



SEPTEMBER is RESPECT MONTH!

I live with *Respect*

I will treat myself and others with consideration, high regard, courtesy and dignity.

WHAT IS RESPECT?

Definition: To have deferential regard for: to treat with consideration.

RESPECT is when you show good manners, pay attention, treat others as you would like to be treated.

I WILL:

- * Be polite, dignified, honorable and positive in my dealings with others.
- * Honour people's rights.
- * Treat other people's belongings, the environment and the world around us with due consideration.
- * Demonstrate respect for myself by behaving in the above manner.
- * Why do men take their hats off indoors? It's a matter of common courtesy. In western societies, it is considered rude for men to wear a hat indoors. A hat is considered outside apparel and should be removed when you enter a building (with the possible exception of a store). Wouldn't you think it strange if someone came to your house in the winter and left their gloves on?

"I'm not concerned with your liking or disliking me . . . All I ask is that you respect me as a human being."

Jackie Robinson

"To be one, to be united, is a great thing. But to respect the right to be different is maybe even greater." Johann Wolfgang Von Goethe

HOW DO I SHOW RESPECT?

Hey, it's not as hard as you think, especially now that you're thinking about it.

RESPECT can be shown in many little ways and, if you want your children to be respectful, the best way to achieve that is to model respectful behaviour for them. Here are some ideas:

- * Thank the people who serve you each day, genuinely and with a big smile. The grocery clerk, the gas bar attendant, the teacher, the telephone operator. If your child sees you being genuinely grateful for the contributions of others, s/he will be encouraged to adopt that behavior.
- * Demonstrate care for the environment. Be respectful of parks and public places by putting your trash and recyclables in the appropriate containers.
- * Listen to your child. Look him/her in the eye when the two of you are talking. Pay attention. Repeat the key message. Acknowledge the information and show you care.
- * Say "please" and "Thank you" often and honestly.
- * Teach your children about other cultures, about people who have different abilities or physical challenges, about other types of families. Demonstrate a respect for the differences in our community and celebrate our diversity. It will demonstrate respect.

GRADE FIVE CHARACTER IN ACTION

TO READ: Some books that teach us about RESPECT:

- * Bullies Are a Pain in the Brain by Trevor Romain (ISBN 1-575842-023-6)

TO TEACH/VISIT: Try these websites:
Students Activities and Writing Assignments:
<http://www.goodcharacter.com/YCC/BeingResponsible.html>

TO WATCH: Great family movies that can teach us about RESPECT include:

- * Pocahontas—John Smith learns to respect Native Culture.



Give respect Get respect



OCTOBER is INITIATIVE MONTH!

I live with *Initiative*

I will recognize what needs to be done and do it, without prompting from others.

WHAT IS INITIATIVE?

Definition: the power or opportunity to act independently with a fresh approach before others do.

INITIATIVE is when we act without being prompted by others. We are eager to do what needs to be done without having to be told to do it. We take the first step towards the achievement of a goal.

I WILL:

- * do things without having to be asked.
- * pitch in where I see I am needed.
- * be innovative and enthusiastic in everything that I do.

TELL US YOUR INITIATIVE STORY!

Has someone's demonstration of initiative left you feeling great?

Tell us your story.

Contact us at our website.

<http://www.rrdsb.com/> and we'll post some of the stories online for everyone to enjoy.

"Take the bull by the horns!"



"Initiative is doing the right things without being told."

Elbert Hubbard

"Time is neutral and does not change things.

With courage and initiative, leaders change things."

Jesse Jackson

GRADE FIVE CHARACTER IN ACTION

TO READ: Some books that teach us about INITIATIVE:

- * *Free the Children*
by Craig Kielburger
(ISBN 0771045921)
- * *Laura Secord*
by Janet Lunn
(ISBN 0887765386)

TO TEACH:

"Taking Initiative by Informing Others" with Grade Five Anti-Bullying Curriculum: Getting the Message Out!, Subtask 4 – Lesson 1, Page 31-32 and performance task; anecdotal records (discussion)

TO VISIT: Try these websites: Student Activities and Writing Assignments: <http://www.goodcharacter.com/ISOC/Diligence.html>

TO WATCH:

- * *Radio*
When a football coach takes the initiative and befriends a mentally challenged young man, an entire town learns the lessons of compassion, respect and responsibility.

