

# Qulin Middle School

## Random Acts of **Kindness** Week

Feb. 10-16

Showing kindness to others is an important thing. It builds great character and shows you have compassion for those around you. Performing random acts of kindness can be as simple as saying hello and a smile, and these can often go a long way in making someone's day better. Together, we can make the world a better place - start with our school!

**Monday: Hygiene Hyjinks!** Come to school dressed as your favorite superhero, if you donate a hygiene product to our school's Caring Fund. You can bring NEW toothbrushes, toothpaste, deodorant, body wash, or etc.

**Tuesday: Get Smart - Spruce Up the School!** - Bring in your spare change and donations that we can use to buy plants and flowers to beautify our building this spring. To celebrate the new incoming plant life, and the CO2 that we get to release into the atmosphere - dress like a "genius"!

**Wednesday: Throw Kindness Like Confetti!** Dress as brightly as you can today! We will be selling "confetti" for 25 cents. You can buy your confetti, add a compliment, and have it delivered to your friend! Donations will go to the Qulin Nutrition Center.

**Thursday: Squad Day!** Try to invite new people into your "squad". Sit with someone different or have a conversation with someone new. Groups can dress up in different group costumes... Star Wars, Mickey Mouse Clubhouse... the sky is the limit (as long as it is school appropriate, of course)! ---OR, dress in your Royals gear, to be part of the best squad of all (The Twin Rivers Squad)! Garb up in your favorite blue and white attire.