

# AUGUST 2018

## week 1

“RESPECT YOUR EFFORTS, RESPECT YOURSELF. SELF-RESPECT LEADS TO SELF-DISCIPLINE. WHEN YOU HAVE BOTH FIRMLY UNDER YOUR BELT, THAT’S REAL POWER.”

- CLINT EASTWOOD

## week 2

“THE GREAT THING IN THE WORLD IS NOT SO MUCH TO SEEK HAPPINESS AS TO EARN PEACE AND SELF-RESPECT.”

- THOMAS HUXLEY

## week 3

“EVERYONE IN SOCIETY SHOULD BE A ROLE MODEL, NOT ONLY FOR THEIR OWN SELF-RESPECT, BUT FOR RESPECT FROM OTHERS.”

- BARRY BONDS

## week 4

“SELF-RESPECT KNOWS NO CONSIDERATIONS.”

- MAHATMA GANDHI

# PARENT/GUARDIAN LETTER



## Dear parents and/or guardians...

This month we are learning about self-respect and why it is so important. Self-respect is having pride and confidence in yourself. It is having a feeling that you know you are giving all you have to achieve a goal. Self-respect helps give children good self-esteem and self-worth. It helps kids see themselves in a positive light. When kids have self-respect, they behave with dignity and honor. They value others opinions and the image they portray. In our class, self-respect is something we really work, to build and hope you will do the same at home.

## HOW CAN YOU HELP?

- Help your kids learn to do things. At every age, there is something new to learn. Help your kids to identify these things and master them. They can be simple tasks like getting themselves dressed or riding a bike.
- Praise your kids when they do a good job. If they do well on a test or go up a belt rank, let them know how proud you are of them. Kids thrive on positive reinforcement.

- Tell your kids what you love about them and what makes them special. Choose a variety of things so you're not just focusing on one area.
- Be a good role model. When you have confidence in yourself, your kids will follow suit. Be kind, treat others with respect, and watch as your kids mimic your actions.

## SELF-RESPECT

**SELF-RESPECT IS HAVING PRIDE AND CONFIDENCE IN YOURSELF. IT HELPS US HAVE GOOD SELF-ESTEEM AND SEE OURSELVES IN A POSITIVE LIGHT. WHEN WE HAVE SELF-RESPECT, WE BEHAVE WITH DIGNITY AND HONOR. WE VALUE OTHERS OPINIONS AND THE IMAGE WE PORTRAY.**

