

Dear parents/guardians,

Rock Brook School will be participating in the Great Kindness Challenge. Schools all over the country participate in the challenge annually. In 2017, over 500 million acts of kindness were reported! As part of the Great Kindness Challenge, we invite your child to take part in special themed days starting Monday, January 28th. Each student will receive a kindness checklist to keep track of their acts of kindness. In social skills classes we will be focusing on kindness and encouraging each other to complete our kindness checklists! Attached to this email is an informational flyer as well as a family checklist so that you can participate in the Great Kindness Challenge at home!

Theme days will be :

Monday, January 28 - It's what's on the inside that matters most- wear your clothes inside out!

Wednesday, January 30 - Kindness makes us feel all warm and fuzzy inside- wear something that makes you warm and cozy- slippers, fuzzy socks, your favorite sweater!

Friday, February 1- Kindness to others is a gift for all! Wear a bow! It can be in your hair or on your shirt....be creative!

Also, don't forget to spread kindness by sending in donations to Safety Patrol's Food Drive until 2/8/19!!

We look forward to making the world a kinder place with you by focusing on kindness with this weeklong activity!

Jessica

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