



Sunday, December 5, 2021

8th Grade Weekly Information

FROM THE TEACHERS:

NET Retreat: The 8th grade will hold a NET (National Evangelization Team) retreat the day of Thursday, March 24. We are in need of host homes to house these moderators for either two nights (March 23 to March 25) or one night (March 24 to March 25) depending on their schedule. The host families will be responsible for lodging and meals, except lunch on the 24th the day of the retreat. Please prayerfully consider and let Mrs. Bassett or Mr. Bohmfalk know if you are interested in welcoming them.

Missing Work: Students are encouraged to check in with the teachers upon return for an absence to find out about missing work or any other pertinent classroom information.

Random Acts of Kindness: Please see the last 2 pages to review the parent form for the first topic in our Random Acts of Kindness lessons.

8th GRADE NEWS & REMINDERS:

Calendar Updates:

- Tues, 12/7. Non uniform dress pass for students who brought in Adopt-A-Family Gifts by Friday, 12/3.
- Wed, 12/8. Solemnity of the Immaculate Conception Mass. Kinder - 8th grade. Formal uniform required.
- Wed, 12/8. Minimum Day
- 12/31. 8th Grade Yearbook Dedication Ads deadline for "Early Bird Pricing" (details in Sunday email)

8th Grade Christmas Party Service Project: 8th Grade will have a Christmas Party (details TBD)! Our service project is to provide socks for the homeless at Isaiah's House. Please bring in unwrapped new socks to your child's homeroom prior to December 13th. Socks should be tube socks, Men's Size 9-12. Thank you!

Adopt-A-Family 2021: Our PTO Outreach Team is calling all St. Serra Families to prayerfully give this Christmas season by helping your classroom provide necessities for our "adopted family"! We are joyfully partnering once again with Catholic Charities to bring Christmas to 45 families in need. This year, many families are asking for life-giving and essential necessities, such as warm clothing, household items and school supplies. Please bring in your donation early! Please sign-up using the link(s) below:

- 8A (Tsichlis): <https://www.signupgenius.com/go/20F054EABAB2FAAFB6-8dfamily>
- 8B (Hubert): <https://www.signupgenius.com/go/20F054EABAB2FAAFB6-8afamily1>
- 8C (Fiore): <https://www.signupgenius.com/go/20F054EABAB2FAAFB6-8bfamily>
- 8D (Bohmfolk): <https://www.signupgenius.com/go/20F054EABAB2FAAFB6-8cfamily>
- 8E (Bassett): <https://www.signupgenius.com/go/20F054EABAB2FAAFB6-8efamily1>

Grace and Blessings,
Lisa Zawistoski – 8th Grade RPC



Caring



Hello Parents and Guardians,

Welcome to Unit 2 of our Kindness in the Classroom curriculum! For the next 6 weeks we will be learning all about CARING. We will dedicate 30 minutes once a week for our main lesson, with a few 15 minute mini lessons sprinkled throughout our week to help your student go deeper with the concept. We will end the unit with a project that we will all work on together. Since this topic might feel super familiar to many of our students this year, we will be diving deeper as we explore the following topics:

GOALS FOR THIS UNIT

- ✓ Utilize self-care tools and methods to increase their own self-respect.
- ✓ Examine their current life situation and highlight areas of gratitude, no matter how small.
- ✓ Practice demonstrating genuine empathy and compassion for others within their own community.

TOPIC	QUESTIONS WE'LL BE EXPLORING	HOW YOU CAN HELP
Self-Care	<ul style="list-style-type: none"> • How important is your own self-care? • What does mental self-care look like? • Why is sleep so important? 	Talk with your student the importance of mental health as a form of self-care. Self-care goes beyond just getting up and getting dressed. Emphasize the importance of proper sleep and how it affects other parts of our lives.
Gratitude	<ul style="list-style-type: none"> • How do our words and actions show gratitude for other kids our own age? • How can we show gratitude to people our own age without faking it or merely saying "thanks"? 	Encourage your child to list 5 creative ways to show gratitude to others in their classes. Discuss the importance of genuine gratitude versus a casual thank you.
Compassion + Empathy	<ul style="list-style-type: none"> • Why is it sometimes difficult to show compassion to kids our own age? • How do we demonstrate compassion for people we don't necessarily agree with? • Why do empathy and compassion go together? • Why is it necessary to have both when offering others assistance? 	Talk with your child about showing compassion for others they struggle with. Encourage them to find common ground, even if they are not friends with the other person.

TRY THIS AT HOME!

As a household, track your sleep each night. In addition, track your mood when you wake up in the morning. Is the amount of sleep you are getting enough to leave you feeling refreshed for the day? If not, set a goal to get to bed earlier or start a relaxing routine to wind your body down (bath, reading, calming music, etc.). This can help you fall asleep quicker! Sleep is a vital self-care tool to help both our physical and mental health.

We will continue our Kindness in the Classroom curriculum throughout the year. Please join us on this journey using this handout and the at home activity as a way to connect with your child regarding our unit concept. Feel free to contact me with any questions or comments as we move forward.

Sincerely,

Integrity



Hello Parents and Guardians,

Welcome to Unit 4 of our Kindness in the Classroom curriculum! For the next 6 weeks we will be learning all about INTEGRITY. We will dedicate 30 minutes once a week for our main lesson, with a few 15 minute mini lessons sprinkled throughout our week to help your child go deeper with the concept. We will end the unit with a project that we will all work on together. Since this topic is fairly new to many students, we will be exploring the following topics:

GOALS FOR THIS UNIT

- ✓ Examine their own level of integrity across a variety of situations, both with peers and individually.
- ✓ Practice creating and accomplishing SMART goals.

TOPIC	QUESTIONS WE'LL BE EXPLORING	HOW YOU CAN HELP
Honesty	<ul style="list-style-type: none"> • How can you be honest yet kind when having a difficult conversation? • Why is it easier to be honest in some situations and not others? • How can you handle the peer pressure to lie? 	Discuss the desire to be harsh when giving someone honest feedback. The phrase "I was just being honest!" is common. Challenge your child to be kind during these types of interactions. When we use kindness as the lens for our words, the conversations are much more positive, even if we have to give constructive criticism.
Integrity	<ul style="list-style-type: none"> • What is your personal definition of integrity? • Why is it important to be honest in your actions, even when no one else is around? • What are some ways you can rebuild trust after it has been broken? 	Talk with your child about ways to rebuild trust. This can be very difficult for them when they have chosen dishonesty. It is important to know that there are ways to gain trust back, even though it will take time.
Perseverance	<ul style="list-style-type: none"> • How can we use honesty to reach our goals? • Why is it important to keep trying when something is hard? • How does cheating hurt us in the long run? 	Explore goal setting with your child. Ask them to identify one goal they have for themselves in school. What is the first step they must take to work towards this goal?

TRY THIS AT HOME!

As a household, identify one large goal that would increase kindness and positivity. Write it down using the SMART acronym to help you- S=Specific M=Measurable A=Attainable R=Realistic T=Time Sensitive. Ask your child for further details. They have been working on them throughout the entire unit!

We will continue our Kindness in the Classroom curriculum throughout the year. Please join us on this journey using this handout and the at home activity as a way to connect with your child regarding our unit concept. Feel free to contact me with any questions or comments as we move forward.

Sincerely,