The First Annual BCMS
Principal's Kindness Competition
2018

Rationale:

In recognition of *National School Violence Awareness Week* (October 15-19), the BCMS Guidance Department created the **Principal's Kindness Competition** as a way to promote discussions and reflections about kindness.

We believe that there are so many negative and violent acts occurring on a daily basis in today's world, that it is important to have our students spend some time considering the critical role kindness plays in all of our lives.

The Competition Details

Assigned: *October 1* (and counted as one HW assignment)
Due: *October 8th*

Consider the question: "*What is kindness*?"

Challenge: to create a piece of artwork in a medium of choice (clay, paint, crayon, colored pencil, collage), write a poem or short story, take a photograph, write a rap or song or create a music video (*completed at home and should not take longer than twenty minutes to complete*)
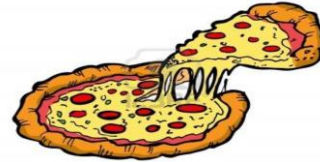
Parent's role: support your child in this competition by discussing what kindness means to you and your family.

Winner's Recognition

Winners were announced on October 15.

Each winner was treated to a pizza luncheon with a friend, in the Principal's Conference Room.

Submissions are displayed in the Health Office hallway.

All winners were invited to attend tonight's BOE meeting for community recognition.

Intended Goal:

As initially stated, our hope is that this simple competition prompted our students to think about what kindness is, and to consider how they can ensure that it is a character trait that they practice throughout the year at school, home and in the larger community.

Remember that…

"No act of kindness, no matter how small, is ever wasted." - Aesop

Our Winners of the Principal's Kindness Competition

2018 Winner's Names

Eighth Grade:

Alyssa B.

John I.

Jeremiah F.

Christopher S.

Seventh Grade:

Jenna P.

Mia G.

Gabrielle W.

Sixth Grade:

Brianna H.

Kevin E.

Marissa S.

Sophia D.

Natalie P.

Kiera V.

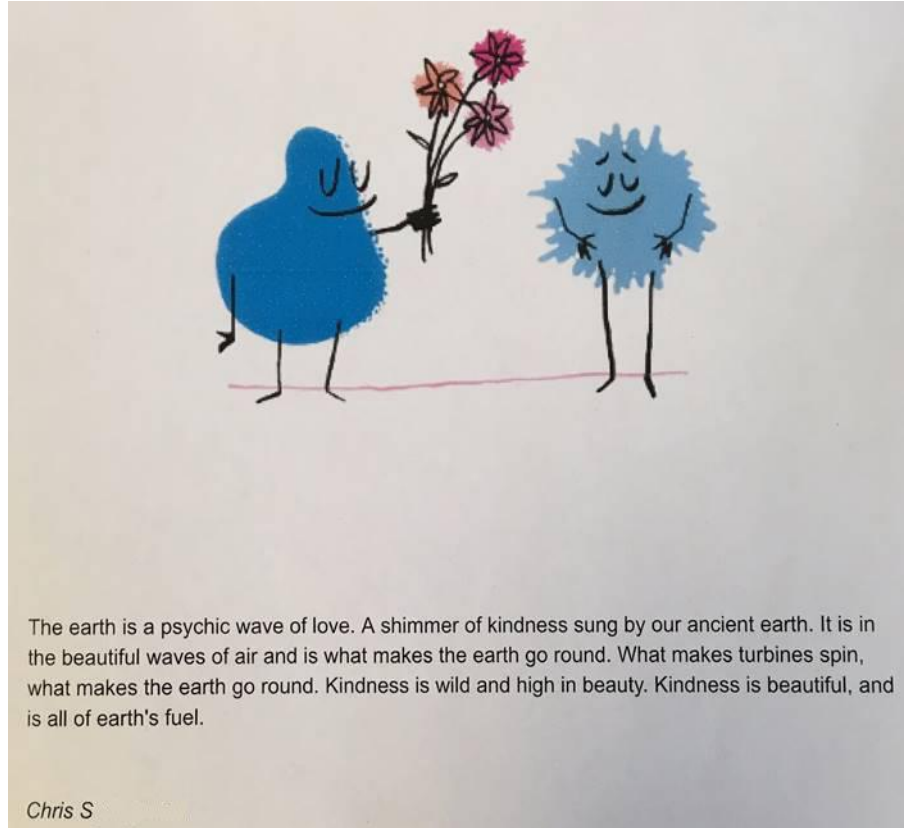Adriana J.

