


Character Development Theme for November: EMPATHY

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
			1 Day 5 Interview Request Forms Sent Home Earth Rangers Presentation (AM) Ms. Bloom, Ms. Black & Ms. Topple's Classes	2 Day 1	3 Day 2 Empathy & Hindu Heritage Assembly (AM)	4
5 Daylight Savings Time Ends	6 Day 3 Early French Immersion Online Applications Open For 2024/2025 (JK entry)	7 Day 4 Interview Request Forms Due Back To School	8 Day 5	9 Day 1 Interview Confirmation Forms Sent Home	10 Day 2 Remembrance Day Assembly (AM) 	11
12	13 Day 3	14 Day 4 Report Cards Sent Home	15 Day 5	16 Day 1 Parent Teacher Interviews (evening))	17 PA Day (No School) Parent Teacher Interviews (AM)	18
19 Anti-Bullying Awareness and Prevention Week (November 19-25)	20 Day 2 Dental Screening School Council Meeting (5:00 p.m)	21 Day 3 Dental Screening	22 Day 4 Dental Screening	23 Day 5 Dental Screening	24 Day 1	25
26	27 Day 2 School Picture Retakes & Class Group Pictures	28 Day 3	29 Day 4	30 Day 5		

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 Follow us on Twitter at: @ TDSB_MalvernJPS
 Please review the character trait EMPATHY with your child - see reverse

NOVEMBER 2023

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**