



## Lessons for a New Year

Dear Parents,

Welcome back to Westmont and to 2018. Our children are excited to return and we know that tremendous opportunities are in store for them as they launch into a new semester. For all of us, a new year also provides endless opportunities for reflection, resolution, reorganization and regrouping of life's priorities. This is the time that many of us resolve and commit to improving, continuing or changing behaviors. For some, simply thinking about what could be is enough to help the psyche.

Our theme for our school year since September is *Peaceful Living*, which is supported every day by our faculty, staff, Grace, Courtesy and Peace curriculums. We will recommit to our efforts because we know that every word we utter, and every action we make, comes under the microscopic eye of our students. We know that children learn what they see, thus, our role-modeling and reinforcement of desired behaviors is key. Today, in a somewhat unsettled and intolerant society, it is vital, more than ever, to role model respectful behaviors, positive language and empathetic interactions.

We are privileged to help raise the next generation, and our goal must be a better tomorrow for all. The children are the future leaders. Dr. Maria Montessori said, "Peace is what every human being is craving for, and it can be brought about by humanity through the child."

At this time for new beginnings, let's make a resolution to work together to achieve a peaceful world through our teachings to our children. Together we can:

- Help children solve problems by using their words; remember our Peace Rose?
- Expect the desired behaviors we wish to see: we will not settle for less
- Nurture social skills and encourage good manners at home and in public
- Show kindness to others and expect kind interactions from our children
- Teach empathy and help our children understand what others are feeling
- Focus on family together time, hold family meetings and reinforce family values
- Practice patience, tolerance and inclusion
- Give children responsibilities and allow them to care for themselves and their environment
- Encourage leadership by helping children think for themselves and make good choices



Using this new year as a platform for growth and peaceful living, along with our ability to influence young children, we can develop great leaders and make a better tomorrow for everyone.

Here's to continued partnership,  
Colette