



CITY OF NORTH SALT LAKE

**HEALTH AND WELLNESS COMMITTEE
MEETING NOTICE & AGENDA
APRIL 7, 2025
6:30 P.M.**

Notice is given that the City of North Salt Lake's Health and Wellness Committee will hold a meeting on **April 7, 2025 at 6:30 p.m.** The meeting will be held in the Council Conference Room on the 2nd Floor of City Hall, 10 East Center Street, North Salt Lake, Utah. Some members may participate electronically.

The following items of business will be discussed; the order of business may be changed as time permits.

AGENDA ITEMS

1. Welcome
2. Citizen Comment
3. Approval of Minutes from March 10, 2025
4. Report on One Kind Act a Day Project in the City
5. Report on The Kindness Summit
6. Discussion on Goals and Priorities of the Committee
7. Review Ideas for Newsletter or Social Media
8. Discussion and Review of Davis County's Community Health Improvement Plan
9. Discussion on Point in Time Count Report
10. Discussion on Feedback from Other Committees
11. Update on Federal Funds Related to Treatment/Prevention of Opioid Use
12. City Council Update
13. Committee Member Business
14. Discussion on Future Agenda Items and Schedule Date for Next Meeting
15. Adjourn

Health & Wellness Committee meetings are open to the public. If you need special accommodation to participate in the meeting, please call (801) 335-8709 with at least 24 hours' notice.

Notice of Posting:

I, the duly appointed City Recorder for the City of North Salt Lake, certify that copies of the agenda for the Health & Wellness Committee meeting to be held **April 7, 2025** were posted on the Utah Public Notice Website: <https://www.utah.gov/pmnl/>, City's Website: <https://www.nslcity.org>, and at City Hall: 10 E. Center St. NSL.

Date Posted: April 3, 2025


Wendy Page, City Recorder



1 CITY OF NORTH SALT LAKE
2 HEALTH AND WELLNESS COMMITTEE
3 CITY HALL-10 EAST CENTER STREET, NORTH SALT LAKE
4 MARCH 10, 2025

5
6 **DRAFT**
7

8 Chair Bennett called the meeting to order at 6:33 p.m.
9

10 PRESENT: Mason Bennett, Chair
11 Yemi Arunsi via Zoom
12 Nicole Whetstone
13 Alisa Van Langeveld, City Council
14

15 EXCUSED: Sam Ball, Jeff Scroger
16

17 STAFF PRESENT: Ken Leetham, City Manager; Wendy Page, City Recorder.
18

19 1. CITIZEN COMMENT
20

21 There were no citizen comments.
22

23 2. APPROVAL OF MINUTES
24

25 The Health and Wellness Committee minutes of February 10, 2025 were reviewed and approved.
26

27 **Committee Member Whetstone moved to approve the minutes of February 10, 2025.**
28 **Committee Member Bennett seconded the motion. The motion was approved by Committee**
29 **Members Arunsi, Bennett, and Whetstone.** Committee Members Ball and Scroger were
30 excused.
31

32 3. OPEN AND PUBLIC MEETINGS ACT TRAINING
33

34 Wendy Page presented the annual training on the Open and Public Meetings Act which was
35 required training per State Code for all councils, boards, and commissions that were subject to
36 the Open and Public Meetings Act.
37

38 Councilmember Van Langeveld arrived at 7:00 p.m.
39
40

41 4. DISCUSSION ON GOALS AND PRIORITIES OF THE COMMITTEE

42

43 Mason Bennett reviewed the goals and priorities of the Committee with the following action
44 items:

45

46 • Promote and host no less than two classes per year in conjunction with CTC Coalition
47 Nicole Whetstone to attend CTC meeting and report back.

48

49 • Quarterly outreach publication to residents (City newsletter, social media, separate
50 newsletter)

51 Utilize the information per Sam and Jeff for a newsletter topic on air quality.

52

53 • Highlight of a trail with coordinating event three to four times per year (Strava app)
54 Ownership by the Trails Committee moving forward.

55

56 • Goal related to air quality (social media)

57 Ken Leetham to prepare newsletter item with information provided by Sam and Jeff with
58 Committee to review.

59

60 • Social media/newsletter items related to CERT training

61 Ken Leetham noted that the Fire Department was willing to provide training.

62

63 • Highlight outdoor amenity activities and events (newsletter)

64 This item would be done in conjunction with the Trails Committee.

65

66 • Share results from 2024 wellness survey by USU (newsletter)

67 Committee to review printable report and discuss at the next meeting .

68

69 • Explore “Health in All” policies in City ordinances, plans, and policies

70

71 • Work with other City committees on food drives & support food pantries

72 Ken Leetham mentioned incorporating a food drive into City events.

73

74 • Explore resources for/plans to address homelessness and housing stability (programs)

75

76 • Creation of resource document related to obtaining access to food, clothing, etc. for
77 homeless, also hygiene kits

78

79 • Creation of resource document related to addiction recovery for City’s website and at
80 events (linked from County resources)

81
82 • Coordinate with other committees/boards to solicit feedback, share recommendations
83 Health and Wellness Committee members will attend other committee meetings and report back.
84 Nicole Whetstone volunteered to attend an Arts Committee and a Golf Committee meeting. Yemi
85 Arunsi agreed to attend a Youth City Council meeting.

86
87 • Wellness Fair/Night Out Against Crime event
88 Councilmember Van Langeveld reported that this event would be held on August 7th. She
89 suggested inviting the Center of Hope to host a booth. She also volunteered to invite the local
90 school admins to host a booth at the Wellness Fair. She would also attend an Events Committee
91 meeting to discuss the Unity in the Community and the Wellness Fair events.

92
93 5. EVALUATE HOW TO PROMOTE LADIES OF CHARITY

94
95 Councilmember Van Langeveld clarified that this included opportunities for the Ladies of
96 Charity/Center of Hope outreach and a donation drive at a City event. She noted that the Center
97 of Hope would be invited to participate in the Wellness Fair and the food truck nights.

98
99 6. REPORT ON ONE KIND ACT A DAY EFFORTS IN THE CITY AND LOCAL
100 SCHOOLS

101
102 Mason Bennett volunteered to attend The Kindness Summit on April 11th. Nicole Whetstone
103 commented that she would potentially like to attend as well.

104
105 7. REVIEW IDEAS FOR NEWSLETTER OR SOCIAL MEDIA

106
107 The Committee discussed the next newsletter topic which would be air quality (Sam Ball) and
108 topics for future newsletter and social media posts. Councilmember Van Langeveld proposed a
109 topic for April to include some results from the USU survey. Nicole Whetstone offered to prepare
110 a mental health newsletter for May.

111
112 8. CITY COUNCIL UPDATE

113
114 Councilmember Van Langeveld spoke on federal funds related to a settlement for the opioid
115 epidemic. She said county funds were available if the City had a strategy for the use of these
116 funds. She then mentioned community spaces/third place which promoted social connections and
117 continuing to focus on this through City events and spaces.

118

119 9. COMMITTEE MEMBER BUSINESS

120

121 Nicole Whetstone mentioned an annual food drive for the Bountiful Food Pantry with a drop off
122 at Lees Marketplace on Saturday March 15th.

