



MENDEZ FOUNDATION

Too Good for Violence Grade 3 Home Workout for Parents and Kids

Dear Parents,

Our class is beginning the third grade lessons in a program called *Too Good for Violence*, a violence prevention/character education program developed for kindergarten through eighth grade students. This program, developed by the Mendez Foundation, teaches peaceable attitudes and life skills through activities, songs and stories.

From time to time you will receive "Home Workouts," home activity sheets that reinforce and extend at home what your child is learning at school. By sharing these activities together, you will help your child to learn important social skills that will help your child to get along well with others and to resolve conflicts in peaceful ways.

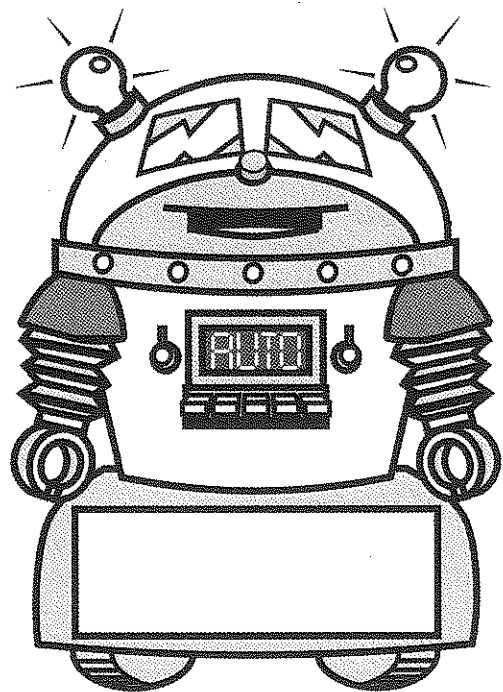
Thank you for your interest and help in teaching the skills to help us all live in a peaceable place. Being responsible for a child is the most difficult and, at the same time, most joyous and rewarding of experiences. As parents and/or caregivers, you have the opportunity to guide the growth and development of a young life in a positive direction. What a tremendous responsibility! I wish you well in your journey to become the best parent you can be.

Sincerely,

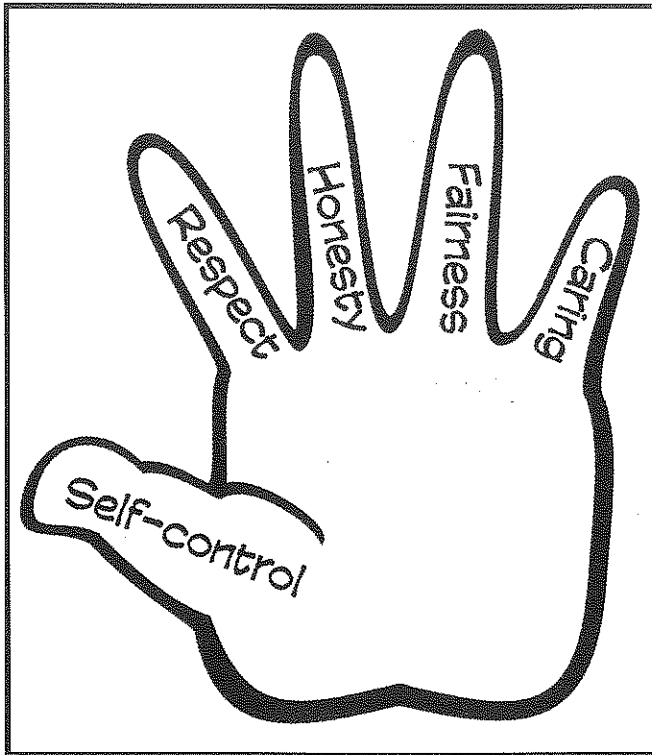
The *Too Good for Violence* curriculum for third grade uses the theme of robots to teach effective communication skills and to introduce students to some basic conflict resolution skills. In our first lesson we met "Auto," a robot who helped us to understand the definition of peace and conflict. He also helped us learn that conflict is part of being human and that every person is capable of learning skills for solving conflicts. Ask your child to tell you some of the things that make humans different from robots. Unlike robots,

- We are special, and each one of us is different.
- We have feelings to warn us when we have a conflict.
- We care about ourselves and about others.
- We can understand how another person feels.
- We have self-control to stop and think before acting.
- We can create many new ideas for solving conflicts.

*Making peace is very important work.
As human beings, we have everything
we need to do this important work.
All we have to do is learn to use
the tools we already have.*



Trace your child's hand on colorful paper and print one strength on each finger with a watercolor pen. Cut out and put on the refrigerator to affirm both your child and your belief in making your world a peaceable place.



Being involved in your child's schooling is very important for the child's healthy growth and development. A child whose parent is involved is more likely to:

- Achieve higher grades and test scores.
- Have better school attendance.
- Have a positive attitude toward school.
- Choose friends with positive values.
- Become involved in positive activities both in and out of school.

That same child is less likely to:

- Have learning and behavioral problems.
- Be suspended or expelled.
- Become involved in drugs or violence.

Look for ways to become involved in your child's school. You can:

- Simply ask your child what happened that day.
- Show an interest.
- Help your child with homework.
- Call your child's teacher and check on progress.
- Attend parent-teacher conferences at school.
- Join the Parent Teacher Association at school.
- Volunteer in the classroom.
- Get to know the other children in your child's class, and their parents.
- Let your child know that you care about his/her life at school.

Sources: Search Institute, National Center for Education Statistics, National Institute of Education.

Resources

Books for You

Bully Proofing Your Child, by Garrity, Baris and Porter. Sopris West, 2000. This book is described as First Aid for Hurt Feelings. It provides information for parents to help reduce the chances of a child being the target of bullying.

How to Help Your Child with Homework, by Marguerite Radencich and Jeanne Schumm. Free Spirit Publishing, 1996. This book is written by teachers and is filled with practical suggestions and tips to help your child succeed in school.

Wonderful Websites

The National Education Association: www.nea.org.

The NEA offers tips for getting involved in your child's education.

The National Coalition for Parent Involvement in Education: www.ncpie.org.

The NCPPIE advocates the involvement of parents and families in their children's education, and to foster positive relationships between home, school, and community.

Mendez Foundation: www.mendezfoundation.org

This site is produced by the Mendez Foundation, the developers of *Too Good for Violence*. This site has information on drug/violence prevention and wellness. You may order Mendez products such as pencils or T-shirts by visiting the on-line store.