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STUDENTS UNITING TO
CREATE POSITIVE CHANGE

Random Acts of Kindness Week at Sparta Middle School



Each year the week of February 17th is set aside to celebrate Random Acts of Kindness. While it originated in Denver, Colorado in 1995, National Random Acts of Kindness Week began in 2018. It didn't take long for this week long celebration to take off.

At Sparta Middle School their Peer Leaders worked together to create Valentine's Day cards for their cafeteria ladies. They wanted to show their appreciation for all of the hard work and kindness they show to all of their students and staff throughout the school year! Students and staff also recognized Kindness week by participating in spirit days and reading kindness quotes each day over the morning announcements.

International Social Emotional Learning Day

March 27th was the first annual International Social Emotional Learning (SEL) Day. This day was to bring attention to SEL and the positive impact it has on people. Studies show that SEL provides many benefits to students- from improved social-emotional skills, well-being and behavior to improved academic outcomes. Hopatcong Borough School Counselors spent some time reflecting on positive ways to stay healthy and spread kindness.