123

124 10. DISCUSSION ON AGENDA AND SCHEDULE DATE FOR NEXT MEETING

125

126 The Committee determined that the next meeting would be held on April 7th. The following
127 agenda items were discussed:

128

- 129 • Citizen comment
- 130 • Approval of minutes
- 131 • Discussion on goals and priorities of the Committee
- 132 • Review ideas for newsletter or social media
- 133 • Discussion and review of Davis County's Community Health Improvement Plan
- 134 • Discussion on Point in Time Count report
- 135 • Report on The Kindness Summit (Mason Bennett)
- 136 • Discussion on feedback from other committees
- 137 • Update on federal funds related to treatment/prevention of opioid use
- 138 • City Council update
- 139 • Committee member business
- 140 • Discussion on agenda and schedule date for next meeting

141

142 11. ADJOURN

143

144 The meeting was adjourned at 8:00 p.m.

145

146 *The foregoing was approved by the Health and Wellness Committee of the City of North Salt*
147 *Lake on April 7, 2025 by unanimous vote of all members present.*

148

149

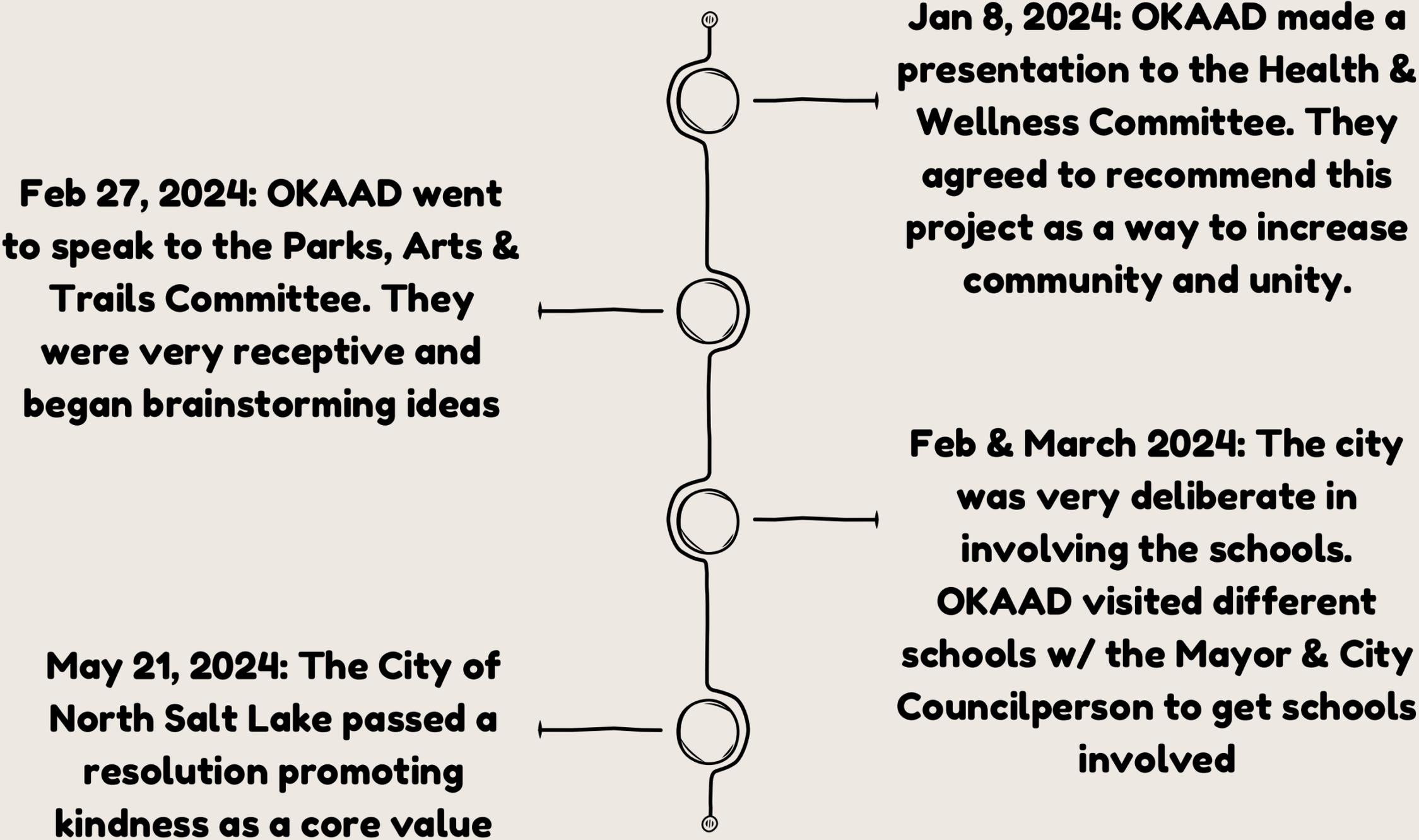
150

151 _____
Wendy Page, City Recorder



**CITY OF
NORTH
SALT LAKE**

TIMELINE OF PREPARATION STAGE





RESOLUTION NO. 2024-18R

A RESOLUTION ENCOURAGING AND PROMOTING KINDNESS AS A CORE VALUE AND INTEGRATING KINDNESS PRINCIPLES

WHEREAS, the City of North Salt Lake recognizes the fundamental importance of fostering a culture of kindness, empathy and understanding within our community; and

WHEREAS, acts of kindness have the power to strengthen bonds among residents, promote a sense of belonging, and enhance the overall well-being of our city; and

WHEREAS, promoting kindness aligns with our city's values of inclusivity, compassion, and respect for all individuals regardless of background, identity, or circumstance; and

WHEREAS, the City of North Salt Lake acknowledges the need to address issues such as bullying, discrimination, and social isolation through proactive measures that promote empathy, compassion, and positive social interactions; and

WHEREAS, promoting kindness can contribute to a safer, healthier, and more vibrant community for all residents, fostering a sense of unity and cooperation among diverse individuals and groups;

NOW, THEREFORE, BE IT RESOLVED BY THE CITY COUNCIL:

1. The City of North Salt Lake hereby declares its commitment to promoting kindness as a core value in all aspects of municipal operations and community life.
2. The City of North Salt Lake will work to raise awareness about the importance of kindness through educational initiatives, public outreach campaigns, and community events.
3. The City of North Salt Lake encourages its departments to integrate kindness principles into their policies, procedures, and decision-making processes, with a focus on enhancing the well-being and quality of life for all residents.

APPROVED AND ADOPTED by the City of North Salt Lake, Utah, on this 21st day of May, 2024.



CITY OF NORTH SALT LAKE

By:

Brian J. Horrocks
BRIAN J. HORROCKS
Mayor

City Council Vote as Recorded:

Council Member Watts Baskin	<i>aye</i>
Council Member Clayton	<i>aye</i>
Council Member Jackson	<i>aye</i>
Council Member Knowlton	<i>aye</i>
Council Member Van Langeveld	<i>aye</i>

ATTEST:

Wendy Page
WENDY PAGE
City Recorder

CITY
RESOLUTION

ENCOURAGED AND
PROMOTED
INTEGRATION OF
KINDNESS
PRINCIPLES

HEALTH & WELLNESS COMMITTEE

- **This initiative was centered primarily in the Health & Wellness Committee who were excited to increase community connections**
- **H&W went to other committees to recommend OKAAD efforts**
- **Community connections was involved in many of the activities the committee planned**



FOOD PANTRY

- **The city has its own Food Pantry organization**
- **They presented to the Health & Wellness Committee**
- **At that meeting the city decided to take them on as an official partner, showing commitment to kindness and helping the community**
- **Because of this partnership OKAAD tried to encourage schools and other city partner to adopt the Center of Hope Food Pantry with projects**



KITE FESTIVAL



CITY OF NORTH SALT LAKE
KITE FESTIVAL

SATURDAY MAY 4, 2024
10:00 AM
TUNNEL SPRINGS PARK
ADDRESS: 1080 EAGLEPOINTE DRIVE, NSL

- **FREE KITES TO DECORATE AND FLY**
- **FOOD TRUCKS**
- **MUSIC DJ**
- **FACE PAINTERS**
- **FLIGHT DEMO (BY WINDS OF CHANGE)**
- **PHOTO OPS**
- **FRESH AIR AND FUN!**

NORTH SALT LAKE PARKS AND arts 

The poster features a bright blue sky with a yellow sun, white clouds, and several colorful kites. At the bottom, an illustration shows a man, a woman, and a child flying a kite together on a grassy field. Logos for 'North Salt Lake Parks and Arts' and the 'City of North Salt Lake' are in the bottom left corner.



