

Dear Prairie Families,

During the week of January 20-23, 2015, College Community Schools will be celebrating its 5th annual Think B4 U Speak Week. This special week is dedicated to recognizing the importance of taking a collective stand against bullying and working together to continue to establish a community that is both a safe and exciting place to be a part of.

We would like to extend an invitation for you to be a part of this effort. Without your help, our vision of a bully free community would not be possible.

This year, our theme is "Kinder Than Necessary", which is based on the book Wonder, written by R.J. Palacio. We would like to challenge all families to find a way to be part of this effort by doing Random Acts of Kindness. We have included a list of ideas for you to refer to.

We will celebrate the conclusion of the week with a district wide "Orange Out" on Friday, January 23rd. On this day please wear your "Think B4 U Speak Week" t-shirt or any orange colored shirt/sweatshirt.

For more information, you can also check out our Think B4 U Speak website at <http://tinyurl.com/CCSD2015ThinkB4USpeakWeek>

Your commitment and involvement means a great deal to us, and it is with your help that our vision to continue establishing a bully free community stays a reality. **We encourage all to take the pledge as a family under the "Take the Pledge" tab.**

Contact Renee Boehler at rboehler@prairiepride.org with any questions.

Random Acts of Kindess

- Bake a treat for someone
- Be welcoming to a new person
- Bring dog or cat food to a shelter
- Bring flowers to a nursing home
- Call a grandparent
- Cook a meal for someone
- Take cookies to your neighbor
- Donate used clothing
- Offer to help someone
- Hold the door open for someone
- Let someone go in front of you in line
- Leave change in the vending machine
- Make someone laugh
- Leave cookies for the mailman
- Use your manners
- Offer to babysit for free
- Pay someone's parking meter
- Pet sit for free
- Start a piggy bank for a cause
- Give hot chocolate to the garbage collectors
- Donate pop tabs to the Ronald McDonald House
- SMILE
- Collect Box Tops and Campbell Soup Labels for your school
- Thank a police officer, fire fighter, doctor or nurse
- Volunteer your time
- Write a letter to someone who made a difference in your life
- Donate books and toys to children in the hospital
- Leave a generous tip
- Compliment someone for their service (server, store clerk...)
- Help your parents with a chore without being asked
- Pick up litter
- Say something nice to someone
- Send a homemade card to someone
- Send a surprise package to someone
- Take someone to the movies
- Visit someone who is sick
- Do yard work for a neighbor
- Offer to take someone's shopping cart back for them
- Try to find goodness in a person you don't care for
- Try and do a kind act daily
- Share this list with others to encourage others to do RAK (Random Acts of Kindness)
- Start a family tradition of Random Acts of Kindness