

BRUNING-DAVENPORT USD

October 2026

Kelly Lampe, Superintendent
Melinda Kerwood, Principal
106 N. Juniper Ave.
Davenport, NE 68336
402-364-2225

**BOLTS: "Building Outstanding Leaders for
Tomorrow's Society"**

Ruth Kowalski, Principal
340 Carroll St.
Bruning, NE 68322
402-353-4685

FROM THE SUPERINTENDENT: Mr. Kel Lampe

Bruning Davenport School News September 2026

Celebrations – October Birthdays
Jodi – Denise – Lori – DeEtta – Melinda

Calendar change
Due to hosting District Play Production
December 1st in Davenport
Bruning Davenport School District will not have school

September Unified Board Meeting

Reported that last month's data breach did not release any personal staff information.

Approved sale of 2006 van.

Approved 7% base growth used to determine property tax request authority.

(This is a safety measure we always put in place in case of financial emergencies. We have never used this.)

Principal's reports including:

Assessments.

Field trips.

Professional Development.

Upcoming events.

Homecoming protocol.

Classroom observations and evaluations

Transportation Report

Still on the waitlist for the 42 passenger bus.

Received a 14 passenger mini bus and two vans,

Both of which we had been on waiting lists for a significant time.

The old gray van has been sold to a salvage yard.

#2 van and the old 42 passenger bus will be placed with auction services

Buildings and Grounds Report

Bruning gym roof repair project is done.

The Bruning welding shop ventilation has been a concern for a while.

Maggie and Lori have received a grant to partially improve ventilation and add a couple of welding bays, which are desperately needed.

Replaced a section of heater fins in the heating unit in the PreK.

In the process of replacing the chain link fence surrounding the propane tanks in Bruning, that was damaged by a wind storm.

Repair completed in football crows nest from water leakage.

Replaced AC unit in Davenport library.

Finishing Davenport Science Lab.

News

Our 5 year "External Review" will be conducted on Oct 14-15.

This is where an external team of teachers and administrators will analyze all aspects of our school and review our strengths and weaknesses.

Total enrollment 205. Last year 193.

New Facility Update

The building and grounds committees of Bruning, Davenport and Shickley continue to meet along with board leadership.

Public meetings and tours in the Bruning and Davenport buildings are coming soon.

Help Wanted:

2-8 music teacher

Financials: Ending --27

Budget

YTD expenditures

Last month

% Budget remaining (0 months)

Davenport Building Fund 627,000

Bruning Building Fund 454,000

Depreciation Fund 839,000

Davenport Activity Fund 225,000

Bruning Activity Fund 358,000

Nutrition Fund 280,000

(Fiscal year Sept 1 – Aug 31)

26-27

25-26

24-25

Financial's coming next month

Committee's:

Americanism Sarah Tony Baxter Aaron Charles Ben

BDEA Cammie Beth D Ali Lichelle

BDS Coop Baxter Tony Trey

Calendar Jill Daina Ali ? ? Ruth Melinda

Classified Erika DeEtta Barb Jeff Lon Trey

Comm Outreach Mark Lori LA Jill Emmy

Daycare Adam Heather Sarah K Lichelle Ciara Kathy Kassi

Discipline Daina Cammie Ali Maggie Morgan

Build/Grounds Jerry B Ryne Ryan Brad Robert Mike

Frontline

Grant

ILCD Melinda Joy Ali Lindsey Emmy

MTSS Morgan Cammie Melinda Ali Daina Brooke Jen Joy Tara

Negotiations Ali Logan Cammie Jen Jerry Sarah Ryan

Safety Charles Marci Leah Jen Cammie Laurie

Steering Melinda Ruth Beth A Lichelle Ben Joy Britany Rick Ali

Tech Website Beth D Tara Micah Wade Kent Daina

Transportation Jeff Lon Derek Trey Mike Robert

Wellness Brooke Logan Morgan Maggie Kalli Lindsey

Next Meeting

Yearly

As needed

Quarterly

As needed

As Needed

At Inservice

Monthly

Annually

Annually

Weekly

As Needed

At Inservice

As needed

As Needed

At Inservice

Bi Monthly

At Inservice

As needed

At Inservice

Goal:

To be the best small school in
the State



From the Principal's Desk

Our Junior High football and volleyball student-athletes are demonstrating incredible dedication both in their sports and in their schoolwork. In addition to putting in time at practice and giving their all during competitions, these student-athletes are prioritizing their academic responsibilities so they can continue to play and represent our school with pride.

Meanwhile, our elementary students recently had the opportunity to take learning beyond the classroom through a couple of memorable field trips. All of our elementary students visited the State Fair to explore hands-on exhibits and interactive displays, and our 4th-grade class had a wonderful experience at Ag Venture Day in Geneva.

