



Welcome to
CAPTURING KIDS' HEARTS

Your child's school believes in the importance of establishing an environment where every student feels valued. **We will all be working together to build a high-performing school culture where students know they are loved and are challenged to grow.**

DEAR FAMILIES:

At Capturing Kids' Hearts (CKH), we believe that it's an entire community's responsibility to help equip and empower students to grow into adults who are ready to *lead with heart*. We also know how challenging it can be to create intentional time and space to help grow students' leadership skills and prepare them for success. The truth is, it's never too early (or late) to start, and we are here to help!

This year, we will be working directly with:

- **STUDENTS** through lessons and activities that equip them with ways to understand, practice, or reflect on their leadership skills, their relationships with others, and their potential impact on the community.
- **STAFF MEMBERS** to flex new muscles and intentionally lean into processes that help lower student anxiety and maximize performance. We know that students learn more through connection!
- **FAMILIES** to link arms with you at home. Each month you will receive a newsletter from your school and Capturing Kids' Hearts that aligns with a monthly theme.

These newsletters include ideas, challenges, and activities to help you connect, reflect, and grow as a family.

Each family newsletter will:

- Define and explain the focused character trait for the month.
- Provide you with ideas and activities to help you grow your child's character.
- Equip you with conversation starters you can use to talk with your child and make their learning personal and relevant.

Get started this month with the first family newsletter. We are excited to be on this journey with you!

We are BETTER Together,
Your Friends at Capturing Kids' Hearts

GETTING STARTED

Monthly content to help you capture your child's heart!

A closer look at CAPTURING KIDS' HEARTS

Encouraging student connectedness at home, in school, and within the community.



1 ENGAGE: Hopes and Fears

Ask your student to think about the question, "What is your greatest hope and greatest fear for the coming school year?" Ask your student to write that hope and fear on a sticky note or piece of paper. You can write yours, too! When finished, discuss your answers as a family.



2 EMPOWER: Celebrate Wins

As a family, discuss ways you can celebrate small wins throughout the school year. Those wins might include breaking a personal record on the track or finally mastering a skill in math that has been a challenge. Brainstorm a list of ways your family can celebrate personal and family growth. Make a top five list and prepare for those celebrations!



3 EXCEL: Dream Board

A family vision board is a great way to come together and collaborate through a common vision for a new school year. It also teaches students the importance of goal setting. Create a family dream board and include things you want to accomplish, learn, and experience this school year, individually and together.

CONVERSATION STARTERS

We encourage you to engage your students in conversation starters about Capturing Kids' Hearts Processes and their school environment.

Ask your students questions like:

- ♥ How are you greeted each morning at school? How does it make you feel?
- ♥ What are Good Things from your day? Did you do Good Things in class?
- ♥ What is your class Social Contract? How do you use a Social Contract at school?
- ♥ Who are you connected to at school? Who at school do you trust?