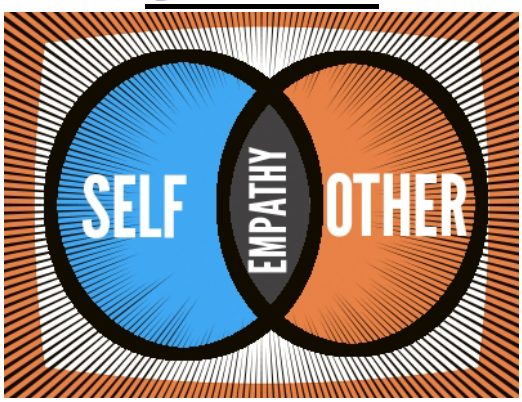
Character Development Theme for November: EMPATHY

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1 Daylight Savings Time Ends	2 Day 4 Interview Request Forms Sent Home	3 Day 5	4 Day 1	5 Day 2 Kids Have Stress Too Workshops (Ms. Pavlovic/Ms. Bloom) UofT Trash Team Presentation (Ms. Green)	6 Day 3 Grade 4/5 Swim to Survive Program 	7
8	9 Day 4 Interview Request Forms Due Back to School	10 Day 5 TDSB Creates Sessions (Ms. Green/Ms. Black) Mono Cliffs Parent/Caregiver Information Night (6pm)	11 Day 1 Character Trait/Heritage Month Assembly (AM) Remembrance Day Assembly (AM) Interview Confirmation Forms Sent Home	12 Day 2 Kids Have Stress Too Workshops (Ms. Topple/Ms. Simos)	13 Day 3 Grade 4/5 Swim to Survive Program  *Pizza Forms Go Home*	14
15	16 Day 4 Anti-Bullying Awareness & Prevention Week →→	17 Day 5 →→→→→ Report Cards Sent Home	18 Day 1 National Educational Support Professionals Day School Council Meeting (5:30 pm)	19 Day 2 → *Pizza Orders Due* Kids Have Stress Too Workshops (Ms. Topple/Ms. Simos) Parent Teacher Interviews (evening) 	20 Day 0 →→→→ PA Day (No School) Parent Teacher Interviews (AM) 	21
22	23 Day 3	24 Day 4 Picture Retake Day	25 Day 5 TDSB Creates Sessions (Ms. Green/Ms. Black)	26 Day 1 *Pizza Day* Kids Have Stress Too Workshops (Ms. Black/Ms. Green, Mr. Greer/Mr. Melchiorre)	27 Day 2 Early French Immersion Online Application Closes	28
29	30 Day 3					

Follow us on the web at: Malvern JPS
Please review the character trait EMPATHY with your child - see below

NOVEMBER 2026

EMPATHY



"People will forget what you said, people will forget what you did, but people will never forget how you made them feel." (Bonnie Jean Wasmund)

Your child can show empathy by:

- Helping and understanding how others in the family feel.
- Using words to describe how others may be feeling.
- Understanding, sensing, and sharing in the feelings and emotions of others.
- Showing love, sympathy, compassion, and encouragement.
- Speaking from "I" and owning their emotions.

Questions to discuss with your child:

- What is empathy? How can we show empathy?
- What does it mean to be empathetic?

Projects to do together:

- Engage your child in volunteer opportunities, such as helping at a community organization or helping a neighbor.
- Develop a family project that is meant to help others.
- When reading or watching the news, encourage a discussion about how those involved might feel.

Encouraging empathy in your child:

- Encourage discussion and expose your child to the language of emotions and how those emotions may make them feel.
- Talk with your child about the importance of showing empathy through helping others.
- Share your own feelings with your child, providing them with the opportunity to be empathetic.
- Allow your child to express their feelings, regardless of whether they are positive or negative and help them develop strategies to manage their emotions (e.g., Zones of Regulation Program).

Thank you for supporting our Character Development program.

BUILD CHARACTER
BUILD SUCCESS