Alyssa B.

Gabrielle W.

John I.

What is kindness?   By: Jeremiah F

Something chosen to be
You won't be enslaved, you'll be free
To help the light in the mid of a dark day
The crashing oceans helping the sand find their way
The importance to one being
Could make a better ending
Help one find their goal
For one to never feel dull
To show one's certain self
To help another spot on the shelf
Fix what was left to be mended
Help what wasn't meant to be dented
Have one find its path
To not include wraith

The earth is a psychic wave of love. A shimmer of kindness sung by our ancient earth. It is in the beautiful waves of air and is what makes the earth go round. What makes turbines spin, what makes the earth go round. Kindness is wild and high in beauty. Kindness is beautiful, and is all of earth's fuel.

Chris S

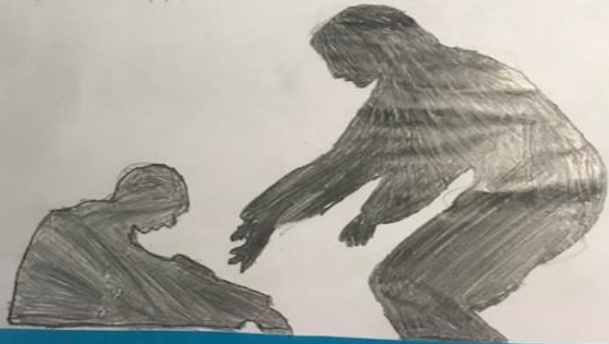# Jeremiah F.

Christopher S.

Could

it

be

You?

Natalie P.

Kindness: Who help other people feel happy if they are sad we can help them to feel happy and not feel sad if they have a problem we can help and respect people to and that the kindness is help people, and help people feel people happy everyday.

Kevin E.

