

NOVEMBER WELLNESS KINDNESS

KINDNESS MONTH

World Kindness Day is Wednesday, November 13th, so Beacon Heights's Wellness Word of the Month for November is KINDNESS! Kindness helps us feel happy, confident, calm, and loved. We can practice kindness by saying kind words to ourselves and to others.

Remember to sprinkle kindness everywhere!



LEARNING ABOUT KINDNESS

Throughout this month, Miss Andrea, our School Counselor, will be visiting every class at Beacon to read "A Little Spot Learns Kind Words." She will be visiting each class to teach a follow up lesson about Kindness as well!

Beacon's PTA will also be putting on our Healthy Lifestyles Week this month to help us learn ways to be kind to our bodies and minds. Lastly, our Green Team will be hosting a clothing swap this month as a way to be kind to the earth. Keep an eye out for more information about both of these events!



REMINDER



Kindness makes us feel warm and fuzzy!

Wear **PAJAMAS** to school on **Tuesday, November 26th** to celebrate Kindness Month!

Beacon Heights Elementary
November 2024