



*Sarah Skemp, School Counselor, JDPS*

### **Making Good Choices**

Jack Daley Primary teaches and supports our students to make good choices to develop their character. I visited classrooms regarding making good choices. We talked about different choices and how we can develop strong, healthy habits. We discussed the Pumpkin Pledge, which reinforces character traits. *The Pumpkin Pledge Poem: I Pledge to open my mind to learn all I can. I will take mean thoughts out and will look for good inside everyone. I will see beauty in the world around me. I will not turn up my nose to those who are different from me. I will use kind words and will always say "please" and "thank you." I will do my best to shine bright in all that I do.* Students pledged to make **Good Choices to be Helpful, Respectful, Positive, Kind, and to Shine Bright.** Please continue to encourage your child(ren) to make good choices. As Thanksgiving approaches, let us be thankful for the amazing teachers and staff at JDPS. All of us are here to support our students. Please remember we offer supports such as the NEST (Calm Room) and/or access to a School Counselor. Please reach out to me ([skemp.sarah@thatcherud.org](mailto:skemp.sarah@thatcherud.org)) for details or let your child's teacher know you wish for your child to be part of NEST and/or individual visits with the school counselor.