Sophia D.   10/6/18
Languge arts   Period 1 and 2
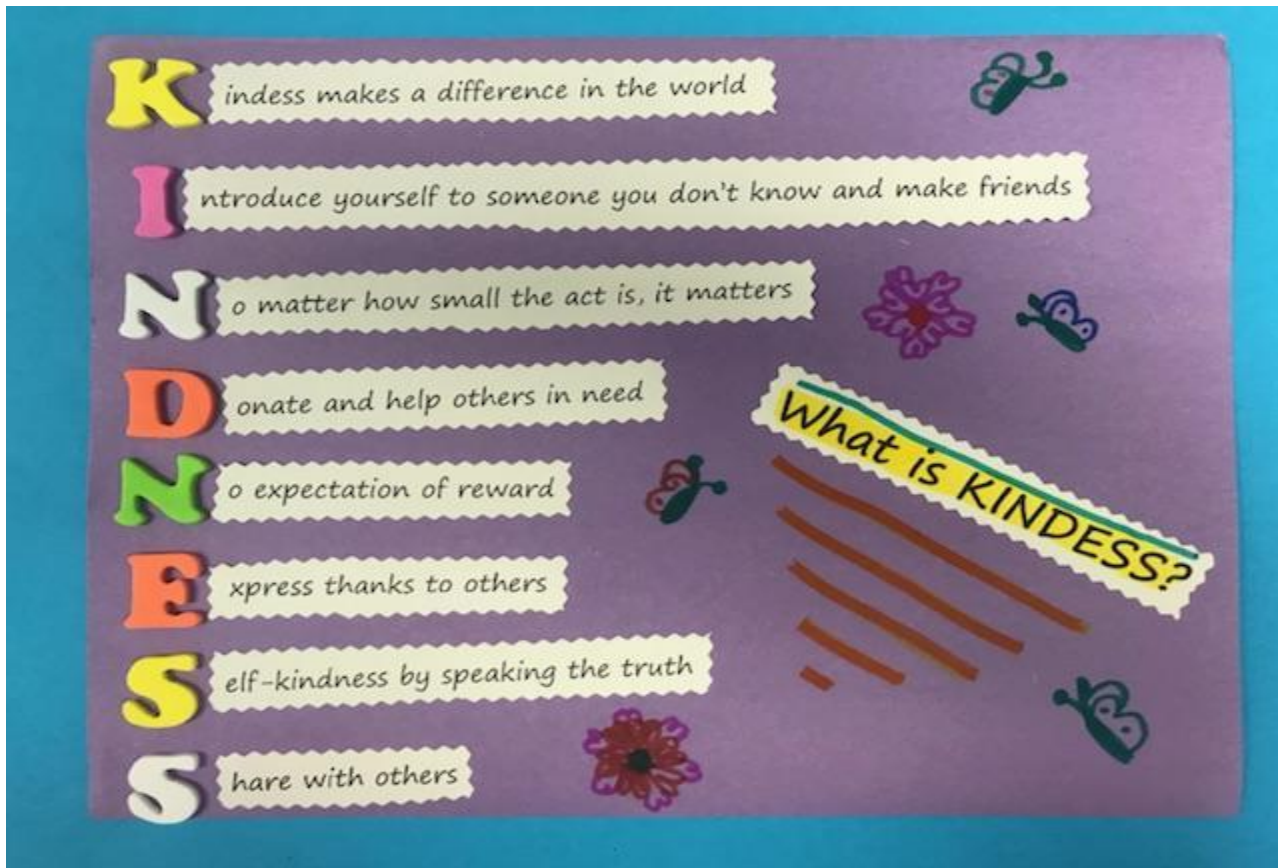   Principal kindness
              project
People can help pick something up,
Or even lend you a hand

Kindness means caring for one and all
No matter how big or how small
No matter who or where
You should always want to care