WHAT DOES INITIATIVE LOOK LIKE?

Initiative is about doing something even if it isn't necessarily your job or responsibility to do so.

It's about doing something that you haven't been asked to do because you know it must be done or you see a need that is unmet.

Having initiative not only allows you to do what needs to be done quickly and effectively, but also prompts others to become involved in the endeavors you undertake because they see your positive work habits. You become a role model for others.

FOR DISCUSSION:

Can you remember an incident when you took the initiative to do something?

Share your story with your friends, family, class.

Did it make a difference to someone? How did you feel about yourself? How did others see you?

EVIDENCE OF INITIATIVE:

- * Completing and handing in homework without being reminded.
- * Tidying up the classroom in spare time without being asked.
- * Helping a classmate learn a concept when you notice they are struggling.
- * Recording info in your agenda without being told.



NOVEMBER is COURAGE MONTH!

I live with *Courage*

I will stand up for my beliefs and principles and face challenges, fear and difficulty with fortitude.

WHAT IS COURAGE?

Definition: Courage is demonstrated by people who stand up for what they believe in their heart to be the right thing to do, even when others don't support them and might try to convince them that they are wrong.

I WILL:

- * Continue to do what I know to be right, even when it would be easier to follow another path.
- * Ensure that my feeling of "I can" are stronger than my feeling of "I can't".
- * Take risks to do the right thing, even when it might challenge the attitudes and behaviors of others..

WHAT'S IT ABOUT?

There are many types of courage.

- * **Physical Courage:** overcoming fears when you are required to do something physical, i.e. dancing in front of friends.
- * **Emotional Courage:** overcoming feelings of fear i.e., standing up to a bully.
- * **Spiritual Courage:** overcoming fears to act on values that are important to you, i.e. Having the spiritual courage to take action against an injustice you see taking place in the school yard.

Contact us at our website.

<http://www.rrdsb.com/> and we'll post some of the stories online for everyone to read.

Courage is not the absence of fear, but rather the judgment that something else is more important than fear." Ambrose Redmoon
"Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising which tempt you to believe that your critics are right. To map out a course of action and follow an end requires courage." Ralph Waldo Emerson

GRADE FIVE CHARACTER IN ACTION

TO READ: Some books that teach us about COURAGE:

- * Julie and the Wolves, by Jean Craighead George (ISBN 0060219440)
- * I Know Why the Caged Bird Sings, by Maya Angelo (ISBN 0784003823)

TO TEACH:

"Courage" with Grade Five Anti-Bullying Curriculum: Together We Can Stop Bullying!, Subsk 5 - Lesson 1 and Together We Can Stop Bullying! Rubric - (Appendix Pg. 3)

TO VISIT: Try these websites:

http://nie.honoluluadvertiser.com/nie_ed.character.html

Student Activities and Writing Assignments: <http://www.goodcharacter.com/ISOC/Courage.html>

To help students become proactive in assisting others to solve conflicts: <http://disputeresolution.ohio.gov/schools/elementarylessons/pdfs/dreamofpeace.pdf>

TO WATCH:

- * **Whale Rider:**
11 year old Pai courageously fights tradition as she struggles to convince her grandfather to believe in her.



WHAT DOES COURAGE LOOK LIKE?

Courage is about being true to yourself and what you know is right. Here's an example of when you might demonstrate courage: There is a new student in your class and everyone is making fun of them and excluding them. You feel pretty bad about this and you know it's not the right thing to do. But if you speak up, your friends might treat you the same way. What do you do?

EVIDENCE OF COURAGE:

- * Doing what is right even though you won't be popular with the crowd.
- * Rather than remaining an onlooker/bystander, standing up for the victim.

