

Somerset Elementary News

SEPTEMBER 2023

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9/1 No school

9/4 No school

9/5-9/8 Homecoming Spirit Week

Tie Dye Tuesday 9/5

Jersey Wednesday 9/6

Western Thursday 9/7

Red and Gray Friday 9/8

Sheridan tattoos for sale during lunch on FRIDAY, 9/8, for 50 cents

9/6 3:00 Title 1 Parent Meeting in the auditorium

9/11 We begin The Positivity Project- Other People Mindset Intro Week

9/15 Somerset Elementary K-5 Walk-a-Thon

9/22 K-5 and Th/Fri preschool pictures

9/30 Somerset Elementary PTA Fall Festival 1pm-6pm at Somerset Park

THE POSITIVITY PROJECT

"I can sum up positive psychology in just three words — other people matter. Period. Anything that builds relationships between and among people is going to make you happy." -Dr. Chris Peterson

What is The Positivity Project?

The Positivity Project (P2) is an organization whose mission is to empower students to build positive relationships and become their best selves (NOTE: Watch the P2 founding story video [here](#)). Positive psychology's 24 character strengths serve as its foundation. Ranging from bravery and perseverance to integrity and gratitude, the character strengths are classified and described in the 800-page book *Character Strengths and Virtues*. These strengths aren't about ignoring the negative. Instead, they help us overcome life's inevitable adversities.

To achieve its mission, P2 partners with Pre-K–12 schools and equips educators with the resources, training, and strategy to teach their students about character strengths and positive relationships. P2 is a school-wide endeavor grounded in the consistency of daily classroom instruction. P2 Partner Schools dedicate one week to each strength and students learn through daily 15-minute classroom lessons that are different for every grade level. These lessons help students understand character through definitions, examples, discussions, and exercises. P2's model is holistic, incorporating students, educators, and parents through regular interaction with character strengths vocabulary and concepts.

What are the benefits of implementing The Positivity Project?

By consistently teaching students about the character strengths that people possess, they see themselves and other people based on the content of their character. This ability enhances their self-awareness and self-confidence, understanding and appreciation of others, and interpersonal relationships – which, in the long-term, will positively influence students across their lifespans. In the near term, it leads to more positive interactions and positive relationships within classrooms and schools – ultimately leading to a more positive school culture that supports teachers' ability to teach and students' ability to learn.

P2 evolves throughout a student's entire school career. As students grow and understand character through instruction and experience, the strengths gain more meaning. They become a part of a student's vocabulary and how they see themselves and the people around them – to include characters in books and movies.

P2 empowers students by acknowledging that the 24 character strengths are already part of who they are as people. It helps them realize that each and every one of them can tap into these strengths – and not just as students, but for the rest of their lives.

How can you help?

Family involvement is an integral part of student success, and we would love for you to take an active role in your student's character strength education. [P2 for Families](#) (password: **P2**) provides an easy, accessible way to reiterate the character strengths vocabulary and have meaningful discussions about the importance of relationships at home. Additionally, you can follow P2 on [Twitter](#), [Facebook](#), [LinkedIn](#), and [YouTube](#) to stay up to date on all things P2.

STAY CONNECTED

Somerset Elementary Webpage <https://www.nlsd.k12.oh.us/4/Home>

Somerset Elementary Facebook Page <https://www.facebook.com/SomersetElem>

WALK-A-THON INFO AND DONATION SHEET K-5



Somerset Elementary Walk-a-Thon.pdf

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253.7 KB

23-24 DISTRICT CALENDAR



2023 - 2024 district calendar_ .pdf

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222.5 KB

POSITIVITY PROJECT CALENDAR



September Start Date 2023–24 P2 Calendar.pdf

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199.3 KB

23-24 LUNCH MENU



23-24 lunch menu.pdf

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177.4 KB