

# Peyton Forest IB Newsletter

Students who are **CARING** show empathy, compassion and respect towards the needs and feelings of others.

They have a personal commitment to service, and act to make a positive difference to the lives of others and to the environment. They remember to treat others how they themselves would like to be treated.



**You may hear your child come home and say they are IB Learner of the Month!**

## IB Learner Profile of the Month



## Caring

*How can parents help to develop students who are CARING?*

- **Start by practicing empathy.** Model the caring behavior you would like to see in your child. Your child notices everything you do! Using kind words, helping others and being an active listener will show your child that you care about other people.
- **Read books that demonstrate caring and kindness.** Discuss the message of the story and how it can be applied in your everyday lives. Ask, "What are some things we can do to show kindness?" "Is there anyone we know that could use some extra caring right now?"
- **Brainstorm ways your family can get involved in the community.** Send cards to residents of a local nursing home. Donate food, clothing or toys to those in need. Place inspiring quotes around the neighborhood for others to see.
- **Reduce, Reuse and Recycle.** By developing children who care about the environment, you are helping the future of the globe.
- **Emphasize social skills like saying please, thank you, sharing with siblings and recognizing when others may be having a difficult day.**
- **Smile!**

## Helpful Websites to use at home!

<https://openlightbox.com/lightbox/?bookCode=1074>

<https://youtu.be/UeAv4Be55F8>

<https://youtu.be/4FlhKfke1ik>

<https://www.scholastic.com/teachers/teaching-tools/book-lists/culture/books-about-caring-helping-others.html>

