

COUNSELOR'S CONNECTION

**FEBRUARY
EDITION**

**IT'S COOL TO
BE KIND!**

Random Acts of Kindness Week is a time for us to be a positive influence in other people's lives and spread love and kindness to others for no reason other than to make them happy and make their day better! This year, Random Acts of Kindness Week was celebrated from Sunday, February 11th- Saturday, February 17th. We all need a little kindness in our everyday lives and here at the UES, we are making sure all students can help give back! During this week, Ms. Martin and Ms. Mangafas gave out coffee cup sleeves to all the students to decorate. The decorated coffee sleeves will be given to Bombers Beyond and Dunkins in town to help spread kindness around Sayreville! We hope you enjoy your cup of kindness!



Even though we celebrated Random Acts of Kindness for one week at the UES, kindness can, and should, be shown throughout the whole year! See some ideas on how to spread kindness from the Random Acts of Kindness Foundation.

<https://www.randomactsofkindness.org/>

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