

CHARACTER EDUCATION

For the Months of March, April, and May, we have continued our work with Character Education.

In **March**, we talked about **Fitness and Skill**. We discussed the importance of keeping our “one and only” body healthy and fit. All of the kids were put through a “mini” fitness screener to help them understand how they are doing when it comes to keeping their body fit. We specifically talked about strength, balance, flexibility, and endurance.

In **April**, we are discussing **Team Spirit**. I have made the word “Team” interchangeable with Family, Group, or Class. In other words, we have emphasized the importance of our students working together with others for the good of the group. Our discussion revolved around how our military teaches that each soldier must put their own needs aside and be willing to work for the safety and well-being of the group. We related that to our families, classrooms, and teams.

In **May**, we are discussing **Poise and Confidence**. We will be talking about the importance of practicing and becoming proficient at a skill. In turn, this helps us to feel confident in what we are doing. We will be discussing a variety of activities that seem difficult at first, but with a little practice, a person can quickly become confident in what they are doing. Yo-Yo’s, stilts, jumping rope, Frisbee’s, riding a bike, etc.. These are all examples of things that kids do everyday that started out very challenging and with practice have become mastered.

Mr. Hutchinson, Guidance Counselor