EMPATHY to others can lead to a kinder, happier, and better future for us all.

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

Empathy is the ability to recognize emotions and to understand other perspectives on a situation. Compassionate empathy is not only understanding these perspectives, but actually stepping in to help.

We're all familiar with the phrase "Before you criticize someone, try walking a mile in their shoes." However, we tend to "walk in someone else's shoes" using our own perspective of the situation. Having empathy is the ability to put down our own lens or perspective in order to see something through someone else's lens. This skill is not easy, and it takes a lot of practice.

At school, we work on empathy skills using our Second Step lessons. Students learn how to recognize their own feelings and to how to recognize emotions in others. At home, you can talk with your child about different situations and ask them how they would feel if they were put in those positions. Encourage them to use empathy to be a problem solver.

I understand that we want to shield our children from problems and negative happenings during trying times, but we can expose them to the world in age-appropriate ways so that they learn that the world is full of different perspectives.

As I think about hope for our children and empathy, I am reminded of a statement by former President Barack Obama. "I often say we've got a budget deficit that's important, we've got a trade deficit that's critical, but what I worry about most is our **empathy deficit**. When I speak to students, I tell them that one of the most important things we can do is to look through somebody else's eyes." Teaching our children empathy gives us hope for a brighter future.



School Counselors use the Second Step Program to teach students about skills for learning, empathy, problem-solving, and emotion management.

[- click to learn more](#)

Easy Ways to Spread Hope

Did you know that each and every one of us can make the world a better place with our daily actions? It's true! Why not try it...by spreading hope? The best way you can spread hope is to be an encourager. An encourager celebrates the good times with people, helps them pick themselves up after the bad times, and cheers people on along the way. There are so many ways you can bring hope to the people around you. Here are a few ideas:

- Cheering for and encouraging a sibling during a soccer or other game.
- Telling your mom, dad, grandparent, or other family member how much you love and appreciate them.
- Giving a compliment to a classmate on a cool project or other job well done.
- Thanking your teacher for his/her hard work.
- Collecting food for a local food pantry.
- Donating clothes, blankets, or toiletries to a homeless shelter.
- Making encouraging cards for residents at a senior living facility.

Whatever you decide, there are so many ways to spread hope every single day, so let's start TODAY!

Reading List for Hope & Empathy



Julian is a Mermaid by Jessica Love
The Rabbit Listened by Cori Doerrfeld
No Ballet Shoes in Syria by Catherine Bruton
Hopscotch in the Sky by Lucinda Jacob
The Steves by Morag Hood
No Longer Alone by Joseph Coelho
Check Mates by Stewart Foster
Owen and the Soldier by Lisa Thompson
The Great Telephone Mix-Up by Sally Nicholls

Hope Activities

Use the coloring pages below to create a beautiful picture. On the back, write an encouraging note for a friend, teacher, or family member. Try something like:

- I hope you have a wonderful day!
- I hope you know how much you make me smile!
- I hope you have a great baseball game.

Or personalize it and make it your own. Have fun getting creative and don't forget to deliver your little bundle of love and encouragement to help SPREAD HOPE.

