

Dear Parents, Students, and Teachers/ Staff,

October is a busy month! To start it off, we have Week of Respect. Week of Respect is a great way to introduce this year's school character initiative and school wide activity of "The ABC's of Character!" Attached are the daily themes focusing on respecting not only others, but ourselves too. Week of Respect will kick off our year-long journey through an alphabet filled with Character Education terms and concepts.

If you have any questions or concerns, please feel free to reach out to me at any time: [aschwartz@somerdale-park.org](mailto:aschwartz@somerdale-park.org).

Thank you so much for your support and participation!

Sincerely,

Amanda Schwartz

School Counselor

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856-252-0668 (Google Voice number)

# Week of Respect

October 5<sup>th</sup>-9<sup>th</sup>

#SPSWeekofRespect

## *Monday, October 5<sup>th</sup>*

***Day of Appreciation!- Thank you SPS Staff***

The first day of Week of Respect is a perfect day to introduce our new, school wide character initiative—The ABC's of Character! Each week, we will introduce a new word that represents good character. This week's word is: **appreciative**. Today, let's show our teachers, administrators, and staff members how much we appreciate them! Write a message of thanks to a teacher or staff member of your choice and email it to Mrs. Schwartz. She will send it to whoever you chose!

## *Tuesday, October 6<sup>th</sup>*

***Teamwork is the Dream Work Day!- Wear a Team Jersey and/or Gear***

Being able to work with others is an important part of being a respectful person. Today, we will wear our favorite team jersey or other team gear to show that we are team players! At Somerdale Park School, **teamwork is the dreamwork!**

Post a picture of yourself in your gear with the hashtag #SPSWeekofRespect

## *Wednesday, October 7<sup>th</sup>*

***Take Care of Yourself Day!- Wear Your Workout Clothes***

People who respect themselves take good care of their physical and mental health! Mrs. Schwartz will send some meditation and mindfulness activities to parents to try with you at home. Also, wear your workout clothes and post a video of yourself doing the 10 push up challenge and nominate a classmate, teacher, administrator, or SPS staff member of your choice!

Use the hashtag: #SPSWeekofRespect

## *Thursday, October 8<sup>th</sup>*

### *Put a Lid on Bullying Day!- Wear Your Favorite Hat*

Respectful people do not tolerate bullying of any kind! Let's put a lid on bullying today by wearing our favorite hats! Post a picture of your favorite hat using the hashtag #SPSWeekofRespect

## *Friday, October 9<sup>th</sup>*

### *Support Each Other Day!- Wear a Color to Support a Cause*

People that are respectful support everyone. Wear one of the colors below to support a cause, or choose your own color to support a cause that is not listed! Post a picture of yourself wearing the color of your cause. Feel free to share the cause you are supporting—it is also okay if you do not want to share! Use the hashtag #SPSWeekofRespect

**Blue:** Anti-Bullying, Colon Cancer, Education, Free Speech, Foster Care Awareness, Teens Against Smoking

**Purple:** Pancreatic and thymoma Cancer, ADHD, Alzheimer's, animal abuse, anti-violence

**Teal:** Ovarian Cancer, Anxiety Disorders, PTSD

**Gray:** Asthma, Brain Cancer

**Pink:** Breast Cancer

**Yellow/Gold:** Childhood Cancer