THE HEALTH & WELLNESS COMMITTEE WORKED TOGETHER WITH THE PARKS & REC BOARD TO PLAN THIS GREAT EVENT WHERE OKAAD HAD A BOOTH TO PROMOTE KINDNESS

PARKS & TRAILS BOARD

- **Got permission to put up sign on all the event signs in the city and all the parks which we are continuing to maintain**
- **Trail of Kindness: a community building event using the app Strava, focusing on hiking one trail a month. There was a focus on being kind ON the trail and being kind TO the trail**
- **This resulted in community gatherings and trail clean-up efforts**



NORTH SALT LAKE SUMMER TRAIL SERIES

NORTH SALT LAKE
PARKS AND arts



The NSL Health & Wellness Committee and NSL Parks & Arts Board invite you to get out and explore our City's trails this summer! Each month, we will highlight a different trail.

**May 4: Tunnel Springs and
Bonneville Shoreline Trail - 8AM**

**June 1: Wild Rose Trail - 8AM
(National Trails Day)**

**July 7: Legacy Park Walking
Trail - 8 AM**

Connect with others using our group on the Strava app. North Salt Lake Trail Series or online at:

<https://www.strava.com/clubs/NSLTrailSeries>



www.nslcity.org

Hikers on Wild Rose Trail - photo courtesy Bryant Shoblom

TRAIL KINDNESS



We are lucky to have really great trails in North Salt Lake. During the Trail Series we want to emphasize how we can combine our great community with our great trails

KIND ON THE TRAIL

- Say hi and to other people on the trail. These are your neighbors. These are other outdoor enthusiasts. These are your people
- Follow Right-of-Way Guidelines: Down-hillers yield to up-hillers. Hikers yield to bikes and both yield to horses

KIND TO THE TRAIL

- Be careful to the trail in muddy conditions. Tire ruts will dry and remain as part of the trail
- Please remove pet poop and don't leave it in a bag. The poop is unsafe to leave and the plastic is dangerous for local animals and ecology.



YOUTH CITY COUNCIL & VOLUNTEERS



TWO EVENINGS, 20 YOUTH, 6 JUSTSERVE VOLUNTEERS, OKAAD TEAM, AND ALMOST 200 SIGNS

MORE PICTURES



NSL POLICE DEPARTMENT

- WE PARTNERED WITH THE NSL POLICE DEPARTMENT TO HAVE THEM PASS OUT “KINDNESS CITATIONS” TO THOSE OUT IN THE COMMUNITY CAUGHT BEING KIND
- IF SOMEONE RECEIVED THIS KINDNESS CITATION THEY COULD GET ½ DOZEN DONUTS FROM JJ DONUTS

Kindness Citation

Person in Question <i>Local Citizen</i>	Location <i>City of North Salt Lake</i>	Date <i>2024</i>
Reason for Citation <i>Caught being kind</i>	Identifying Characteristics <input checked="" type="checkbox"/> Kind <input checked="" type="checkbox"/> Compassionate <input checked="" type="checkbox"/> Helpful <input checked="" type="checkbox"/> Neighborly	
Celebration <i>1/2 dozen delicious donuts from JJ Donuts</i>		

Thank you for sprinkling kindness in our community! In appreciation of helping the City of North Salt Lake do one kind act a day we have this sweet treat for 1/2 dozen donuts from our very own JJ Donuts



15 US-89, North Salt Lake, UT 84054

SOCIAL MEDIA

We love our #CityofKindness! Remember the @orchardelementarypta CEREAL DRIVE last month? The students collected 610 boxes of cereal! This amount was then matched by Performance Auto for a total of 1,220 boxes for the NSL Center of Hope Food Pantry! In a presentation at Orchard Elementary, Mary Ellen Dworshak from the Center of Hope expressed appreciation to Performance Auto and the NSL community for the "incredible" donation. Relating to the City, she said, "North Salt Lake is an outstanding partner. They were named a City of Kindness. The kids are learning that, too. You guys are all doing an amazing job to make a difference in a lot of people's lives." #nslife #onekindact #performanceauto @orchard_eagles @ladiesofcharity_centerofhope @performancefordbountiful Performance Honda Bountiful #nslhealthandwellness #nslkindacts One Kind Act A Day Read more from the "Davis Journal" <https://www.davisjournal.com/.../orchard-elementary-s...>

Remember the CEREAL DRIVE?

610 BOXES + 610 BOXES MATCHED BY PERFORMANCE AUTO) 1220 BOXES!

GUESS HOW MANY BOXES THEY COLLECTED FOR THE NSL CENTER OF HOPE FOOD PANTRY?

Orchard Elementary Eagles

PERFORMANCE HONDA BOUNTIFUL

NSL CITY OF KINDNESS

ON THIS INTERNATIONAL DAY OF *Friendship*

It's a great time to consider doing ONE KIND ACT

NSLCITY.ORG

- HOLD THE DOOR OPEN
- WRITE A THANK YOU NOTE
- SEND A GRATITUDE EMAIL
- BAKE COOKIES FOR SOMEONE
- BEFRIEND SOMEONE NEW
- CALL A GRANDPARENT
- WRITE A POSITIVE NOTE
- VOLUNTEER
- SURPRISE SOMEONE WITH A TREAT
- FORGIVE SOMEONE
- THANK THE CUSTODIAN
- REALLY LISTEN TO A FRIEND
- SMILE AT SOMEONE NEW
- BE A MENTOR FOR SOMEONE WHO NEEDS IT
- DONATE CLOTHES TO SOMEONE IN NEED
- SEND A MOTIVATIONAL TEXT TO A STRUGGLING FRIEND
- TAKE SOMEONE TO LUNCH
- GIVE AN UNEXPECTED COMPLIMENT
- REACH OUT TO A FAMILY MEMBER YOU HAVEN'T SPOKEN TO IN AWHILE
- MAKE ROOM FOR A MERGING VEHICLE

City of North Salt Lake
13 de novembro de 2024 · 🌐

On this official #nationaldayofkindness, we are excited to announce that the City of North Salt Lake has officially been proclaimed a Certified City of Kindness by @one... Ver mais

CITY OF NORTH SALT LAKE
CITY OF KINDNESS
November 12, 2024

NEW YEARS GOALS:
THAT HELP OUR COMMUNITY

- Renew your commitment to do one kind act a day.
- Resolve to get involved. Volunteer for a City committee: Events, Arts or Trails.
- Find out about the City's General Plan Update.
- Plant a tree. Trees make life better in cities.
- Introduce yourself to your neighbors. Connected neighborhoods are friendlier and safer.
- Subscribe to the City's E-newsletter.

nslcity.org

City of North Salt Lake
March 20, 2024 · 🌐

#onekindactaday One Kind Act A Day

"Being kind means responding to the needs of others – and people can be kind, no matter how old or young we are."

