

Dear Wilkes Wildcats,

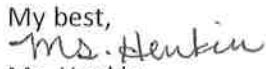
I know sometimes when we make changes it can be confusing. This year we are asking that you never share food with friends. Sharing food can accidentally make your friends sick and it is my responsibility to make sure everyone is safe. This means you are no longer allowed to bring treats to share on your birthday. You see, I think there are SO many ways that we can celebrate one another without food. I challenge you to try something new this year! I have started a list of things I could do, but I would love to have you add to the list!

Showing kindness and care to others list:

- An act of kindness- like helping someone accomplish a task
- Smiling all day long
- Telling someone how much I care for them
- Giving someone a thumbs up or kind word when they have accomplished something
- Writing a note to tell someone I care about them
- Carefully listening to someone and genuinely responding to show I care about what they are thinking and saying
- Drawing someone a picture
- Inviting someone to join me in a fun activity

I'm sure the list could keep in going and it doesn't even include anything to eat!

I do hope you are able to give and get kindness during your day.

My best,  
  
Ms. Henkin