FOR DISCUSSION:

This is a good topic for discussion. It would be easier to ignore it; it might get better when everyone knows the new student better. What's at stake for you if you defend the new student? Is there any way you can make your friends change their behavior?

Extension:

Connections can be drawn between the attributes of "courage" and "responsibility".

When you know that something wrong is happening, do you have a responsibility to change things, even if you are not actively involved in the hurtful behavior?

As a member of the classroom community, do you have a responsibility to speak out on what you believe is right?



DECEMBER is COMPASSION MONTH!

I live with *Empathy and Compassion*

I will do whatever is necessary to heal the hurts of others. I will strive to understand and be sensitive to their feelings.

WHAT IS EMPATHY?

Definition: Empathy means identifying with, and being concerned about other people's **feelings** and needs.

WHAT IS COMPASSION?

Definition: The **act** of compassion is seeking to understand another's struggles from his or her point of view and then doing whatever is necessary to heal the hurt.

I WILL:

- * Stop to listen.
- * Listen when others want to talk.
- * Give of my resources to help those in need.
- * Look for lasting solutions.
- * Comfort others without regard to race, gender, faith, age or nationality.

TELL US YOUR COMPASSION STORY.

Do you know someone who displayed the attributes of empathy and compassion or do you know of a time when the positive attributes of empathy and compassion was demonstrated? Share your story with us. Contact us at our website. <http://www.rrdsb.com/> and we'll post some of the stories online for everyone to read..

Tell us what kind of difference empathy/compassion made to other people's understanding and to finding positive solutions.



"Real generosity is doing something nice for someone who will never find out." Frank A. Clark

"One must care about a world one will never see." Bertrand Russell, 20th Century British philosopher

"It is the characteristic of the magnanimous man to ask no favour but to be ready to do kindness to others." Aristotle

EMPATHY and COMPASSION

At the core of empathy and compassion is the ability to listen—really listen—to others. When you listen to another person's story you begin to experience the world through their eyes, through their feelings and through their heart.

Sometimes it is hard to imagine the experiences of another person, especially if they are different from you. Perhaps they are from a different culture or older or younger than you. Perhaps they have different opinions that you have. Sometimes it is difficult to feel empathy for someone who is different, but that is only because it is difficult to imagine how he or she feels.

When you are able to listen to their story then you can begin to understand them. As you understand another person, you become sensitive to their feelings. This understanding of how another person feels, is empathy, and when individuals are empathetic, they can then demonstrate acts of compassion. You may be willing to do whatever is necessary to heal another's hurt, and if you have really listened to their story, you will know exactly what that person needs.

Like all positive attributes, compassion has its own rewards. Becoming involved in the life of another brings a deeper level of intimacy and friendship. You will be a happier person and the world will be a kinder, gentler place because of your compassion.

GRADE FIVE CHARACTER IN ACTION

To Read: Books to help teach compassion:

- * "A Place Not Home"
- * by Eva Wiseman
ISBN:0-7737-5834-8

To Teach: Teach compassion and critical thinking through the life of Jane Addams ("Character Education—The Ladder to Success—4-6, pages 14-21)

To Visit: The teaching and compassion go to <http://www.goodcharacter.com/chron/caring.html>

To Watch:

- * "A Christmas Carol" by Charles Dickens—a story of a miser who learns empathy by reflecting on his own miserable life.

"The dew of compassion is a tear."
Lord Byron



JANUARY is OPTIMISM MONTH!

I live with *Optimism*

I will maintain a positive attitude, look on the brighter side of situations and seek opportunities in the face of adversity.

WHAT IS OPTIMISM?

Optimism is being too noble for anger.

Optimism is being too strong for fear.

Optimism is being too large for worry.

Optimism is being too happy to permit the presence of trouble.

I WILL:

- * Make all my friends feel good about themselves..
- * Look at the bright side of things.
- * Present a cheerful countenance at all times..
- * Forget the mistakes of the past and be positive about the future..
- * Not be critical of others but rather look to improve myself.



