Dearest Families,

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.” ~ Martin Luther King, Jr.

In response to recent events in our world and our community, I thought November would be a wonderful time to join together as a school community and spread a message of love and kindness. This month's edition of Ohana News provides a few tips on being a "Daymaker" in our own communities. I truly believe that we are all here to connect with others with kindness and compassion. This includes all the people we encounter in our daily lives, from our loved ones, to our teachers, coaches, fellow parents and students, administrators, doctors, and people that we pass on the street. We have a choice to make someone's day. Give it a try!

Tips:
- Smile at a stranger.
- Put our phones down and engage wholeheartedly.
- Listen more than we talk.
- Show gratitude each and every day.
- Encourage! Laugh! Love!

Kind Regards,
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THIS ISSUE WAS INSPIRED BY LEFT BRAIN BUDDHA, THE MODERN MINDFUL LIFE.