

NEWSLETTER UPDATES – COURAGE

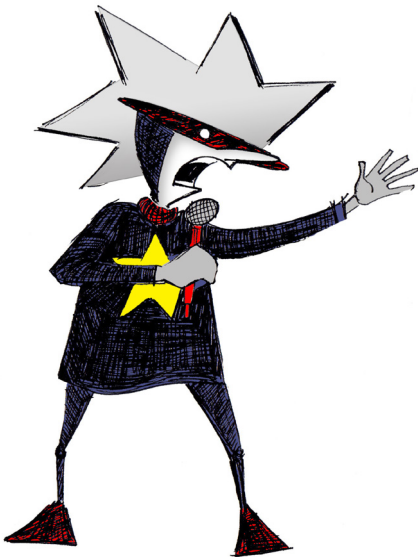
ANNOUNCING: QUAZAR'S SUPERPOWER INTEGRITY CHAMPIONS

Three cheers for Quazar's Superpower INTEGRITY Champions; they practiced INTEGRITY all month and their classmates noticed! These students made their classrooms and school a better place by doing the right thing and following their beliefs. Quazar's INTEGRITY Champions are:

INSERT NAMES/ROOM?/GRADE HERE

These experts of INTEGRITY will get to help plan the next All-Inclusive Recess!

Thanks to everyone who nominated their classmates – you're doing a great job! Keep it up!



INTRODUCTION: QUAZAR'S SUPERPOWER - COURAGE

This month Quazar used a very relatable example to help students understand the SUPERPOWER of COURAGE. We learned that COURAGE means doing something new even though it might be scary at first. That way, we can learn new skills and challenge ourselves while making our classrooms and school a better place. That's the power of COURAGE!

In this month's video, Quazar told us about a student that was afraid to give a presentation in front of the class. But they used COURAGE to give the presentation and discovered that COURAGE takes practice. Quazar reminded us that by using COURAGE, we can practice a skill and learn something new. This month's activities also taught students that having COURAGE means standing up for what's right, like defending someone who is being bullied or saying something when you see something unfair. These are all great ways to practice COURAGE.

Our teachers were excited to help students challenge themselves to practice COURAGE this month. A great way to keep the conversation going is for parents and guardians to ask their children what new and scary things they would like help trying or practicing. Together, we can use COURAGE to help everyone reach their full potential. Thanks to everyone for their support – keep up the good work!