On the academic front, we have officially wrapped up our district-wide assessments, and we are proud to share that our students performed exceptionally well across the board. Their strong results reflect the hard work of both our students and staff, setting a positive, encouraging tone for the rest of the term.

Melinda Kerwood
Davenport Principal

Walt Disney once said, "The way to get started is to quit talking and begin doing." This quote resonates with me because we are now in the thick of the school year – over halfway through the first quarter. What is it we want to accomplish this year? Improve test scores, increase intellectual growth, or maybe nourish relationships? Build unity amongst communities through service and volunteerism? How can we "do" to accomplish these things?

As I have walked around the school throughout the last month, I have witnessed a lot of doing. Tests are being taken and lessons are being learned. Students are working diligently as teachers model and guide them to learn new things. Our Storm Strong groups are brainstorming ideas and implementing projects to build stronger communities. Here at Bruning-Davenport, our mission is to Build Outstanding Leaders for Tomorrows Society (BOLTS). It is through our doing every day that we are striving to achieve this mission.

We look forward to our 5-year external visit coming up in October, where a team of educators get to visit and witness all of the great things our district is doing to help our students grow not only in academics, but also as people and leaders. They will have the opportunity to interview stakeholders to hear views from all perspectives. While this is a mandated visit from the Nebraska Department of Education, we are excited to hear the thoughts and recommendations they have for us.

Last month, I wrote about creating a positive school culture and making sure students and staff understand that they are valuable. We continue to strive for each person to know they have a stable worth, and through our classes and projects, people can see what a great district we have!

Ruth Kowalski
Bruning Principal

OCTOBER BIRTHDAYS

Grade	Name	Date
1	Berklee Voss	10
1	Landon Zerfass	11
3	Phoenix Morris	12
1	Blake Philippi	15
7	Breydon Nutsch	16
	Cameron Freitag	17
5	Ryder Schulte	17
PreK	Dayne Mumm	17
4	Rexton Elting	21
1	Easton Messman	21
K	Eden Bowman	21



Grade	Name	Date
11	Emma Hoins	22
2	Darcy Schoenholz	22
6	Kaelyn Schoenholz	22
6	Korah Schoenholz	22
Staff	Beth Ardissono	23
Staff	Ashli Czekai	25
7	Allison Mussman	25
7	Barrett Mussman	25
Staff	Amanda Barney	27
Staff	Ruth Kowalski	29
11	Eva Oltmans	29

The Child Development class is not only learning about child development in the classroom, they are also getting hands-on knowledge by assisting at Kinder Academy, once a week.



What's Happening @ Your Libraries

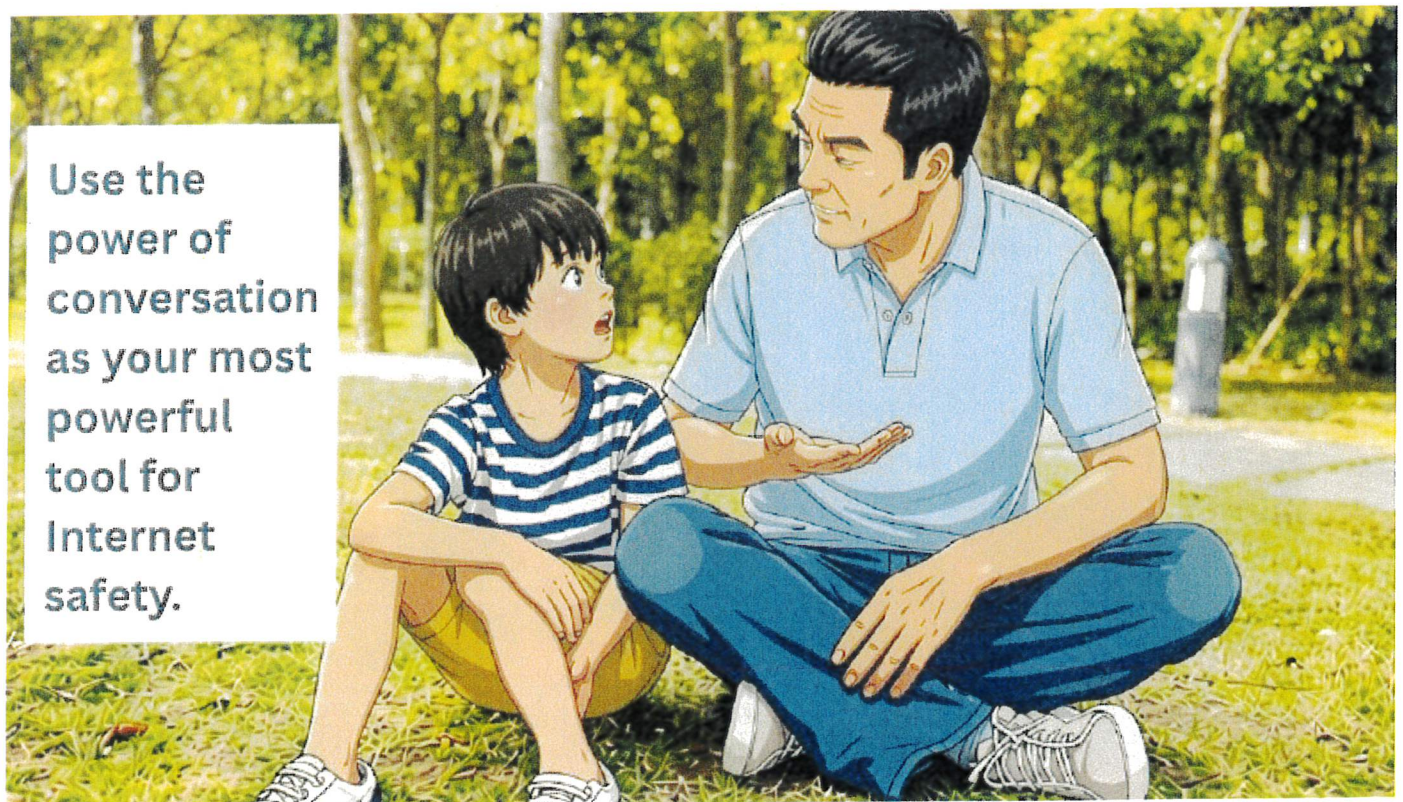
So far in the month of September, our libraries' circulation is 560 books! It is wonderful that our students are logging their minutes and testing over their A.R. books at a high level! Reading is such an important skill that opens doors throughout life! The *Diary of a Wimpy Kid* series and the *Sneakerhead* series are leading the way in most circulated books. Those were purchased this summer and students found them right away!

