

**December
2019**

KIDS2KIDS

Students Uniting to Create Positive Change

**Coalition for Healthy and
Safe Communities**
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Students 'Plant the Promise' to Stay Drug-Free

Next Spring, a bed of tulips will (if nature cooperates) rise at Alpine Elementary School, Kittatinny Regional High School and Wallkill Valley Regional High School. It will be a product of the Plant the Promise Activity, part of Red Ribbon Week, from October 23rd through October 31st. Red Ribbon Week is a nationally recognized initiative each Fall with an emphasis on prevention education and commitment to living a safe, healthy & drug-free life. Plant the Promise is a wonderful



way to celebrate Red Ribbon Week. This activity will serve as a reminder next Spring when the tulips are in bloom, to allow students to continue the conversation throughout the school year! The Plant the Promise program was spearheaded by the Coalition for Healthy and Safe Communities, a program of the Center for Prevention and Counseling, which selected three schools to sponsor the Plant the Promise Package including 100 tulips, bracelets and shovels for each school. Over 150 students from the schools chosen planted red flower bulbs during Red Ribbon Week and will anticipate the tulips to bloom in the Spring. Additionally, it provided a chance to enjoy the outdoors, connect with nature, take a break and see the rewards of something beautiful the student's nurtured.



Vernon 'Pledge 2 Pause' Campaign a Call to Kindness

The red handprint campaign— whose official motto is "Pledge 2 Pause B4 U Post" has been taken on as the Vernon "Pledge 2 Pause" campaign which has its own Facebook page as well as three hashtags #VernonP2P, #VTSDP2P and #P2Phandprint. This was inspired by the ALS Ice Bucket Challenge that swept the nation a few years earlier, in which people began nominating one another to film themselves dumping a bucket of ice water over their heads as a visible show of support for raising awareness and funds for Lou Gehrig's Disease.

"Pledge 2 Pause" is a campaign in which people pledge to pause before posting anything negative on social media about people, schools, organizations or businesses. They pledge to understand how negative words can affect the well being of others. With regards to businesses, they pledge to contact businesses directly instead of posting on the internet. Overall, everyone who participates pledges to leave positive digital footprint.



If interested in receiving more information about how to bring the Pledge 2 Pause Campaign to your school, reach out to Lindsay McAloney at lmcaloney@vtsd.com.

Kids for Peace presents



The Great Kindness Challenge

We challenge you to perform as many kind deeds as you can in one day. Using this list, check off your acts of kindness as you go. Have fun!



Presented by
Dignity Health.

Acts of Kindness Checklist

- ☺ Smile at 25 people
- ☺ Take a treat to your local firefighters
- ☺ Do a household chore without being asked
- ☺ Pick up trash in your neighborhood
- ☺ Take a board game to play at a senior center
- ☺ Read a book to a younger child--
- ☺ Say "Thank you" to a police officer
- ☺ Entertain someone with a happy dance
- ☺ Help an elder cross the street
- ☺ Push someone on a swing
- ☺ Pick up trash at the water's edge
- ☺ Make a new friend
- ☺ Write a thank you note to your mail carrier
- ☺ Walk a dog (or cat!)
- ☺ Plant a tree
- ☺ Say "Hi" to a homeless person
- ☺ Learn to say "Thank you" in a new language
- ☺ Help clean up a park
- ☺ Say "Thank you" to a lifeguard
- ☺ Write a love note to your caretaker
- ☺ Paint a picture and give it to someone
- ☺ Host a lemonade stand and donate proceeds
- ☺ Recycle your trash
- ☺ Hug your sibling or friend
- ☺ Cut out 10 hearts and leave them on 10 cars
- ☺ Donate needed school supplies
- ☺ Thank a bus driver
- ☺ Leave a flower on someone's doorstep
- ☺ Donate something to an animal shelter
- ☺ Call your grandma or grandpa
- ☺ Walk or bike instead of driving
- ☺ Make a thank you card for your librarians
- ☺ Thank an elected official for their service
- ☺ Say "Good Morning" to 5 people
- ☺ Be kind to yourself and eat a healthy snack
- ☺ Deliver a special gift to a child in the hospital
- ☺ Draw a heart in the sand or dirt
- ☺ Send a card or gift to a military family
- ☺ Make a wish for a child in another country
- ☺ Donate food to a food bank
- ☺ Hold the door open for someone
- ☺ Write a happy message with sidewalk chalk
- ☺ Leave a painted rock on a friend's doorstep
- ☺ Make sack lunches for the homeless
- ☺ Compliment 5 people
- ☺ Make and display a "Kindness Matters" sign
- ☺ Call a radio station and wish them a nice day
- ☺ Sweep the sidewalk on your street
- ☺ Help plant a garden
- ☺ Create your own kind deed

Please visit our website to share your stories, photos and videos of kind deeds.

www.greatkindnesschallenge.org

