



# RPS NEWS

April 5, 2019 | Issue No. 05

## VP Looks for the Good

*Embraces Culture of Kindness and Gratitude*

Veterans Park initiated a two-week kindness program with an ambitious multi-event program—"Look for the Good"—which touches every aspect of school life. [Read more about the "Look for the Good" Project.](#)

Principal Ellen Tuckner's mantra is "Work hard. Be kind." simple instructions that run through the program and school.

Expressing gratitude plays a big part in "Look for the Good." Students and staff added notes to a "Gratitude Wall." They shared kindness cards as seen in [this adorable video.](#)

The photo on the right shows a floor sticker that reads, "You're on the Spot." Students and staff stood on the sticker and shared what they were grateful for. [Watch the video here.](#)

Every child received a "You Matter" t-shirt color-sorted by grade — shown in yellow in the picture at the top right. All staff wore their tie-dyed "You Matter" shirts to a school-wide spirit event.

Practicing gratitude and kindness creates a climate at VP where all the students and staff know how much they matter!



## CALENDAR

April 8\*\*

BOE Meeting

April 10

[Project Resilience](#)

[Talk](#) 7:00 pm at Library

**PARENTING THE RESILIENT GENERATION**  
**Mind, Body, Food, Hope.**  
 A Frank Discussion of Body Image, Eating Disorders, and Healthy Diet

Wednesday, April 10  
 7:00 pm - Ridgefield Library

Join us as these experts discuss important issues of health and diet:  
 Renee Brockman, MS, RD-R, Arlene Pina, in recovery  
 Debbie Chrobotowski, MS, LPC, Marcia Schneider, MD

Topics include: • eating disorders and body dysmorphia  
 • building a healthy relationship with food in your home  
 • identifying a concern and seeking treatment  
 • the road to recovery - there is HOPE

This program is made possible by the Girl Scout Gold Award project of Abby Morris.

**PLEASE REGISTER TO ATTEND at [www.ridgefieldlibrary.org](http://www.ridgefieldlibrary.org)**  
 or call 860-439-2412

Presented by Ridgefield Public Schools in partnership with Ridgefield Public Library. Support provided by Ridgefield Public Schools, Ridgefield Public Library, Ridgefield Public Schools, Ridgefield Public Library, Ridgefield Public Schools, Ridgefield Public Library.

April 11

After the Bell

April 12

PD (Teachers)

Early Dismissal

(Students)

April 15-19

Spring Break

April 22\*\*

BOE Meeting

\*\*Please check [BOE Meeting Calendar](#) for changes.

Visit [ridgefield.org/Calendar](http://ridgefield.org/Calendar) for full calendar.