The series I have highlighted this month is the *Magic Treehouse* chapter book series. The main characters, Jack and Annie, have interesting adventures about various subjects such as the Iditarod, the Revolutionary War, haunted houses, Christmas...all while visiting their magic tree house! We have nearly every book in the series in Davenport and are hoping to see an uptick in the check outs of this series!

Elsewhere in this newsletter you will find our "save the date" poster for our upcoming book fair, which will be the week of the winter concert in Davenport. We invite you to stop in and find some stocking stuffers for your readers. Hope to see you there!

Digital Citizenship Tip

October 19-23 is Digital Citizenship Week! You don't need to be an expert on technology to raise a great digital citizen! You can teach by example! Being transparent about how you are staying safe and being responsible (and maybe even sharing those mistakes you may have made!) are very powerful in opening lines of communication with your students as well as building trust and helping them think critically about their own choices. Read this article for tips on starting that conversation with your student: [Digital Citizenship Lessons Start with a Simple Conversation \(https://trst.in/cFpTm1\)](https://trst.in/cFpTm1)



Scholastic Book Fair

DECEMBER 7-11 8 AM-4:30 PM

@ DAVENPORT BUILDING

ALSO OPEN FOR WINTER CONCERT



Congratulations! Claire Lahners has been selected as a 2026 "20 Under 20" Nebraska Award Recipient and is officially part of the fourth cohort of outstanding young Nebraskans to receive this award. The award ceremony will be held in Omaha, Nov. 4th.

Claire was nominated by FCS teacher, Miss Balke, for her work on the MILK project. Claire's project raised funds to provide milk for the Kinder Academy, for an entire year.



MENTORS WANTED & NEEDED

TeamMates has arrived in our district. This school-based mentoring program has been changing lives in Nebraska and beyond for 35 years. It's a great way for caring adults to make a lasting impact in the life of a student with just 30-45 minutes a week. We are excited to get started and give our students the opportunity to experience the lifelong benefits of **TeamMates** involvement. If you are interested in making a difference in the life of a Bruning-Davenport student, please contact coordinator Lori Balke at lbalke@bdstorm.org or [402-239-7182](tel:402-239-7182).

TEAMMATESSM

MENTORING

Counselor's Corner: Welcome Back to the Best Small School in the State!

In K-5th Guidance, we have been working on the Child Protection Unit. A letter was sent out explaining the curriculum of what your student will be learning. Home Links have been sent out after lessons are completed. These are a great opportunity for parents to see what their student is learning!

I am so excited to share that we purchased the middle school and high school Second Step curriculum! I have started this with the 6th-8th graders and they have started off doing very well and they like it!