Fred Rogers

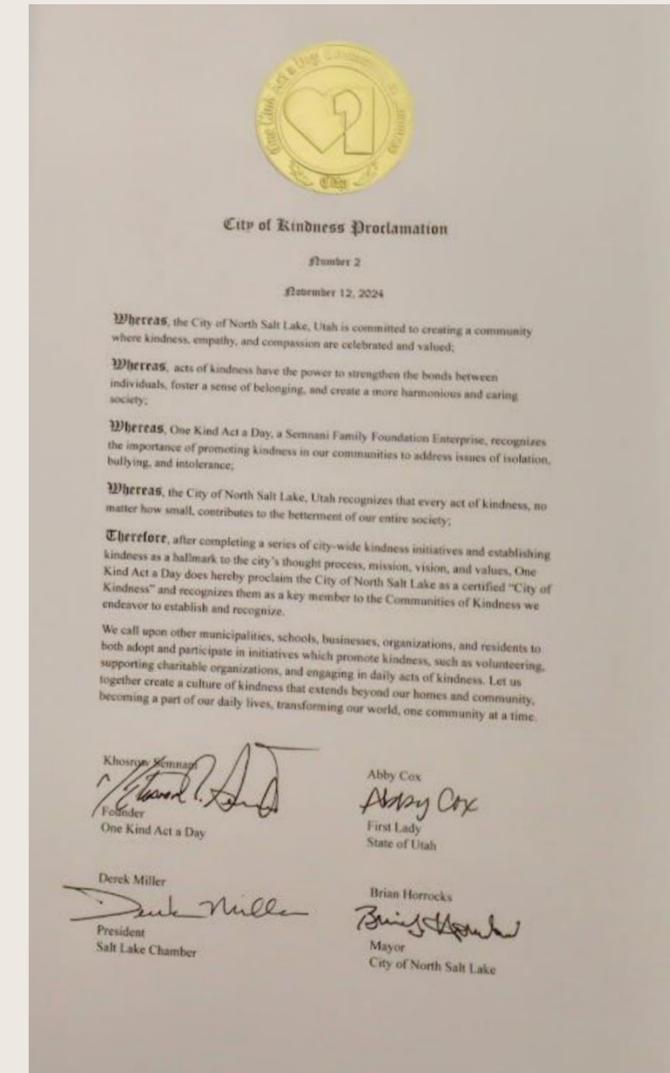
CERTIFICATION

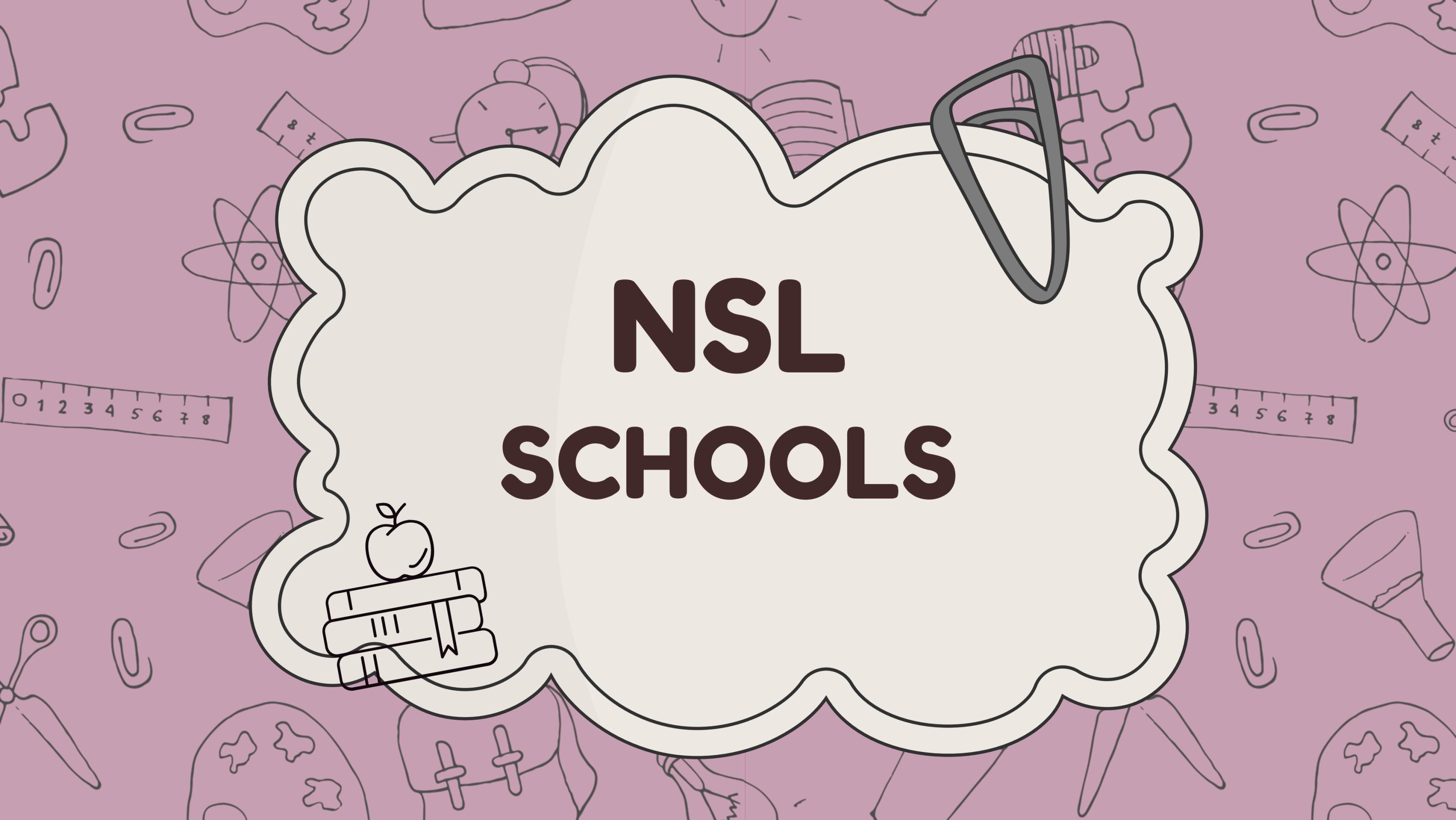


NOVEMBER 12, 2024

THE CITY OF NORTH SALT LAKE WAS CERTIFIED AS AN OFFICIAL CITY OF KINDNESS

CERTIFICATION



The image features a central white cloud-like shape with a dark outline, containing the text "NSL SCHOOLS" in a bold, dark font. The background is a light purple color with various school-related icons scattered throughout, including a ruler, paper clips, an apple, a stack of books, a pencil, a pair of scissors, a paint palette, a funnel, and a lightbulb. A dark grey paperclip is also attached to the top right edge of the white cloud shape.

NSL SCHOOLS

ORCHARD



SCHOOL INFO

The school is
preK-6th grade
with about 700
students and
80 staff

We started working with
them April 2, 2024



TEACHER KINDNESS WEEK

APRIL 8-12, 2024

Monday, April 8, 2024	Tuesday, April 9, 2024	Wednesday, April 10, 2024	Thursday, April 11, 2024	Friday, April 12, 2024
Pass our coins and explain the event to faculty and staff.	Faculty and staff pass exchange coins to show gratitude for kindness.	Faculty and staff pass exchange coins to show gratitude for kindness.	All faculty and staff wear kind T-shirts. Assembly with Avais Amed. Ice cream for faculty and staff at lunch.	Take the kindness pledge.

