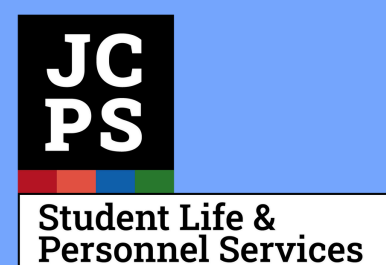


MAY MENTAL HEALTH MONTH KINDNESS CHALLENGE!



THE JCPS DEPARTMENT OF STUDENT LIFE AND PERSONNEL SERVICES IS EXCITED TO LAUNCH ITS FIRST-EVER KINDNESS CHALLENGE! THIS INITIATIVE AIMS TO INCREASE AWARENESS AMONG STUDENTS AND STAFF ABOUT THE IMPORTANCE OF KINDNESS AND THE POSITIVE IMPACT IT HAS ON OUR LIVES AND THE LIVES OF OTHERS.

SCHOOLS ACROSS THE DISTRICT, INCLUDING IGNITE WELLNESS CLUBS, WILL TRACK AND LOG ACTS OF KINDNESS. THE SCHOOL THAT RECORDS THE HIGHEST NUMBER OF KIND ACTS WILL BE RECOGNIZED AND AWARDED PRIZES.



EXAMPLES OF ACTS OF KINDNESS STUDENTS CAN DO INCLUDE:

- HOLDING THE DOOR OPEN FOR SOMEONE
- WRITING A THANK-YOU NOTE TO A TEACHER OR STAFF MEMBER
- COMPLIMENTING A CLASSMATE
- HELPING A PEER WITH SCHOOLWORK
- INCLUDING SOMEONE NEW AT LUNCH OR IN A GAME
- PICKING UP TRASH IN THE HALLWAYS OR PLAYGROUND
- ENCOURAGING A FRIEND WHO IS FEELING DOWN
- DONATING ITEMS TO A SCHOOL DRIVE



LET'S SPREAD KINDNESS AND MAKE A DIFFERENCE TOGETHER!

IT TAKES 5 POSITIVE ACTS OF KINDNESS TO COUNTERACT 1 ACT OF MEANNESS AND NEGATIVITY. BY RECOGNIZING AND SHARING ACTS OF KINDNESS, WE CAN CREATE A BETTER TOMORROW.

SEE THE LINK BELOW OR SCAN THE QR CODE TO ENTER YOUR ACTS OF KINDNESS DURING THE PERIOD OF MAY 1ST TO MAY 31ST : [HTTPS://TINYURL.COM/3DWK8XAF](https://tinyurl.com/3DWK8XAF)

DON'T FORGET TO
FOLLOW US AND USE
THE FOLLOWING:
HASHTAG

#BeKind



<https://tinyurl.com/ykdchftp>



x.com/JCSLife_PerSer



<https://tinyurl.com/5frrmkde>

SCAN ME

