

November 9, 2015

Dear Parents and Guardians,

Last month we kicked off the “Healthy Educated Student” program that will continue throughout the year! We were excited to give out many foot charms to students who completed 14 days of “Ranger Move-It Minutes.” We hope your students will continue to stay excited about being physically healthy and active!

For the months of November and December, we will focus on emotional health. One way to practice emotional health is by helping others. Students at Hamilton Elementary have read about the importance of helping others through Carol McCloud’s “Bucket Filling” book series. “Bucket Filling” is an idea that each one of us has an invisible bucket and when we help others we not only fill their bucket, but also fill our own. This month’s theme and charm will be about becoming “Bucket-Filling Rangers.”

Please find attached another activity log. Help your student record ways that they help others. Attached are suggested ideas. When your student turns in a **completed form signed by a parent/guardian**, they will receive a hand charm to show they were a “Bucket-Filler with Helping Hands!” This activity log can be turned into any special’s teacher (P.E., Computer, Library, Music, and Art).

We have discussed with your student how to be responsible with their chains and charms. Please note that due to limited supply, we are unable to replace lost or broken chains and charms. Some replacements will be made available for purchase at the school Ranger store using student Ranger Dollars.

We are excited to continue to explore how to be H.E.S. at HES!

Sincerely,

Specials Team  
Hamilton Elementary School

Track the ways you used “Helping Hands” to “Fill Buckets”  
Here are some examples. Think of your own ways too!

**Ways to help your family:** set the table, fold laundry, pick up your room, help make lunch or dinner, say something kind to a family member, make a family member a picture, tell a family member you appreciate them/give a compliment, hug your siblings, sharing, take care of your pet, take out the trash.

**Ways to help your school:** pick up a piece of trash in the hallway, help a younger student, give a teacher a compliment, help a teacher with some extra work, have extra-great behavior (purple day for example), include someone who is alone at recess.

**Ways to help your community:** pick up trash outside, volunteer with a parent, take a neighbor some cookies or food, be nice to your neighbors, be respectful in public places.

**Student Name:** \_\_\_\_\_ **Teacher:** \_\_\_\_\_

**2nd-3rd Grade Log: Make sure you help in each of the 3 areas 5 different times!**

**EXAMPLE:**

I helped my community by \_\_\_\_\_ Date \_\_\_\_\_

I helped my school by \_\_\_\_\_ Date \_\_\_\_\_

I helped my family by \_\_\_\_\_ Date \_\_\_\_\_

I helped my community by \_\_\_\_\_ Date \_\_\_\_\_

I helped my school by \_\_\_\_\_ Date \_\_\_\_\_

I helped my family by \_\_\_\_\_ Date \_\_\_\_\_

I helped my community by \_\_\_\_\_ Date \_\_\_\_\_

I helped my school by \_\_\_\_\_ Date \_\_\_\_\_

I helped my family by \_\_\_\_\_ Date \_\_\_\_\_

I helped my community by \_\_\_\_\_ Date \_\_\_\_\_

I helped my school by \_\_\_\_\_ Date \_\_\_\_\_

I helped my family by \_\_\_\_\_ Date \_\_\_\_\_

I helped my community by \_\_\_\_\_ Date \_\_\_\_\_

I helped my school by \_\_\_\_\_ Date \_\_\_\_\_

I helped my family by \_\_\_\_\_ Date \_\_\_\_\_

I helped my community by \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature to show student completed all of the above: \_\_\_\_\_

Student Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

**K-1 Log: Students can cut and paste attached picture cards to show completion of different ways to be a “Bucket-Filler” with “Helping Hands”**

Date	I helped by:	Date	I helped by:
EXAMPLE	EXAMPLE		

Date	I helped by:	Date	I helped by:

Parent/Guardian Signature to show student completed all of the above: \_\_\_\_\_



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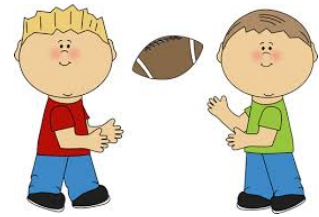
**Make a picture for someone**



**Help a younger student**



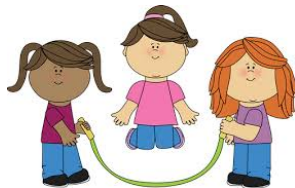
**Pick up trash**



**Include someone at recess**



**Share**



**Include someone at recess**



**VOLUNTEERS**



**Help a neighbor**

**Listen.**



**Draw your own!**

**Keep your hands to yourself.**



**Draw your own!**

**Share.**



**Draw your own!**

**Draw your own!**

**Draw your own!**