



"If you want to lift yourself up,
lift up someone else"

— Booker T. Washington



February 2026



Hello parents and families,

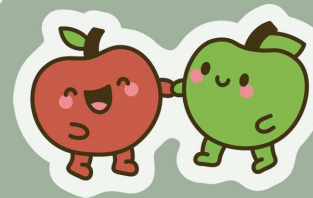
As we continue to navigate the school year together, this month we want to highlight the power of ***Kindness***.

Kindness is a powerful booster for children's mental health, especially reducing anxiety and increasing feelings of security and connection.

Caregivers and parents can help us create a "Kindness Culture" at school by keeping the conversation going at home. Below are some ways to keep kindness going:

- **Role model Compassion:** Let children see you being kind to others, such as service staff, neighbors, or family and friends.
- **Express Empathy:** Discuss the feelings of characters in shows or movies. This encourages how we can consider different perspectives even if we do not agree.
- **Use Kind Language:** Model language that sticks to the facts when stressed or in conflict. Praise children when they are observed being kind.
- **Include Others:** Teach the importance of including others who might feel left out. This promotes social inclusion.
- **Promote Self-Kindness:** Teach kids that they can say "no" to protect their own well-being. This teaches the importance of healthy boundaries and self-respect.

As always, Thank you for your unwavering support and dedication to our M-DCPS community!



No One Eats Alone Day

No One Eats Alone Day is a lunchtime event which seeks to combat social isolation by asking students to engage in simple acts of kindness and connection at lunch and to make sure that no one is eating alone.

February 13, 2026



Key Facts on Kindness for Students

1. **Better School Environment:** Kindness reduces bullying & fosters a sense of belonging.
2. **Teachable:** Kindness is not just a personality trait but a skill that can be practiced.
3. **Early Development:** Children as young as 8-12 months can show signs of kindness, such as sharing.
4. **Stronger Academic Performance:** Kindness often leads to better collaboration and communication, which supports academic success.

Want to learn more about mental health & wellness support at school?

We are here to assist!

Parent Mental Health Assistance line:

(305) 995-7100 Monday – Sunday 8:00AM- 8:00PM

Website: <https://mdcpsmentalhealthservices.net/>