



SEL SPOTLIGHT

MARCH 2026

MARCH

This month our ethical habit of the month is Integrity. This past month, classes are reading Our Book of the Month, *The Empty Pot* by Demi. This book tells the story of a boy named Ping who is given a seed by the emperor and asked to grow the most beautiful flower. Although Ping cares for the seed faithfully, nothing grows. While other children bring impressive flowers to the emperor, Ping bravely brings his empty pot and tells the truth. In the end, the emperor reveals that the seeds had been cooked and could not grow—Ping is rewarded for his honesty and courage. This story helps students understand the ethical habit of integrity, which means doing the right thing even when it is difficult. Ping demonstrates our school's **H.E.A.R.T.** expectations by acting responsibly and respecting others through honesty, reminding students that showing integrity and telling the truth are important ways to build trust and be a positive member of our school community.

*With Heart,
The Social Emotional
Learning Team*



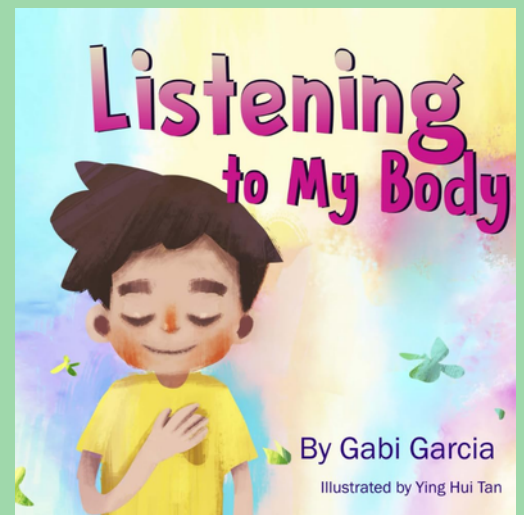
ETHICAL HABIT OF THE MONTH:

Integrity

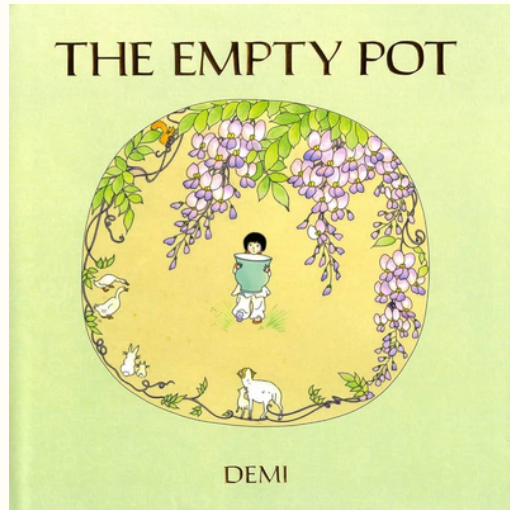
That means:

1. Doing the right thing even when no one is watching.
2. Tell the truth, follow the rules, and make good choices even when no one is watching.

BOOK RECOMMENDATION:



Book of the Month



Our Book of the Month, *The Empty Pot* by Demi, tells the story of a boy named Ping who is given a seed by the emperor and asked to grow the most beautiful flower. Although Ping cares for the seed faithfully, nothing grows. While other children bring impressive flowers to the emperor, Ping bravely brings his empty pot and tells the truth. In the end, the emperor reveals that the seeds had been cooked and could not grow— Ping is rewarded for his honesty and courage. This story helps students understand the ethical habit of **integrity**, which means doing the right thing even when it is difficult. Ping demonstrates our school's H.E.A.R.T. expectations by **acting responsibly** and **respecting others** through honesty, reminding students that showing integrity and telling the truth are important ways to build trust and be a positive member of our school community.

Keep Calm with Mindfulness

Less March Madness, more March Mindfulness!

March is one of the longest months of the school year, and at times it can feel like a marathon! Mindfulness can be one of many tools utilized to manage our emotions. Being present in the moment can help students (and anyone) minimize the time they spend worrying about things that happened in the past or what may happen in the future. There has been an increase in mindfulness practices in schools; research is showing that it positively impacts both students and staff. For students studies have shown improved social skills and empathy, better attention and focus as well as increased resilience.

[Read More About Mindfulness Here!](#)

Mindfulness Exercise

