



# Character Development Theme for November: EMPATHY

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
					1 Day 1 Interview Request Forms Sent Home to Families	2
3 Daylight Savings Time Ends	4 Day 2 Early French Immersion Online Applications Open For 2025/2026 (JK entry)	5 Day 3 School Council Meeting (4:30 p.m)	6 Day 4 Interview Request Forms Due Back To School	7 Day 5 Krispy Kreme Donut Pick Up Day! (2:45-4:00 p.m. @ Gym)	8 Day 1 Interview Confirmation Forms Sent Home	9
10	11 Day 2 Empathy & Hindu Heritage Month Assembly (10:20) Remembrance Day Assembly (10:45) 	12 Day 3 Report Cards Sent Home	13 Day 4	14 Day 5 Parent Teacher Interviews (evening)	15 PA Day (No School) Parent Teacher Interviews (AM) National Educational Support Professionals Day	16
17 Anti-Bullying Awareness and Prevention Week (November 18-24)	18 Day 1 Dental Screening	19 Day 2	20 Day 3 Picture Retake Day 	21 Day 4 Dental Screening	22 Day 5 Mrs. Bloom & Mrs. Topple's Class Trip	23
24	25 Day 1 Grade 4 Swim To Survive Program (AM)	26 Day 2 Kearney Parent Session (5:30)	27 Day 3	28 Day 4	29 PA Day (No School)	30

Follow us on the web at: [Malvern JPS](https://www.malvernjps.ca)  
 Follow us on Twitter at: @ TDSB\_MalvernJPS  
 Please review the character trait EMPATHY with your child - see reverse

**NOVEMBER 2024**

# 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**