Optimism is essential to achievement and it is also the foundation of courage and true progress.

Nicholas Murray Butler

Optimism is the cheerful frame of mind that enables a teakettle to sing, though in hot water up to its nose."

GRADE FIVE CHARACTER IN ACTION

To Read: Some books that teach us about OPTIMISM.

- * Lucky Man, Michael J. Fox
(ISBN 0-786-86764-7)

To Watch: Great family movies to watch that can teach us about OPTIMISM include:

- * Mulan

Inspired by an ancient Chinese legend, this is the story of a young girl who takes the place of her ageing father in the Imperial army. By staying true to herself, Mulan brings victory to her nation and honour to her family.

TO VISIT:

Go to:

http://www.humanityquest.com/topic/art_activities/index.asp?theme1=optimism

<http://ezinearticles.com/?Teach-Children-The-Skills-Of-Optimism&id=9078>

WHAT DOES OPTIMISM LOOK LIKE?

OPTIMISM allows us to look at the bright side. When things don't go the way you want and when it would be easy to be negative, take a positive approach. Think of how the members of Team Canada's 2003-04 junior hockey team must have felt after a very difficult one-goal loss in the gold medal game. While it's natural to be angry about losing, consider the learning opportunity gained by this experience. By focusing on the positive and looking toward the future, those plays who return the following year will be better prepared when facing a similar situation. This will provide them with what it takes to be gold medal winners!

LET'S TALK ABOUT OPTIMISM

- * When you see a friend who is not having a good day, say something to cheer them up.
- * Tell someone who won an award how proud you are.
- * Learn to create positive images in your mind when you face new challenges.
- * The past is history, no point in focusing on what happened yesterday but rather look forward to what opportunities today





FEBRUARY is HONESTY MONTH!

I live with *Honesty*

I will be sincere, trustworthy and truthful.

WHAT IS HONESTY?

HONESTY is when you commit to being true to yourself and others.

I WILL:

- * speak the truth with kindness and caring.
- * be trustworthy, so people know they can depend on me.
- * be sincere. There is no difference between what I say and do and what I believe in my heart.

THE LITTLE WHITE LIE

We all know it's fine to talk about telling the truth all the time, but is it always the right thing to do?

Is it always a good thing to do?

Is it always necessary?

What if the truth will hurt someone's feelings?

This is a good subject for a discussion. Some people say it's OK to tell a little white lie if

you're doing it so that feelings don't get hurt. Some people say it's never OK to lie, no matter what.

'Think of a situation where you told a little white lie. What was the reason?

What did you learn about your character when it happened?

"The foundation stones for a balanced success are honesty, character, integrity, faith, love and loyalty." Zig Ziglar

"The fastest way to loose what we call our good character is to loose our honesty."

GRADE FIVE CHARACTER IN ACTION

TO READ:

Some books that teach us about HONESTY:

- * **10-Minute Life Lessons for Kids**
by Jamie C. Miller
(ISBN 0060952555)
- * **Molly's Lies**
by Kay Chorao
(ISBN 0395289513)

TO VISIT:

www.charactercounts.org

is an amazing site loaded with information for all members of the family to build character. Book lists, activities, reading materials, teaching guides online.

TO TEACH:

*Go to: <http://www.livewiremedia.com/isoc.html#Honesty> for ideas and lessons to teach honesty to your students.

*Use Character Education-Grade 4-pages 29-50; Grade 5-pages 29-50) **OR** Character Education-The Ladder to success-Grades 4-6-pages 41-49

TO WATCH:

HONESTY lessons can be found in:

- **TOY STORY:** Plenty of lessons about being honest with yourself in this movie, as Woody finally accepts the fact that he feels threatened by Andy's new toy.

WHAT DOES HONESTY LOOK LIKE?

HONESTY can be demonstrated and acknowledged in many ways by adults, teens and children alike. Here is a true story about honesty that happened in a public high school.