WE STARTED THE INITIATIVE WITH THE TEACHERS WHO PASSED AROUND THE KINDNESS COIN, WORE THEIR KINDNESS T-SHIRTS AT SCHOOL AND TOOK OUR PLEDGE OF KINDNESS



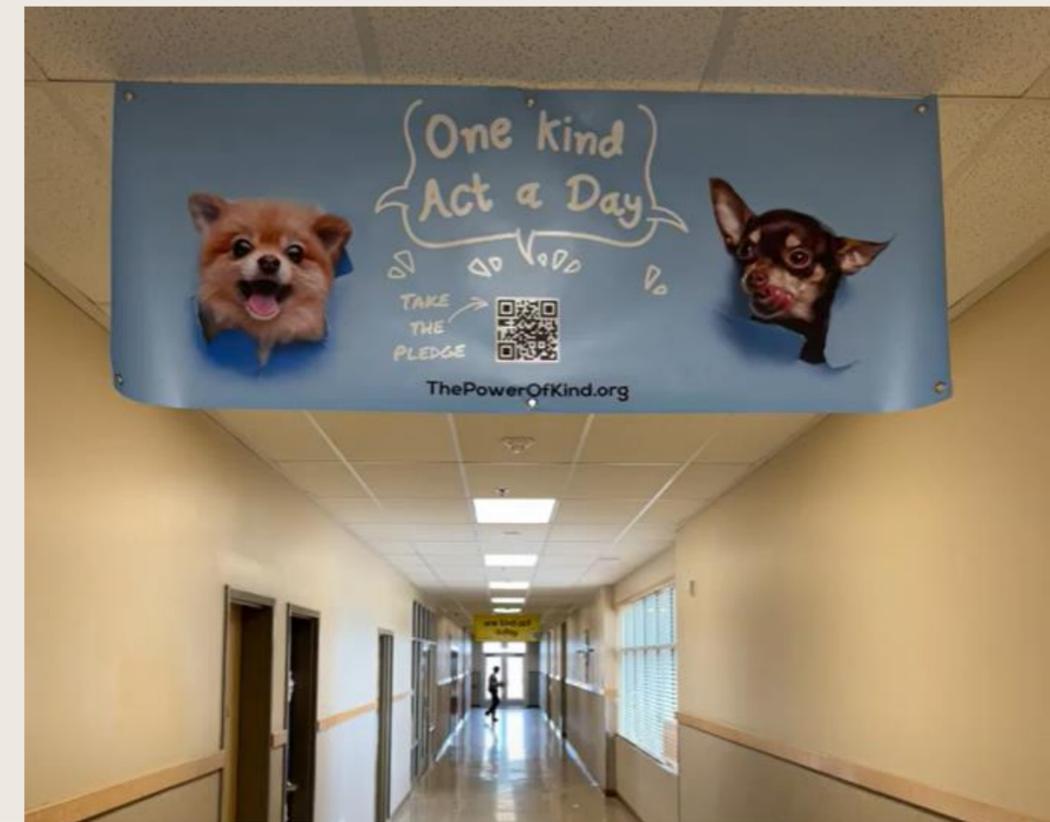
STUDENT KINDNESS WEEK

APRIL 15-19, 2024



WE KICKED OFF THEIR KINDNESS WEEK WITH AN ASSEMBLY WHERE WE CROWNED ONE OF THE TEACHERS THE "QUEEN OF KINDNESS!" KIDS PARTICIPATED IN KINDNESS ACTIVITIES ALL WEEK LIKE KINDNESS BINGO AND A KINDNESS POSTER

KINDNESS SIGNS



SOMETHING IMPORTANT THAT WE ASK ALL OF THE SCHOOLS WE PARTNER WITH IS TO PUT UP YARD SIGN, FLOOR STICKERS, POSTERS, ETC. TO PROMOTE KINDNESS IN EVERY CORNER

FOXBORO



SCHOOL INFO

The school is
k-6th grade with
about 1,000
students and
75 staff

We started working with
them August 2, 2024



CHALLENGES

This year their theme was
Foxboro Falcons R.O.C.K
(respectful, obedient,
cool and kind)

The picture shows what they
would get if they did kind acts

FOXBORO FALCONS

CHALLENGE

COLLECT COINS
You can earn coins as a small group of students or as a class from any adult, that is not your homeroom teacher, at Foxboro Elementary.

COLLECT FALCONS

- Every time your class has 10 coins, turn them into for a small Falcon to put on our school wide chart.
- Every time you have 10 small Falcons, turn them in for one large Falcon.

PRIZES

- 10 Coins/ Small Falcon = School Sticker
- 2 Small Falcons = Rockstar Bracelet
- 5 Small Falcons = Foxboro Pen
- 7 Small Falcons = Foxboro Brazier
- 1 Large Falcon = Game and Popcorn Party
- 1 Large Falcon AND 2 Small Falcons = Mystery Prize
- 1 Large Falcon AND 3 Small Falcons = Foxboro Pen
- 1 Large Falcon AND 7 Small Falcons = Foxboro Notebook
- 2 Large Falcons = Donut Party
- 2 Large Falcons AND 2 Small Falcons = Rockstar Treat
- 2 Large Falcons AND 3 Small Falcons = Reading and PJ Party
- 2 Large Falcons AND 7 Small Falcons = Extra Recess
- 3 Large Falcons = Frozen Treat Party (class choice)
- 3 Large Falcons AND 2 Small Falcon = Mystery Prize
- 5 Large Falcons AND 5 Small Falcon = Rockstar Treat
- 3 Large Falcons AND 7 Small Falcon = Principal Game Time
- 4 Large Falcons = Pizza Party

COLLECT PRIZES
Prizes will be awarded to each class when levels are reached!

STUDENT ASSEMBLY



WE DID THE STUDENT ASSEMBLY WITH THE BITTER BLUE BAND 8/30/24

STUDENT ASSEMBLY - CONTINUED



STUDENT LEADERSHIP HELPED WITH THE ASSEMBLY AND THEY PERFORMED SKITS TO SHOW THEIR PEERS HOW THEY COULD GO ON A "TOUR FOR KINDNESS" AT SCHOOL

STUDENT ASSEMBLY - CONTINUED

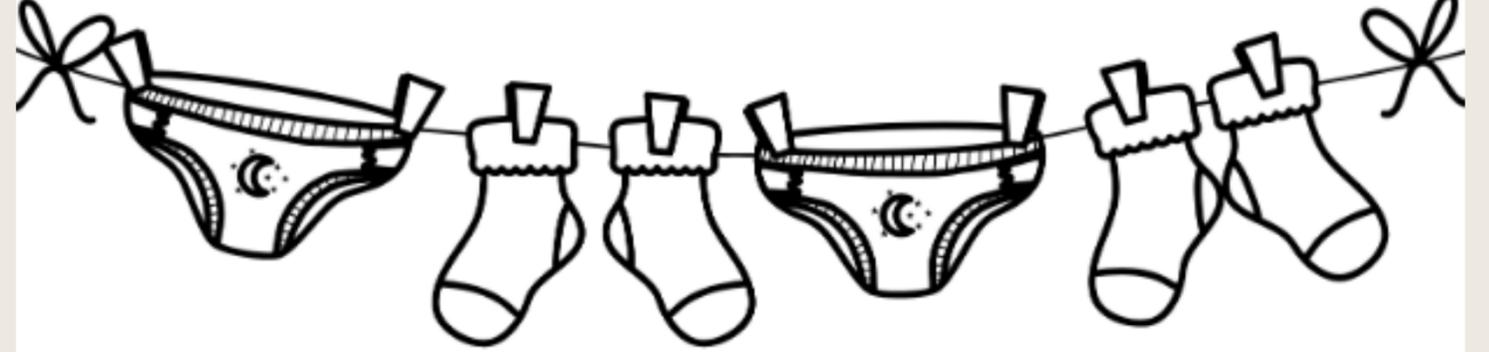


**LINK TO VIDEO
MADE BY THE
DISTRICT ABOUT
THE ASSEMBLY**

**[HTTPS://WWW.INS
TAGRAM.COM/P/C
_1XZ_UMPNY/](https://www.instagram.com/p/C_1XZ_UMPNY/)**

SERVICE PROJECT

During the month of
October they
collected socks and
undies for Foxboro
families in need



