

Welcome back to school! It's a new year!

filled with friendship, learning and growing together.

To start off right, I would like to invite you to join a challenge. I call it Tilly's Kindness Challenge!

Here at CIS we are family and that means we support each other!

Kindness is a simple act that can change someone's day!

It makes your ^{heart} feel pretty good too! In the challenge, try and see how many acts of kindness you can do everyday!

- ☺ - A smile in the hallway to another student is kindness!
- Celebrating a friend's achievements is kindness!
- Giving someone a compliment is kindness
- Most importantly, standing up for someone who is being bullied or treated unfair is kindness... because bullying is not kind!

With our CIS family we are never alone! We all have a choice everyday to be a kind person!

Kindness is contagious!... sort of like the chicken
pox! If you do it, then so will she, and if she does it
then so will he!

Let's fill this year with kindness and challenge
ourselves to be better!

Now, all you need to do to accept Tilly's Kindness
Challenge is to clap as loud as you can and
~~get to work!~~ Stay Kind

~~Stay kind friends!~~ Thank you!