

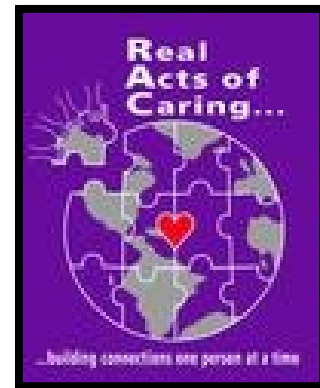
**Dear Counselling Corner:**

My daughter has been telling me all about something she says you told her class about called RAC and how it is about encouraging caring and kindness. I love this idea, but what is it exactly? Thanks!

**What is RAC**

**Dear What is RAC:**

Thanks for reaching out. RAC stands for Real Acts of Caring and is about doing something caring and kind for another and not expecting anything back (except probably a good feeling inside!). RAC was begun by students in the Coquitlam School district in 2006 and has since spread all over BC and even to other parts of Canada. Each year, RAC is highlighted by 'RAC Week' which occurs in February around Valentine's Day and is February 13-19 this year. RAC Week's focus for 2022 is 'Climate Change and Covid Caring' with the goal of encouraging caring and kind acts to support these two areas during RAC Week and throughout the year. RAC leadership students in our school district have had a RAC poster created to promote RAC, which has been circulated all over BC, with photos of students involved in RAC activities. Each year, students in the Coquitlam School District lobby with the municipal and provincial governments to have RAC Week officially recognized, and this year is no exception. In fact, four students from Porter Street Elementary School wrote a letter to Hon Education Minister Jennifer Whiteside in December and convinced her to pass a Provincial Proclamation recognizing RAC Week for all of BC! We are very proud of them! Our students believe that more than ever, it is really important to be caring and kind during this challenging time. I have attached some Covid safe RAC ideas so that you can promote RAC at home. Have fun!



Harriette Chang  
School Counsellor

<http://www.realactsofcaring.org/rac-ideas.html>

<https://ripplekindness.org/11-covid-safe-acts-of-kindness-to-make-a-difference-on-world-kindness-day/>

<https://schoolofkindness.org/resources-for-schools/self-isolation-little-kindness-lessons-and-activities>

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