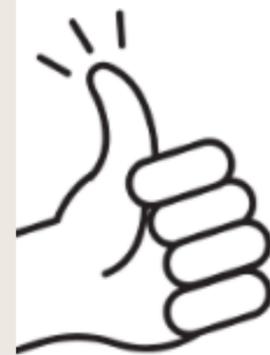
It's **SOCKTOBER!**

For the next month, we will be collecting

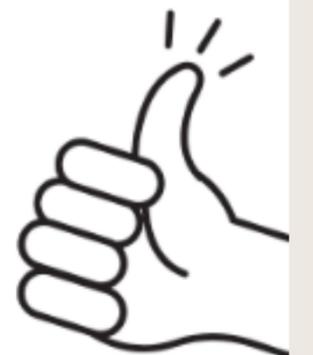


SOCKS AND UNDIES!

If you are able to donate to help out
Foxboro families in need, we will have bins
in each pod for drop off. Let's fill them up!



all
SIZES



NEEDED!

**We had a meeting with
the school's staff to
get them involved with
the movement.**

**We passed out
kindness coins and
encouraged them to
pass it amongst
themselves**



DECEMBER 13, 2024

MOVIE NIGHTS

**We hosted several
family movie nights
with a kindness
activity and snacks
to involve the
community/families**

**September 26, 2024
December 5, 2024**



For one of the movie nights the families decorated Christmas cards and they were delivered to a nursing home in the area.

During this week they also did a food drive



DECEMBER 5, 2024

SPRING FLING FAMILY DANCE

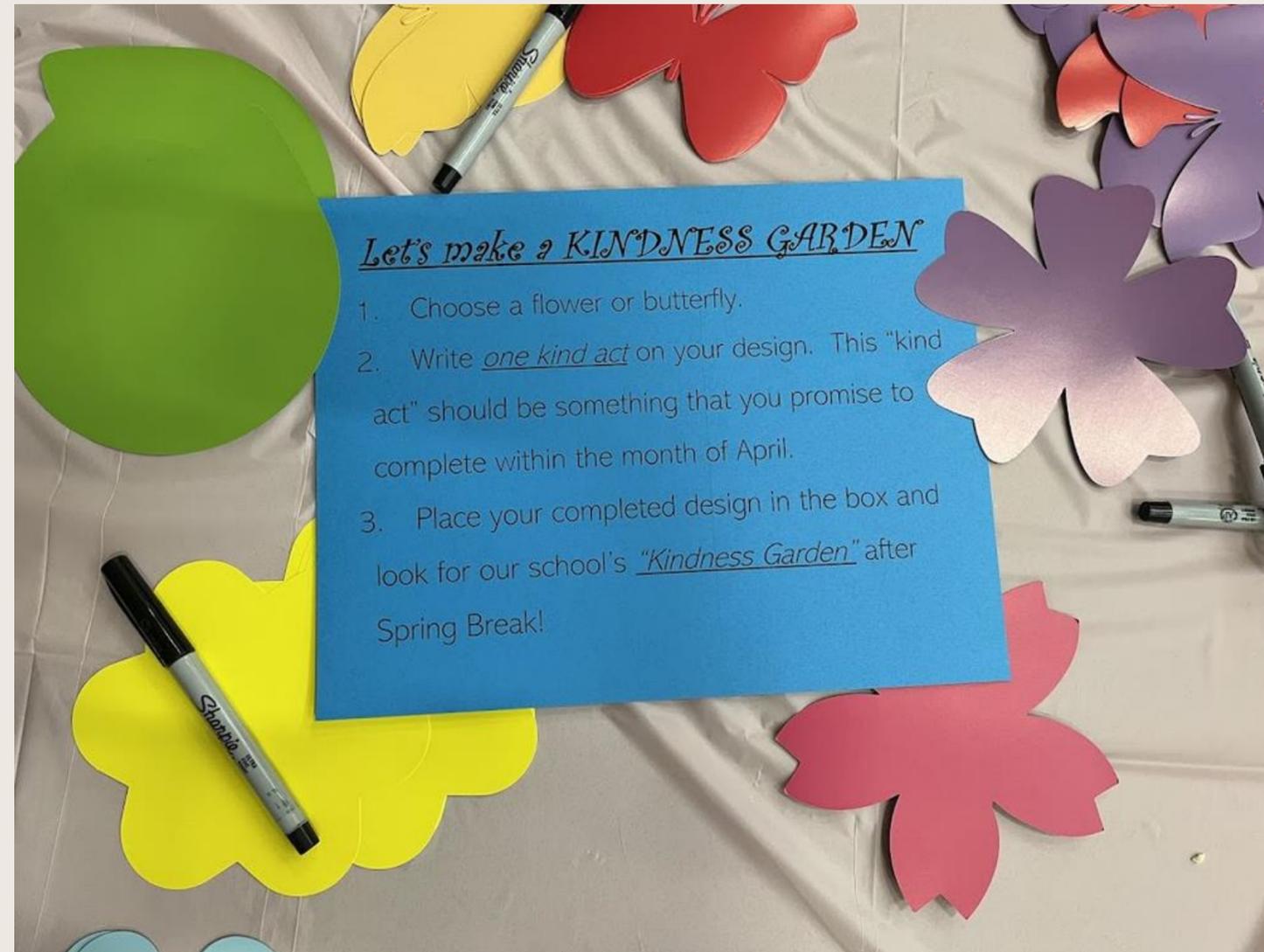
MARCH 26, 2025

**WE HOSTED THEIR FAMILY DANCE AND
HAD COOKIES AND LEMONADE FOR
EVERYONE.**

**AT THE EVENT, APART FROM DANCING,
STUDENTS & FAMILIES WROTE ACTS
OF KINDNESS ON FLOWERS AND
BUTTERFLIES THAT WILL LATER BE
ADDED TO THE KINDNESS GARDEN
MURAL IN THEIR HALLWAY FOR THE
MONTH OF APRIL!**



MORE PICTURES



OCTOBER MONTHLY CHALLENGE

**THIS IS THE STICKER EACH CLASSROOM
COULD WIN IF ALL THE STUDENTS
PARTICIPATED IN THE MONTHLY
CHALLENGE**



Teacher Name: _____

OCTOBER KINDNESS CHALLENGE

Monthly Theme:

Resilience and Encouragement

WEEK 1: SMILE AND SHINE

TASK: SMILE AT 5 PEOPLE TODAY. EVEN WHEN THINGS FEEL TOUGH, A SMILE CAN LIFT BOTH YOUR SPIRITS AND THEIRS!

WEEK 2: KINDNESS TO YOURSELF

TASK: DO SOMETHING NICE FOR YOURSELF TODAY, LIKE READING YOUR FAVORITE BOOK, GOING FOR A WALK OR DRAWING.

WEEK 3: SAY THANK YOU

TASK: THANK SOMEONE WHO HELPED YOU THIS WEEK—A TEACHER, PARENT, OR FRIEND.

