

Arab City Schools
Word of the Week
2009 – 2010

August 10 *Attentiveness* - Being mindful of the comfort of others

Parent Tip: Show your love as often as possible

August 17 *Self-Control* – control of one’s emotions, actions, or desires

Parent Tip: Discipline with love. Treat children fairly and firmly.

August 24 *Cooperation* – working together for the benefit of all

Parent Tip: Teach cooperation by being a good team member when appropriate

August 31 *Consistency* – firmness of character; harmony of conduct

Parent Tip: Be consistent and read with your child for enjoyment daily.

September 7 *Gratitude* – warm or deep appreciation of kindness shown to us

Parent Tip: Express your appreciation to children every chance you get.

September 14 *Cleanliness* – being careful to keep things clean and neat

Parent Tip: Delegate household chores whenever possible and appropriate.

September 21 *Courage* – the ability to face danger or hardship with a brave spirit

Parent Tip: Talk to your children about the dangers of drug use. Teach them to have the courage to say NO.

September 28 *Loyalty* – faithfulness to a leader or cause

Parent Tip: Establish traditions that will bring your family closer together.

October 5 *Acceptance* – willingness to receive and consider ideas and people that are different

Parent Tip: Don’t compare children. Remember every child is different.

October 12 *Impartiality* – treating others the way you want to be treated

Parent Tip: Discuss with your child the importance of treating people with respect and kindness despite differences

October 19 *Citizenship* – the position of a citizen with its rights and duties

Parent Tip: Teach citizenship by being an example. Vote and obey the law.

October 26 *School Pride* – satisfaction taken in things that belong to or represent the school

Parent Tip: Be involved in your children’s school. Meet with their teachers and attend school events.

November 2 *Diligence* – constant effort to accomplish something

Parent Tip: If you have tried everything and your child is still doing poorly in school, ask help from your child’s teacher or school counselor.

November 9 *Peacemaker* – a person who tries to get others to agree

Parent Tip: Explain that if a conflict cannot be resolved, it is best to get a third party to help find a solution.

November 16 *Patience* – calmness in waiting

Parent Tip: Set an example by keeping your cool and expressing anger in a calm manner.

November 23 *Thankfulness* – feeling or expressing gratitude

Parent Tip: Tell your children that you are thankful for them and their individual qualities.

November 30 *Commitment* – devotion to a task or to a person

Parent Tip: Be committed to providing your children with unconditional love.

December 7 *Flexibility* – the ability to change one's actions or opinions when necessary

Parent Tip: Keep an open mind so that your children feel free to express themselves to you.

December 14 *Generosity* – ready to give

Parent Tip: Set an example by caring for others in need.

January 4 *Tolerance* – to be fair toward those whose beliefs or practices differ from your own

Parent Tip: Encourage individuality by giving your children choices that are acceptable.

January 11 *Fairness* – free from bias or injustice

Parent Tip: Be fair when disciplining. Always focus on the behavior, not the child.

January 18 *Encouragement* – convincing others to keep trying when they are ready to give up

Parent Tip: Use words of praise with your children. Remember children thrive on encouragement.

January 25 *Community Service* – Services volunteered by individuals or an organization to benefit a community.

Parent Tip: Spend a day with your child volunteering in your community.

February 1 *Empathy* – experiencing the feelings of another as one's own feelings

Parent Tip: Encourage compassion every chance you get. Set a good example by being caring and helpful to those in need.

February 8 *Honesty* – truthfulness

Parent Tip: Teach trustworthiness by being honest and encouraging your children to be honest as well.

February 15 *Kindness* – a willingness to do good

Parent Tip: Teach your children to treat other children with kindness even if they are different.

February 22 *Patriotism* – devotion to one's country

Parent Tip: Exhibit traits you want your children to develop.

March 1 *Self-respect* – valuing oneself, one's character, and one's conduct

Parent Tip: Be happy with yourself so that you are able to raise happy children.

March 8 *Compassion* – to show mercy and sympathy

Parent Tip: Ease tension or anxiety with a human touch – share a hug, hold hands or give a pat on the back.

March 15 *Dependability* – being true to one’s word; reliable

Parent Tip: Let your child know they can depend on you. Set aside time together every day to talk and play.

March 22 *Respect* – showing of honor or consideration for something or someone

Parent Tip: Don’t ridicule, criticize, or shame your child. Respect his need to feel positive about himself.

March 29 *Forgiveness* – giving up hurt or anger when one has been wronged

Parent Tip: Make scolding brief. Let your children know you love them even when you are angry about their behavior.

April 5 *Excellence* – doing and being the best; to excel

Parent Tip: Create a study routine to help children do their best in school.

April 12 *Charitable* – kind and generous

Parent Tip: Your children learn from your example. Treat others with kindness as a positive role model.

April 19 *Conservation* – to use all things wisely

Parent Tip: Avoid smoking around your children. It pollutes their body and the environment.

April 26 *Consideration* – thoughtfulness

Parent Tip: Keep a scrapbook or album of your child’s pictures. It is a thoughtful way to show him you care.

May 3 *Cheerfulness* – in good spirits; pleasant

Parent Tip: Lighten up. Allow yourself to laugh if things don’t go as planned.

May 10 *Perseverance* – staying with a course of action without giving up

Parent Tip: Let your children know that school and education matter to you. Encourage them to do their best in all subjects.

May 17 *Politeness* – using courtesy, kindness, and correct behavior

Parent Tip: Encourage your child to be polite to others, but avoid strangers unless they are with you or another trusted adult.