



Dear Readers:

This past week has been RAC (Real Acts of Caring) Week, February 13-19 2022, and many students all over the Coquitlam School District and in other parts of BC have been committing caring and kind acts for others without expecting anything back. RAC Week was created by students in Port Coquitlam 16 years ago, and its purpose is to promote the idea of caring and kindness. We are very proud of our students! Mr. Proctor's class was successful in convincing the Coquitlam city council to recognize RAC Week for all of the City of Coquitlam! Mme Shier and Mme Smith's class did the same for the City of Port Moody! Four of our leadership students wrote a letter to the provincial Education Minister Hon Jennifer Whiteside and requested that a proclamation be passed recognizing RAC Week for all of BC, and were also successful!

RAC Week is important as it highlights and reminds us to focus on being caring and kind. At our school, we encourage caring and kindness all year round. Studies show that teaching kindness has numerous benefits such as: building positive connections; boosting self-esteem; increasing happiness within your child; setting children up for greater success; and enhancing positivity. Lisa Currie writes that:

'Kindness is a key ingredient that enhances positivity and helps children feel good about themselves as it increases serotonin levels. This important chemical affects learning, memory, mood, sleep, health, and digestion. Children with a positive outlook have greater attention spans, more willingness to learn, and better creative thinking to improve results at school'.

Here are some great articles I found which support teaching caring and kindness. They also list a number of helpful strategies which you may wish to try at home.

<https://www.anxioustoddlers.com/teaching-your-kids-to-be-kind/#.YCi0S5hKg2w>

<https://www.theatlantic.com/magazine/archive/2019/12/stop-trying-to-raise-successful-kids/600751/>

<https://www.positiveparentingsolutions.com/parent-child-relationship/kindness-advantage>

The Counselling Corner is intended to offer some helpful ideas, encouragement and insight on a variety of topics to support your child's social and emotional learning. Please contact me if you have any questions or concerns at hchang@sd43.bc.ca.

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