WEEK 4: CHEER A FRIEND

TASK: SAY SOMETHING ENCOURAGING TO A FRIEND WHO LOOKS SAD OR NEEDS A BOOST.



NOVEMBER MONTHLY CHALLENGE

**THIS IS THE STICKER EACH CLASSROOM
COULD WIN IF ALL THE STUDENTS
PARTICIPATED IN THE MONTHLY
CHALLENGE**



Teacher Name: _____

NOVEMBER KINDNESS CHALLENGE



MONTHLY THEME:
GRATITUDE

WEEK 1: FRIENDLY NOTE
TASK: WRITE A KIND NOTE TO SOMEONE. TELL THEM WHY YOU'RE GRATEFUL FOR THEM OR SOMETHING YOU APPRECIATE ABOUT THEM.

WEEK 2: HELP OUT
TASK: DO ONE HELPFUL THING FOR SOMEONE ELSE TODAY. IT COULD BE PICKING UP SOMETHING THEY DROPPED, HELPING CLEAN UP, OR EVEN SHARING SOMETHING.

WEEK 3: THANK YOU
TASK: SAY "THANK YOU" TO THREE DIFFERENT PEOPLE WHO HELP YOU TODAY. IT COULD BE A FRIEND, A TEACHER, OR EVEN A FAMILY MEMBER.

WEEK 4: GRATITUDE WALK
TASK: GO ON A WALK OUTSIDE OR LOOK OUT THE WINDOW, AND NOTICE THREE THINGS YOU'RE THANKFUL FOR IN NATURE, LIKE THE SUNSHINE, TREES, OR A COOL BREEZE.



WEEK 1 WEEK 2 WEEK 3 WEEK 4

DECEMBER MONTHLY CHALLENGE

**THIS IS THE STICKER EACH CLASSROOM
COULD WIN IF ALL THE STUDENTS
PARTICIPATED IN THE MONTHLY
CHALLENGE**



Teacher Name: _____

DECEMBER KINDNESS CHALLENGE

MONTHLY THEME: GENEROSITY

Week #1: Donate or Give Away

Task: Pick one thing you no longer use (a toy, book, or piece of clothing) and set it aside to donate or give to someone who might need it.

Week #2: Draw a Picture for Someone

Task: Create a drawing/card for someone or give them a high five for a job well done to make their day special.

Week #3: Be an Encourager

Task: If you see someone struggling or feeling down, cheer them on with supportive words.

Week 1 *Week 2* *Week 3*

Three wrapped gift boxes representing Week 1, Week 2, and Week 3.

JANUARY MONTHLY CHALLENGE

**THIS IS THE STICKER EACH CLASSROOM
COULD WIN IF ALL THE STUDENTS
PARTICIPATED IN THE MONTHLY
CHALLENGE**



2025

TEACHER NAME _____

HAPPY
New Year

JANUARY KINDNESS CHALLENGE

MONTHLY THEME: OPTIMISM

WEEK 1: GIVE A "HIGH FIVE" OR A "FIST BUMP"
TASK: WHEN YOU SEE SOMEONE DO SOMETHING GOOD OR
SIMPLY TO BRIGHTEN THEIR DAY, OFFER THEM A HIGH
FIVE OR A FIST BUMP WITH A SMILE

WEEK 2: INCLUDE OTHERS
TASK: INVITE ANOTHER STUDENT WHO MIGHT FEEL LEFT
OUT TO JOIN YOU AND YOUR FRIENDS DURING LUNCH,
RECESS OR ANOTHER ACTIVITY. INCLUSION IS A
POWERFUL ACT OF KINDNESS

WEEK 3: SAY "THANK YOU" MORE OFTEN
TASK: EXPRESSING GRATITUDE IS A GREAT WAY TO
SPREAD GOOD FEELINGS. SAY "THANK YOU" TO TEACHERS,
STAFF, AND OTHER STUDENTS

WEEK 4: PRACTICE SELF COMPASSION
TASK: TAKE SOME TIME TO REFLECT ON WHAT YOU'VE
DONE WELL OVER THE PAST MONTH. BE KIND TO YOURSELF
AND CELEBRATE YOUR PROGRESS



WEEK 1



WEEK 2



WEEK 3



WEEK 4

FEBRUARY MONTHLY CHALLENGE

**THIS IS THE STICKER EACH CLASSROOM
COULD WIN IF ALL THE STUDENTS
PARTICIPATED IN THE MONTHLY
CHALLENGE**



TEACHER NAME _____

FEBRUARY KINDNESS CHALLENGE

Monthly Theme: Inclusivity

WEEK 1: "I SEE YOU"
Task: look for someone who might feel left out and invite them into the group to be in a game or a conversation.

WEEK 2: "I APPRECIATE YOU"
Task: As a class, choose another class or staff member to surprise with a "Heart Attack" by covering their door with kind words of appreciation.

WEEK 3: "I RESPECT YOU"
Task: Help clean up shared spaces. Show respect by keeping classrooms, lunchroom, hallways and playgrounds tidy.

WEEK 4: "I HEAR YOU"
Task: Listen without distractions and Let others finish speaking before responding. Don't interrupt!

Week 1 Week 2 Week 3 Week 4

SCHOOL DONATION

**APRIL 11, 2025 WE HAVE OUR ANNUAL ONE
KIND ACT A DAY KINDNESS SUMMIT**

**WE USUALLY PROVIDE A THANK YOU GIFT
FOR EACH OF THE SPEAKERS BUT THIS
YEAR IT WILL BE A LITTLE DIFFERENT**

**ON BEHALF OF EACH SPEAKER, ONE KIND
ACT A DAY WILL MAKE A DONATION TO A
SCHOOL WE ARE PARTNERING WITH**

**ON BEHALF OF DAVID PAINE , FOXBORO
WILL BE RECEIVING A \$500 DONATION**



WASATCH PEAK



SCHOOL INFO

The charter school
is k-6th grade
with about 500
students and
65 staff

We started working with
them June 6, 2024



GETTING STARTED

During the month of September, their school counselor visited classes and taught a lesson on kindness. They had posters hung around the school reminding students that "kindness is cool." At the end of the month, they recognized students who teachers and staff members nominated for showing kindness. They also held their annual School Service Project in conjunction with the National Day of Service

We met with student leadership to plan their kindness week

We also met various times to help them prepare skits to perform at the student kickoff assembly



We had a meeting with the teachers and we passed out kindness coins for them to pass along to each other

The teachers also all received our One Kind Act a Day t-shirts to wear for the assembly and any other day