It can be simple or it can be hard
If someone is sick give them a card
If someone falls help them out
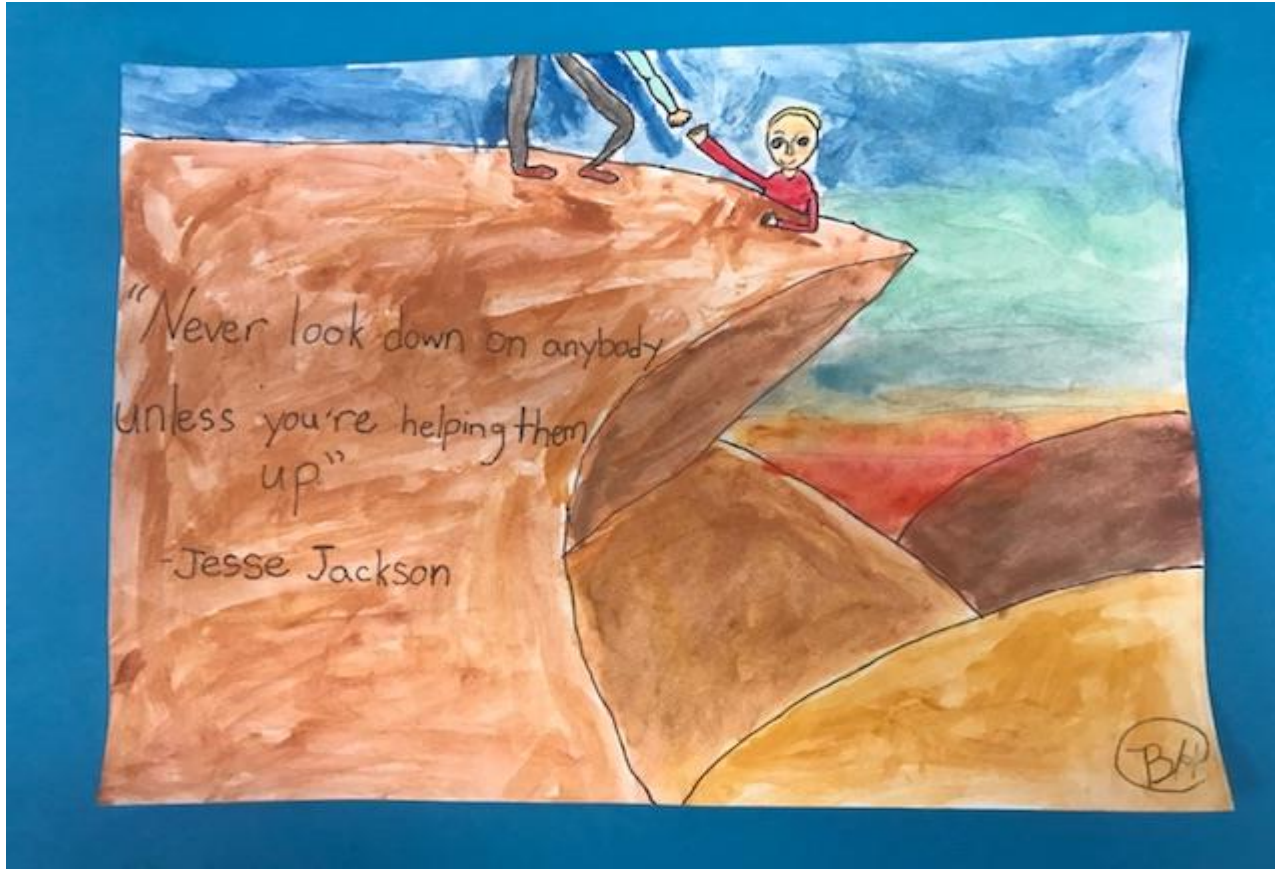Because being kind is what it's all about.

Sophia D.

Adrianna J.

Play Song:

We can all spread kindness
By Kiera V
(Human by Christina Perri)

Look around the school
See all of your friends
You can spread a smile and
You can help a friend
Do it from your heart
Listen to your peers
They can help you out
Help a friend pick up their books
If that is what they need
Give them all you are
I can do it, you can do it, we can do it....
We can all spread kindness
You can make a person's day
We can all spread kindness
And I will be right by your side
Make someone smile,
be good-hearted,
build someone up when they fall apart
we can all spread kindness, yeah...

Kiera V.

"Never look down on anybody unless you're helping them up."
-Jesse Jackson

Brianna H.

Kindness Essay
By Marissa C. S

Here are three things about what kindness means to me; greeting other people every day, complimenting others when they win or lose a game, and comforting and supporting others when they're sad and lonely.

Greeting other people every day is a way to show kindness because if you say hello to somebody, you might be able to ask them how they're doing, and when they ask you the same thing, you can answer them back, or, if you meet somebody new, you can ask them their name, and they might ask you the same thing, and that is a very good example of kindness I've seen.

Complimenting others when they win or lose a game is another way to show kindness because, do you know how sometimes, when people don't win a game, say to the winner, "You win," but in their head, they throw a very bad fit? Well, I've felt that way too, but when somebody wins, people should say, "Congratulations, I'm so proud of you!" When somebody loses, people who win might say, "It's okay, you'll win next time." That's a great example of kindness I've seen too.

Supporting others when they're sad and lonely is a final way to show kindness because it can cheer the people up when they feel that way. I've cheered a ton of people up when they're sad, including when I wiped one's tear away when they were crying. Seeing people cheering others up makes me happy because they're being very kind to the sad people, which makes that a completely satisfying example of kindness I've seen.

In conclusion, I've shown the three examples of kindness; greeting other people every day, complimenting others when they win or lose a game, and supporting others when they're sad and lonely.

Marissa S.

Jenna P.