

**May
2016**

Hearts of Hope at Long Pond School

The 8th graders have been busy painting hearts and writing cheerful messages for the Hope for Hearts organization. Several local organizations also created these hearts that were given out to families who are fighting cancer or loved ones who have passed away. Our hearts created at Long Pond were specifically donated to the Children's Hospital of Philadelphia where they will be cherished. The hospital administrator shared that she is sure that through the efforts of people like our students, that we truly are "creating hope...one heart at a time." ~ *Way to go, Long Pond!*



The 3 R's of Growing Up

1. Be Responsible

Being responsible shows your parents that you are growing up and can handle more freedom. Here are six ways to be a responsible person:

- ◆ Take care of your own affairs
- ◆ Follow through on commitments
- ◆ Answer for your own actions
- ◆ Be trustworthy
- ◆ Don't procrastinate
- ◆ Always use your head

2. Choose to Do the Right Thing

Some decisions are easy to make, others are more complicated. When it's a choice between right and wrong, you don't need to weigh the pros and cons. Choosing to do the right thing is an act of self-respect and responsible decision making. Here are some guidelines for deciding what's right:

- ◆ What do my heart and conscience tell me?
- ◆ Could it hurt anyone— including me?
- ◆ Is it fair?
- ◆ How would I feel if somebody did it to me?



- ◆ How will I feel about myself later if I do it?
- ◆ What would adults I respect say about it?



3. Respect Yourself

Respecting ourselves helps us make good choices, and making good choices lifts our self-respect. Good self-respect helps every aspect of our personal and social lives, and makes it a lot easier to get through the tough times. Here are some things that are almost guaranteed to make you respect yourself:

- ◆ Take responsibility for yourself
- ◆ Always do what you believe is right
- ◆ Be true to yourself and your highest values
- ◆ Respect others and treat them right
- ◆ Set goals and work to achieve them
- ◆ Say "no" to negative pressures
- ◆ Don't let others make choices for you



10 Ways to Be More Caring at School



We want to give you a chance to see if you've made any changes this year. If you've made more of an effort to act in a caring way at school, congratulations! If not, don't worry, it's never too late.

I made more of an effort to:	Yes	No
Learn the names of as many students as you can. Smile at them and greet them by name when you see them in the halls, at extracurricular events, and in your community.		
Reach out to kids who seem isolated or lonely and aren't included in cliques or groups. Be a friend to them.		
When you're picking teams for gym class activities or after-school sports, don't just choose your friends.		
Don't tolerate bullying, and stick up for kids who are bullied by others.		
Respect school property and encourage other students to do the same.		
Make an effort to get to know your teachers.		
Treat everyone — students, faculty, staff, visitors, administrators—with courtesy and respect.		
Thank teachers, support staff, and others for the work they do.		
Get involved in programs (such as tutoring and mentoring) that helps build confidence in others.		
Get involved in student leadership. Work to create a warm, caring, supportive school climate for everyone.		

How to Treat Others with



Treating people with respect makes your world a nicer place to live in, whether it's at home, at school, or out in your community. It's easy - all you have to do is treat people the way you like to have them treat you.

Here are a few ideas:

- *Don't insult people or make fun of them
- *Listen to others when they speak
- *Value other people's opinions
- *Be considerate of people's likes and dislikes
- *Don't make fun of or tease people
- *Don't talk about people behind their backs
- *Be sensitive to other people's feelings
- *Don't pressure someone to do something he or she doesn't want to do



We live in a diverse nation made up of many different cultures, languages, races, and backgrounds. That kind of variety can make all our lives a lot more fun and interesting, but only if we get along with each other. To do that we have to respect each other. In addition to the list above, here are some ways we can respect people who are different from us:



- *Try to learn something from other people
- *Never stereotype people
- *Show interest and appreciation for other people's cultures and backgrounds
- *Don't go along with prejudices and racist attitudes