AUGUST 5, 2024

STUDENT ASSEMBLY



**STUDENT COUNCIL PERFORMED THEIR KINDNESS SKITS ALL ABOUT
HOW KINDNESS IS MAGIC AND RIPPLES THROUGH TIME**

“KINDNESS IS MAGIC” ASSEMBLY



ZANE GRAY, A LOCAL MAGICIAN, PERFORMED FOR THE STUDENTS

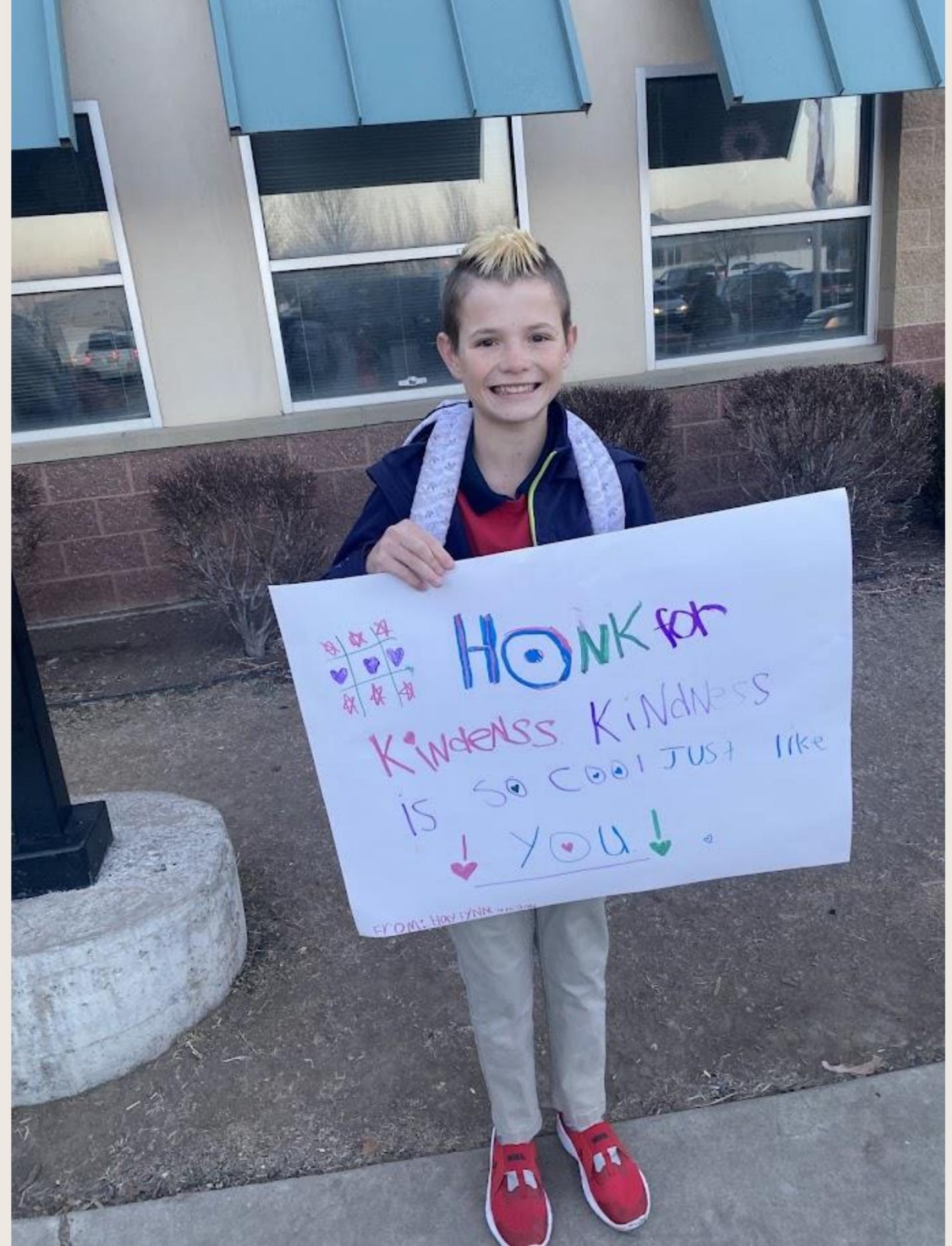


**KINDNESS
IS
MAGIC!**



STAFF AND TEACHERS WERE SUPER INVOLVED IN THE ASSEMBLY

Student Council
welcomed students to
school at the beginning
of the week with
“Honk for Kindness”
posters, music and a
high five for everyone





HONK
FOR
KINDNESS

ONE KIND
ACT A DAY

Kindness
is
Cool



Honk
for
Kindness!

ONE KIND
ACT A DAY

Take the Pledge at
ThePowerOfKind.org



Throughout the week
students were
encouraged to do kind
acts and fill out this
Kindness Family Bingo

Wasatch Peak Academy KINDNESS WEEK Family Bingo

Donate
Craft Kits

Pick Up
Trash or
Shovel
Snow

Make a
Donation

Donate
Gently
Used
Clothes

FREE SPACE
Thanks for
Spreading
Kindness!

Do a Chore
Without
Being Asked

Do
Something
Kind for a
Neighbor

Write an
Appreciation
Note

Donate a
Gently
Used Toy

Kindness Week Family BINGO Challenge WINNERS



This amazing family chose
Primary Children's Hospital
to receive a donation in their honor.

THE FIRST FAMILY WHO ACHIEVED A BINGO BLACKOUT WAS ABLE TO CHOOSE A CHARITY ONE KIND ACT A DAY WOULD DONATE IN THEIR BEHALF. THEY CHOSE PRIMARY CHILDREN'S HOSPITAL

MAGIC MAIL



STUDENTS SENT KINDNESS NOTES TO EACH OTHER THROUGH THE MAGIC MAIL POST OFFICE. THEY WROTE NOTES AND PUT THEM IN THE MAILBOX AT THE SCHOOL. OFFICE WORKERS SORTED THE MAIL AND DELIVERED IT TO THE STUDENTS HOMEROOM. PARENTS ALSO SENT NOTES TO THEIR STUDENTS BY PLACING THEM IN THE MAILBOX IN FRONT OF THE SCHOOL OR IN THE OFFICE MAILBOX

**STUDENTS TOOK
THE PLEDGE OF KINDNESS**



Wasatch Peak Academy

KINDNESS PLEDGE

**I pledge to myself on this very day
To try to be kind in every way.
To every person big or small,
I will be kind to them, one and all.**

**KINDNESS
IS
MAGIC!**



**Students also
participated in a
kindness poetry contest**

**There were many
submission but these
were the winners**

**Kindness is a helping
hand whenever you need
a friend**

**Kindness brings us
together and makes me
happy inside**

**I have helped my friends
with so much pride**

by Rose



Kindness is sharing,
Kindness is caring.
Kindness is playing,
Kindness is saying
“Will you be my friend?”
Kindness is nice,
Kindness is not as cold as ice!
Kindness is warm,
Kindness is like a swarm of
good thoughts.
I am a friend and I am kind.

by Peyton



**Kindness has a warm place in my
heart**

Kindness is my friend

**When I feel kindness I feel
sparks fly**

No need to offend

And,

**Kindness has a warm place in my
heart**

Even when I feel down

Even when I am lonely

Even when I have a frown

**Kindness has a warm place in my
heart**

by Lila



Kindness is a warm heart

**Kindness makes me feel
lovely**

**Kindness is helping my
friend pick up her
crayons**

**Kindness makes everyone
feel loved**

by Genevieve



What is kindness?

Kindness, Kindness,

What is kindness

**Kindness is giving, caring,
and loving**

**It makes you feel happy
when you are down.**

by Camryn



Kindness is a garden

Once you plant the seed

**Kindness will continue to
grow**

by Mila

Kindness changes lives

**Its priceless, worth more than
50 dimes,**

It ripples like the water in a pond

And is magic, like a magic wand

**Remember the word kindness
please**

**When your in need it will put you
at ease**

**When you spread kindness to
one,**

Kindness spreads to everyone!

**You should be kind to someone
too,**

**And i hope the same happens to
you**

by Damian

On a branch there sat a bird
He thought he was unheard
No one would let him play
Because he looked different, they
made him pay
So here he sits, all alone
He is sad to the bone
Out of nowhere a bird swoops in
And she notices him
She gave a chirp of kindness
Unknowing of what she did was
mountainous
With the kindness in the boy
He wanted to share his joy
So he was kind to another
And oh brother
It spread greatly from there
One bird was kind to a bear
And the world was pure once
more.

by Logan

CERTIFICATION

**Both Foxboro and
Wasatch Peak will be
certified as an official
School of Kindness
by the end of the
school year in May**



THE END :)

