The Great Kindness Challenge is hosted annually during the month of January to encourage kindness all over the world. Last year (2019), the Great Kindness Challenge included over 13 million student participants in over 24 thousands schools located in at least 115 different countries. All together, the challenge produced more than 650 million kind acts in one week’s time! Learn more about the process and success of the Great Kindness Challenge here!

While change can bring new opportunities and great possibilities, it can also be accompanied with some challenges and unpleasant feelings. Please check out the HCPSS page dedicated to supporting students through the recent attendance area adjustments. The following strategies can be useful in helping your child(ren) navigate any big transition:

- Have an open conversation
- Listen to your child’s excitement AND concern
- Offer choices, when possible, surrounding the change (Would you like to go explore the playground at your new school this weekend or over the summer? Would you like to explore the school and teachers on their website? How would you like to keep in touch with old friends?)
- Allow your child(ren) to be upset (“I know you are feeling sad, change can be hard. It is OK to feel upset.”)
- Focus on the positive (“While you may feel sad to leave friends behind and uneasy about meeting new people, this can also be an opportunity to make new friends.”)

If your child is in need of additional support during this time, please reach out to your school counselor for assistance. Additionally, please
keep an eye out for welcoming meeting, events, and information being hosted by many schools to assist families with this process.

**West Friendship ES is not affected by the redistricting. West Friendship is not losing students or receiving students from another school.**

**IN OUR SCHOOL**

Leslie Schnebly, School Counselor  
<Leslie_Schnebly<leslie_schnebly@hcpss.org>

Happy New Year West Friendship! A new year marks a great time to have discussions with your student(s) about goal setting, perseverance and effort. The ability to continue to keep trying even when things get tough is a valuable skill that all students need to be reminded of. In addition, it is also a good time to remind our student(s) about our school rules: Respectful, Responsible, and Ready to Learn.

West Friendship Elementary will be participating in The Great Kindness Challenge this year. Our student leaders will help Mrs. Schnebly with planning the activities for this week. Please look for more information about this next month.

**IN OUR HOMES**

Interested in learning more about bringing The Great Kindness Challenge home? [Check out the family edition here!](#)

**Book List**

Check out these kid-friendly books on kindness:

- [Last Stop on Market Street](#) (Matt De La Pena)
- [Those Shoes](#) (Maribeth Boelts)
- [You, Me and Empathy](#) (Jayneen Sanders)
- [Most People](#) (Michael Leannah)
- [The Invisible Boy](#) (Patrice Barton)
- [Come With Me](#) (Holly M. McGhee)
- [Little Blue Truck](#) (Alic Schertle)
- [Be Kind](#) (Pat Zietlow Miller)
- [Save Me a Seat](#) (Gita Varadarajan)
- **Chocolate Milk, Por Favor** (Maria Dismondy)
- **If You Plant a Seed** (Kadir Nelson)
- **We're All Wonders** (R.J. Palacio)
- **I Am Enough** (Grace Byers)
- **Each Kindness** (Jacqueline Woodson)

**Fun Fact!**
School counselors use assessment to monitor the effectiveness of their school-wide programs and efforts. The following are examples of assessment tools that are used to assist with this process:

- Needs assessments
- Surveys *(For students, staff, parents, and community members)*
- Pre- and Post-Surveys
- Completed student material/work
- Process Data *(The Logistics: Who, what, when, where, and why was the instruction/intervention completed)*
- Perception Data *(What the student learns, feels, and/or believes after the instruction/intervention)*
- Outcome Data *(Focuses on the goals, growth, and achievement of the instruction/intervention)*
- Attendance Data
- Behavior Data
- Academic Data
- Formal and Informal observations