Dear LRMS Families,

Last year, our school initiated the #26 Acts of Kindness campaign to honor the victims of Sandy Hook Elementary School with an intentional act of kindness for each precious life lost. This optional campaign captures the spirit of our All-Star program, and all students are invited to participate as we begin this campaign anew on Monday, February 10, 2014. If you are an All-Star Candidate, you may earn three hours of service credit for your participation in this campaign by completing a daily log and posting a picture on our All-Star website.

WHAT DO YOU DO?

- Review this paperwork as a family and talk about how you can incorporate acts of kindness into your daily life. Review the suggested acts of kindness listed on the back of this page. You might highlight the suggestions that most appeal to you. You are free to incorporate these ideas, which were developed with the help of our ASB students, or come up with some ideas of your own. Share them with your parents, and make a commitment as a family.

- Please bring this signed letter to the stage at lunch THIS THURSDAY to receive your Kindness Log.

- Practice intentional acts of kindness each day and write down your action next to each victim’s name. It could be that you offer to wheel a shopping cart back to the front of the store for a mom with young children or a senior citizen. Maybe you leave a pencil on the desk of a student in your classroom who never seems to have one. Could you carry a newspaper up to your neighbor’s front porch on your way to school? The purpose of this campaign is to develop a “habit of heart” and make a point of showing consideration to others.

- Post a picture on our All-Star website, along with a few words, to explain your action: [http://www.lrmsallstars.com](http://www.lrmsallstars.com)

- Turn in your completed Kindness Logs on Friday, March 7th to your period one teacher.

--Mrs. Ritner, All-Star Advisor

“Darkness cannot drive out darkness: only light can do that. Hate can not drive out hate: only love can do that.”
Suggested Actions:

Work on a sports skill such as throwing and catching, passing a soccer ball, or shooting baskets with a younger friend or neighbor  
Help someone whose hands are full/Pick up something that someone dropped  
Invite someone new to eat with you  
Take a neighbor’s paper to their front porch  
Invite the person who’s often picked last to be in your group/team  
Bake cookies for someone—a friend, neighbor, the mailman, or as a thank you to our local fire department  
Share an inspirational quote or verse w/ a friend or family member. Write a special note or use sidewalk chalk and surprise them as they walk out the door  
Do the dishes for your family  
Put a Starbuck’s gift card on a random car windshield  
Read a younger sibling a bedtime story  
Give a struggling student a pencil or package of paper with a note of encouragement  
Help an elder with a shopping basket  
Volunteer at your church’s/temple’s childcare center  
Stop your daily routine and be a friend to someone in need  
Help a teacher tidy up at the end of class  
Take your neighbor’s/grandparent’s dog for a walk  
Prepare a dinner for someone in need or invite another family to dinner in your home  
Surprise a friend or neighbor with a treat  
Help a neighbor with yard work  
Offer to take a child to the park  
Beautify a planter on campus  
Organize a game of hide and seek for little kids on your street  
Take the weekly trash out for your family or your next-door neighbor  
Make play-dough and use food coloring or flavored extracts to make it scented and colorful (recipes online) and give it to a young person with a cookie cutter  
Give movie tickets to someone  
Write a thank-you letter to someone and tell them how important they are to you or affirm a positive quality in them  
Write a letter to a grandparent. Share one of your favorite memories or photos with him/her  
Pack a lunch for a friend and let him/her know that you are bringing it to school for him/her  
Surprise someone and babysit for free  
Volunteer at the snack bar  
Treat the student behind you in the lunch line to a cookie  
Help at a homeless shelter  
Stay after school and sanitize your classroom’s desks  
Give a young family a pack of diapers  
Play a board game or have a movie night as a family and be grateful that you can gather together in fun  
Surprise your mom/dad by washing their car  
Clean out your closets and drawers and make a donation to Goodwill or a charity of your choosing  
Take fresh flowers to a senior center  
Sign up to visit or take a meal to someone who is homebound or ill  
Bring a ream of paper, a box of kleenex, hand sanitizer, or clorox wipes to one of your teachers  
Start a Halloween-style “BOO” chain in your neighborhood with #26 Acts and a copy of this letter

My family commits to honoring the victims of Sandy Hook Elementary School and the spirit of the ACTS OF KINDNESS CAMPAIGN with our words and deeds for 26 days, beginning on MONDAY, FEBRUARY 10th.

_________________________________________  ________________________________
Student’s Name (please print)                  Parent’s Signature