

**While you're home this summer,
why not work to develop a more
caring neighborhood?**



Get to know your neighbors. Be polite and friendly to people of all ages. Pick up trash on your street or in your building. If you can see that someone needs help crossing a street or getting a fully loaded stroller out the door or whatever it might be— offer to help. It only takes a few seconds to make someone's day.

You can also get involved, continue to develop your leadership skills, and help make important decisions affecting your community.

Reasons to get off the couch!

Let's start with the excuses (you know you've got 'em): It seems like hard work. You don't know if anybody really needs your help. No one has asked you to volunteer except maybe your parents. You don't know where or how to begin.

Now we're going to knock down your excuse (politely though): It is hard work sometimes, but it can also be fun. It's good experience and you'll learn valuable skills that will only help when it comes time for a job. (Think of the references!) Lots of people need help -- from children halfway across the world, to folks in your neighborhood.

How much fun do you have hanging out with your friends from school? You'll have even more fun if you all hook up to do something good. You'll be working for a cause you truly believe in and want to help. Volunteering helps you discover who are, what you like and dislike, what's important to you, and what you can do about it.

"Alone we can do so little; together we can do so much."

~Helen Keller

*From *Succeed Every Day : Daily Readings For Teens* by Pamela Espeland, ©2000, Free Spirit Publishing. Reprinted from www.joinhandsday.org

Halsted Middle School Spreads Kindness

Students in Halsted Middle School have been working on spreading kindness throughout the school by acknowledging outstanding teachers and staff members. Students have had the opportunity to create thank-you cards for a faculty member of their choice. Some students took the time to create an acrostic poem describing the staff member they selected. Students were able to use their creativity to make the day of someone who has impacted them.



To share the thank-you cards and poems Halsted Middle School is reading them during morning announcements to highlight different teachers as we move into the end of the school year. ~ *Way to go, Halsted!*

**Never hesitate to spread
kindness because no act of
kindness, no matter how
small, is ever wasted.**

Acts of Kindness and Gratitude

Members of the 8th grade Altitude club are spreading kindness! They have been discussing how you share kindness with others and what they are grateful or thankful for. Students engaged in this component of the Altitude Program are working alongside staff members from Pass it Along. This component of the club focuses on service and how to give back to your community. The students at Long Pond painted flower pots and then planted flowers in them were able to give them to someone in the school who did something special for them or made them feel special. This was the student's way of thanking them and expressing their gratitude. ~*Awesome work, Long Pond!*



Gratitude Proven to Boost Your Happiness and Well-Being

Before the school year comes to a close we challenge you to use the below template to create notes of gratitude. Write a quick note, it should only take about 5 minutes and pass it on to someone who has inspired you!

Template:

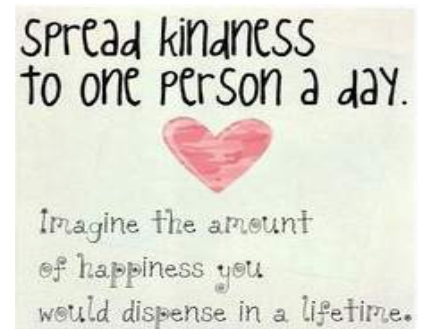
Hi [name],

Just a little note to tell you how grateful I am to have you in my life.

Thank you for being who you are. Which (among many other things is _____, _____, and _____.

You are the person who inspires me to _____.

Thank you for being so great!
[your name]



You Have the Power....

** To protect yourself from bullying*

** To stop if you're bullying*

** To stop bullying if you see or hear about it*

It's very likely that you will experience bullying as a victim, a perpetrator, or a bystander at some point. It is important to remember that you have the power in you to be in control of yourself; to get help for yourself if you are being bullied, to stick up for other kids who are bullied, and to keep yourself from bullying.

First tell a trusted adult like a teacher, guidance counselor, or a youth leader. Tell your family too. Keep on telling until you get the help you need. For more assistance, look at past K2K newsletters or the binder you were given at the Summit, or call us at 973-383-4787 for additional resources. You can also find a lot of great tips by searching bullying on the Internet.

Great Job Everyone on a Wonderful Year! Give Yourselves a Hand!!!

Check out this great year in review in pictures from throughout Sussex County!

