



## Golden Gate Kids December Newsletter

"Respect is a positive view that you form of how someone is living their life. On the other hand, self-respect is your view of how you're living your life." Shawn Jackson from *How to Respect Yourself and Others*

This month students are going to begin learning about Pledge #3...  
**I will treat others and myself with kindness and respect.**

Respect is an overall evaluation you give someone based on what the person is doing with their life, how they treat you and others, and if they are honest or not. Self Respect is defining your own worth and value. If you do not respect yourself, it is hard for you to respect others. Here are ways you can develop self respect.

- Being an honest person
- Valuing academics and education
- Understanding the impact of proper nutrition
- Understanding financial responsibility
- Learning to listen
- Understanding the value of good manners.
- Having important goals and plans for reaching them

### PARENT/GUARDIAN CHALLENGE:

This month, we challenge you to create positive statements about each other as a family. These statements are something each member can say to themselves each morning to start their day off by being kind to themselves. Some ideas of positive statements are, "I am brave", "I am kind", "I am strong", and "I can do hard things." Printing or writing these statements on paper and taping them to the bathroom mirror or the refrigerator would help as a reminder to treat yourself with love and respect as well!