A student approached his teacher and said, "I think my mark has been calculated incorrectly. It's 95 and I think it should be 85."

The teacher said he doubted if he was off in his calculations by 10 points, but reviewed the mark with the student.

Sure enough, the student's mark should have been 85. "Because I appreciate your honesty," the teacher said, "let's split the difference. We'll make it a 90."

The student declined. "I earned 85 and that's what my mark should be."

Why not use this story as a discussion point with your family.

Would you have been as honest as this student?

How hard would it have been to be in this student's shoes?

How does this story make you feel?





MARCH is INTEGRITY MONTH!

I live with *Integrity*

I will do what is right and ensure there is no difference between what I say and what I do.

WHAT IS INTEGRITY?

INTEGRITY is demonstrated by people who do the right thing, no matter what the circumstances may be. People who show integrity are trustworthy, reliable, honest and loyal.

I WILL:

- do the right thing, even if it isn't going to be easy for me or for others.

- make sure there is no difference between what I say and what I do. I will be consistent and true to my heart.

WHAT'S IT ABOUT?

Integrity is about treating others and yourself with respect.

It's about having strong, ethical, personal standards that are not up for debate and that cannot be unduly influenced by others.

Having integrity allows people to make the right decisions in tough circumstances, knowing their choices will make a positive difference.

Remember, people may doubt what you say, but they'll believe what you do.



"A promise must never be broken."

Alexander Hamilton

"Contrary to the cliché, genuinely nice guys most often finish first or very near it."

Malcom S. Forbes

GRADE FIVE CHARACTER IN ACTION

TO READ: Some books that teach us about INTEGRITY:

- * **Courage of Sarah Noble** by Alice Dalgliesh (ISBN 0689715404)

- * **Great Brain Reforms** by John Fitzgerald (ISBN 0440448417)

TO TEACH:

Use Character Education-Grade 5-pages 117-138 **OR**
Go to: <http://www.inspirationalstories.com/honesty-1.html> and read/discuss inspirational stories about those who showed integrity and told the truth.

TO WATCH:

Integrity lessons can be found in:

- * **RUGRATS IN PARIS, THE MOVIE:** Plenty of lessons about being true to yourself and others, about your hopes, wishes and dreams.

TO VISIT:

www.aforbw.org (Athletes for a Better World)-features athletes who want to make a difference in their communities, excellent code of ethics, interesting resources.

*The truth shall set
you free.*

LET'S TALK ABOUT INTEGRITY

The following examples provide plenty of opportunity for you to talk about integrity with your family and your friends.

- You're walking down the hall at school and you see some garbage lying on the floor. You stop, pick it up and put it in the garbage can.

- You're at work and the deal of a lifetime lands on your desk. It's bound to make you lots of money. But the deal comes with some requirements that make you feel uncomfortable, like hedging about the quality of materials and when the job will be done. You turn down the opportunity.

- A bunch of kids managed to get their hands on the final history exam and they're passing it to everyone in class. You visit the history teacher and tell.

- There's a problem with morale in your department. Instead of joining in the griping, you try to come up with ideas to make the workplace a better place.

- A bunch of people you know have agreed that it's OK if everyone takes an extra coffee break in the afternoon even though the rules don't allow it. You don't take the break.

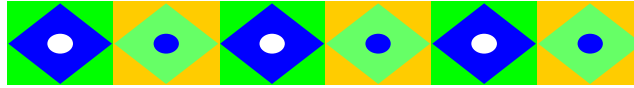
- You have told the people who work with you that everyone will be treated fairly and with respect. Then you do it.



APRIL is FAIRNESS MONTH!

I live with *Fairness*

I will treat others in a just, equitable and unbiased manner.



Fairness is what justice really is.

Potter Stewart

Fairness is not an attitude. It is a professional skill that must be developed and exercised.

Brit Hume

The child learns more of the virtues needed in modern life-of fairness, of justice, of comradeship, of collective interest and action-in a common school than can be taught in the most perfect family circle.

