

## NEWSLETTER UPDATES – KINDNESS

### For Video 1

#### **ANNOUNCING: QUAZAR'S SUPERPOWER OPTIMISM CHAMPIONS**

Quazar's Superpower OPTIMISM Champions are, at the top of the class, with the most votes, drum roll please...

*INSERT NAMES/ROOM?/GRADE HERE*

We hope they have fun planning the next All-Inclusive Recess... lots of fun and games, no one's left out... everyone plays.

And let's not forget those amazing students who recognized OPTIMISM when they saw it and nominated the kids who really understood what it's like to have a positive attitude... KEEP UP THE GREAT WORK!!! And as Quazar says, that's the power of optimism!

#### **INTRODUCING: QUAZAR'S SUPERPOWER - KINDNESS**

When we watched this month's Quazar video, students were reminded that KINDNESS means being polite, friendly and helpful. To remind us, Quazar showed an example of a student out on the playground who saw a piece of trash and decided to pick it up. This is showing KINDNESS towards the environment. Then, they saw their friend on the swings and asked if they wanted a push. The school yard was cleaner and the friend had fun on the swings – two great ways to show KINDNESS.

Quazar told us that doing a good deed for a person, animal or the environment is a great way to practice KINDNESS and it is a great way to make everyone feel more welcome in our classrooms and our school. Students were challenged and empowered to go out and practice this SUPERPOWER as individuals and in their classrooms and school. What a great superpower!

Thank you very much to the teachers and parents who "encouraged and enlightened" our students about the power of kindness and the other SUPERPOWERS. We hope you continue to inspire, and we know the future of our world will benefit from all that you do.



## NEWSLETTER UPDATES – KINDNESS For Video 2

### **ANNOUNCING: QUAZAR'S SUPERPOWER OPTIMISM CHAMPIONS**

Quazar's Superpower Optimism Champions are, at the top of the class, with the most votes, drum roll please...

*INSERT NAMES/ROOM?/GRADE HERE*

We hope they have fun planning the next All-Inclusive Recess...lots of fun and games, no one's left out...everyone plays.

And let's not forget those amazing students who recognized OPTIMISM when they saw it and nominated the kids who really understood what it's like to have a positive attitude...

KEEP UP THE GREAT WORK!!! And as Quazar says, that's the power of optimism!

### **INTRODUCING: QUAZAR'S SUPERPOWER - KINDNESS**

We watched the Quazar video clip, where our quirky Superhero traveled to the Planet Tropicania because they were suffering from "Global Colding". The planet was freezing up, complete with icicles. Normally, it's a pretty warm place, sort of like Hawaii, now it's very, very cold. Why? Because no one cared about anyone else, and to make matters worse, they were being quite nasty to each other...even to Quazar, who's a very loveable creature!

Well, Quazar had to break the ice, so to speak, and started with a compliment or two, (kindness), then helped someone in need (caring). Before you knew it, the people that were helped started helping others and saying nice things to them, and those people did the same to others, and so on, and so on, until the sky went from a chilly blue to a rainbow of warmth and light. Kindness and Caring brought back sunshine and beauty to Planet Tropicania.

"Thank you... thank you very much" to the teachers and parents who "encouraged and enlightened". We hope you will continue to inspire, and we know the future of our world will benefit from all that you do.

