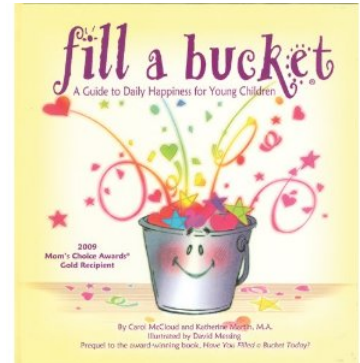


WELCOME BACK!

Northwood Elementary Character Team has selected the book

Have you filled your bucket today?

by Carol McCloud, illustrated by David Messing



The book, ***Have You Filled Your Bucket Today?***, was written to teach young children how to be bucket fillers. Author Carol McCloud, an expert in infant brain research, asks us to think of every baby as being born with an invisible bucket. The bucket represents a child's mental and emotional health. You can't see the bucket, but it's there. She goes on to say that it is primarily the parents' or caregivers' responsibility to fill a child's bucket. When we hold, caress, nurture, touch, sing, play and provide loving attention, safety and care, we fill our children's bucket.

Giving love fills buckets, however, in addition to being loved, children must also be taught how to love others. Children who learn how to express and love lead happier lives. When we love and care for others and show that love with what we say and do, we feel good and can fill our own buckets too.

Assistant Principal Karen Bolinger will come into classrooms and read this book and bring a bucket for the classroom. "I will be telling them that they are special to us and help them think about what they might say or do to fill someone else's bucket," she said. "Together, we can work with our children and help them practice daily bucketfilling. Very quickly they will experience the pride and joy of filling buckets."

Library/Media Specialist Julie Rapp has coordinated a **Bucket Filler assembly (October 26, 2011)** with real Bucket Fillers who will focus on the concepts such as:

- Be a Bucket Filler (Show kindness and respect to others and yourself)
- Don't Dip (Don't criticize, hurt, or bully others)
- Use Your Lid (Protect your bucket and the buckets of other people)

Happy bucketfilling!!!

For further information: [Assistant Principal Karen Bolinger](#) may be reached at 585-392-1000 ext. 4522.