WHAT IS FAIRNESS?

FAIRNESS is being consistent.

FAIRNESS is listening and being open.

FAIRNESS is being careful making judgments about others.

FAIRNESS is treating people equally and equitably.

FAIRNESS is following procedures.

I WILL:

- * Play by the rules.
- * Take turns and share.
- * Be open-minded and listen to others.
- * Treat people equally.
- * Not blame others

In our hearts and in our laws, we must treat all our people with fairness and dignity, regardless of their race, religion, gender, or sexual orientation.
Bill Clinton



WHAT DOES FAIRNESS LOOK LIKE?

- * Be fair by making a judgement that does not favour or discriminate against individuals based on improper factors. For example, it is simply unfair to deny a person a job or promotion because of race, religion, gender or any other factor that does not have a material bearing on their ability to perform the job.

- * Be fair by handling similar manners consistently. For example, parents, teachers, employers or others should treat similarly situated individuals the same, otherwise one is not being consistent.

- * Be fair by playing and abiding by the rules of the game. Whether it is sports or just a board game, one should always play by the rules and demonstrate good sportsmanship at all times.

GRADE FIVE CHARACTER IN ACTION

Read:

- * One Grain of Rice by Demi
- * The Hired Hand by Robert D. San-souci

Teach/Visit

[CHARACTER COUNTS!: Free Teaching Tools: Character Education Lesson ...](#)

[CHARACTER COUNTS!: Character Education Lesson Plans, Training ...](#)

Watch:

- * Ice Princess
- * Hoop Dreams





JUNE is RESPONSIBILITY MONTH!

I live with *Responsibility*

I will be accountable for my actions, be reliable and keep my commit-

WHAT IS RESPONSIBILITY?

RESPONSIBILITY is when you do what you say you're going to do, you keep your promises and you're accountable for your own actions. Responsible people make good choices for themselves and for others. They consider everyone before they act.

I WILL:

- honour my commitments to others even though it may be difficult for me.
- be reliable so that people know they can depend on me to do what I say I will do.
- be accountable for the things I say and do and I will not make excuses if I fall short of the mark.

*"All blame is a waste of time. No matter how much fault you find in another, and regardless in how much you blame him, I
t will not change you." Wayne Dyer*
*"I believe that every right implies a responsibility, every opportunity, an obligation, every possession, a duty." John
D. Rockefeller, Jr.*

GRADE FIVE CHARACTER IN ACTION

TO READ:

Some books that teach us about RESPONSIBILITY:

- * ***The Family of Earth***
by Schim Schimmel
(ISBN 1-55971-790-4)

TO TEACH:

- *Character Education-
The Ladder to Success-Grades 4-6-
pages 32-40
- * Character Education-Grade 5-
pages 73-94

TO WATCH:

RESPONSIBILITY lessons can be found in:

- * THE LION KING: Simba learns to accept his royal responsibilities.

TO VISIT:

The Giraffe Project celebrates heroes who stick their necks out to do what's right. Visit

WHAT DOES RESPONSIBILITY LOOK LIKE?

RESPONSIBILITY can be demonstrated and acknowledged in many ways by adults, teens and children alike.

Here are some ideas:

- Be responsible for the world around you ... be sure to recycle, conserve water and don't litter!
- When your mom or dad picks you up after the movies, when they said they would, be sure to thank them for being responsible.
- When your teenager chooses to stay in and complete homework rather than hanging out with friends, acknowledge how responsible that action is and how much it benefits the teenager.
- When you make a mistake at home or at work, accept the consequences. Apologize, acknowledge the error and do what you can to make the situation right. Don't be afraid to tell your child that you were wrong.
- Live a neat, orderly life. Keep clutter out of your world. Teach your children that it's responsible to pick up after yourself and you'll demonstrate an important skill — organization!
- If you make a promise to someone, keep it.
- If a child knows that a friend is going to do something that could hurt him or someone else, the responsible thing to do is tell a trusted adult.



*With every right
comes a
responsibility.*