

February 15th, 2008

Dear Colleague,

This year, Henry G. Izatt Middle School embarked on a “**21 day Kindness Challenge**” in hopes to spread and encourage kindness within the school and in our community. Research has shown that it takes 21 days to create a new habit. Beginning on November 15th, the entire school worked on a common goal which was to show more kindness in our school and in our community.

Students created a goal in TAG (Teacher Advisory Groups) and worked towards attaining their goal over the next 21 days. To help students remember their kindness goal, each student was given a *Kindness Bracelet* that had the words *Kindness, Respect and HGI* on the bracelet. For the next 21 days, we discussed our goals and kindness stories during the first few minutes of every day in every classroom. Furthermore, we celebrated random acts of kindness that occurred in our school and in our community on a Random Acts of Kindness Bulletin Board in our classrooms. The teachers modelled this type of celebration by posting their Random Acts of Kindness on a Kindness Bouquet in the front foyer.

As part of the kindness challenge we asked students to bring in \$2.00. The money that was collected was used to cover the cost of the bracelets and then the remainder of the money was given to a local charity that would benefit from a monetary act of kindness. The students were involved in the process of selecting a local charity. In our school, the students decided on giving our money to “The Humane Society”.

At the end of the 21 days, we reviewed our goals, shared our successes and then decided on 3 schools to “PASS THE CHALLENGE FORWARD” to so that they could start their own **21 Day Kindness Challenge**.

If you wish to accept this challenge, please contact me, Tracy Payne-Barrett at 489-1239 or at tpayne@pembinatrails.ca and I will email you all of our files. At the end of your 21 day Kindness challenge all we ask is for you to pass the challenge forward to 3 more schools.

Lastly, please feel free to contact me at the end of your challenge to share any kindness stories that have happened at your school. We know that it has made a positive impact in our school and we hope that it will do the same for yours. Our students are excited to see how far our kindness can spread!

Sincerely,
Tracy Payne-Barrett
Physical Education Teacher
Henry G. Izatt Middle School