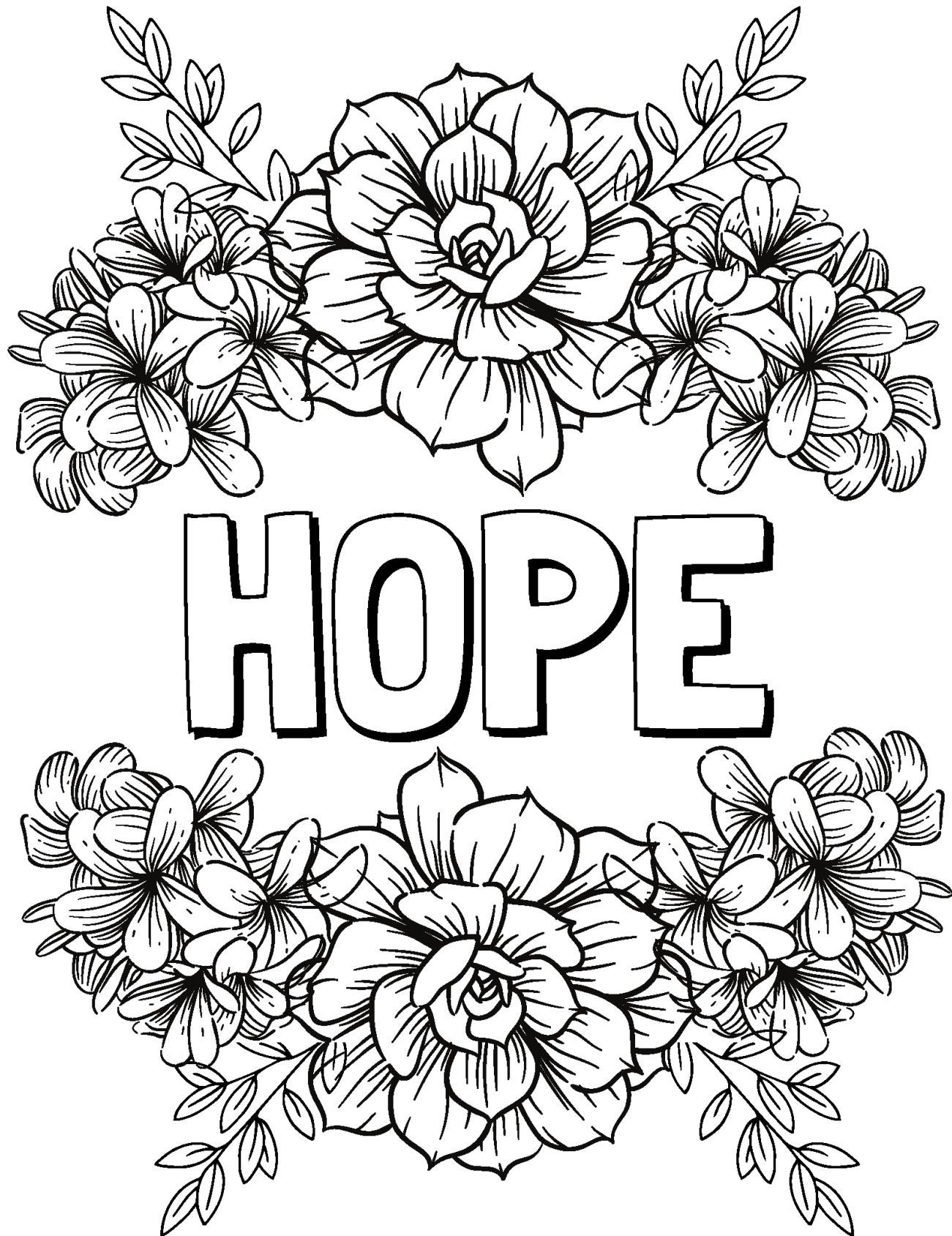
Hope Coloring Page Activity

[CLICK HERE TO DOWNLOAD OR PRINT](#)



Hope Coloring Page Activity

[CLICK HERE TO DOWNLOAD OR PRINT](#)



Hope Word Search Activity

[CLICK HERE TO DOWNLOAD OR PRINT](#)

Hope is Our Future Word Search

L O W Q H I D A P R I L V Q O
N Z R A Z T H A L A D D I E P
T K Y V U T H S P R I N G O E
D X Z E T G N Z T M M M O X A
R U N I T Y M F U T U R E D C
A Z O E M P A T H Y L Q J X E
I Q R Z I L I O N S M P I B M
N T N E Q U A L I T Y L N W O
B Z O O S M S C I U R R C B Y
O C O M M U N I T Y T E L A C
W K I N D N E S S M T S U A X
S T O G E T H E R G W E S M S
U L W T N D R D W T A M I B J
Q C H Y F D H U B C I L O U G
C H O P E I X Q S E F M N D F

Community

Equality

Rainbows

Together

Kindness

Empathy

Laddie

Future

Inclusion

Lions

Spring

April

Unity

Hope

Peace

LRES