

# Inclusion Team

## A MONTHLY NEWSLETTER

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### THEME OF THE MONTH: ASCS CORE VALUES

**Week 1:** Go Green

**Week 2:** Integrity & Tolerance

**Week 3:** Collaboration

**Week 4:** Compassion and  
Courage



### Things that promote good mental health in kids:

- Unconditional love from family.
- High self-esteem and confidence.
- Encouraging teachers and supportive caretakers.
- Safe and secure environment.
- Appropriate guidance and discipline.
- Healthy social life.



### INTEGRITY

*Integrity* is doing the right thing even when it's hard or when no one is looking.

“***Rather fail with honor  
than succeed by Fraud***”  
- *Sophocles*



## **TOLERANCE**

*Tolerance* is when you accept others who are different in their race, culture, habits, and even beliefs. When you accept and play with your friends, you are showing tolerance.

## **COLLABORATION**

*Collaboration* is when people work with each other to complete a task. It involves co-operation and teamwork and the sharing of ideas, knowledge, and skills to reach the same objective



## **COMPASSION & COURAGE**

*Compassion* means we care about others, treat them with kindness, and feel a strong desire to help people in need.

*Courage* involves making good choices in the face of fear or obstacles. It's another term for bravery.



***Kindness is a gift everyone can afford to give" - unknown***