The Freshmen seem to be enjoying high school so far! The Sophomores have already taken the Accuplacer. The Juniors went to a College Fair and really gained a lot of insight from many colleges and their representatives. The Seniors have been receiving many emails from me about financial aid, college applications, FAFSA, enrolling in college, and so much more. They are already busy!!

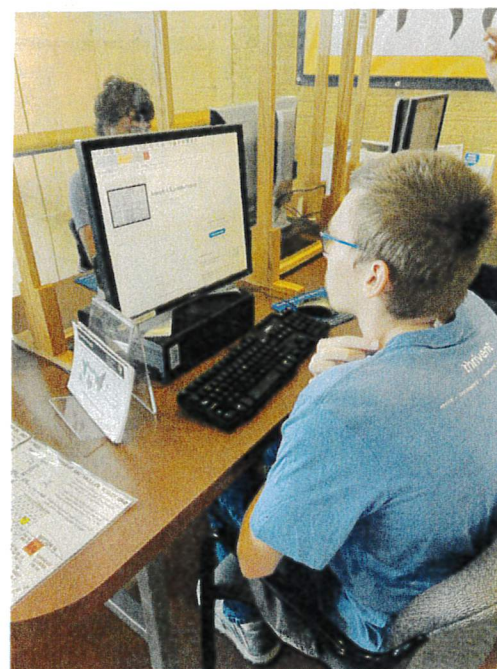
Thanks for all you do,

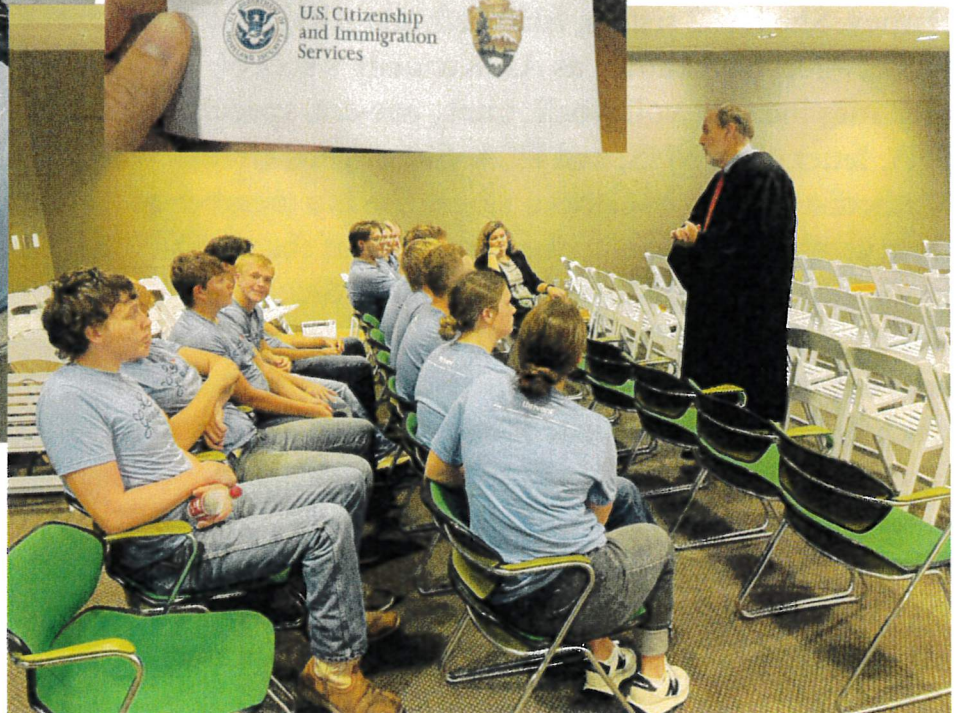
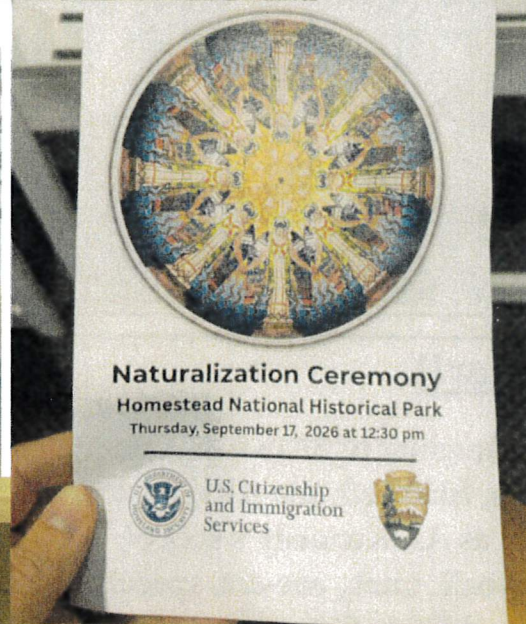
Marci Reinsch

K-12 School Counselor



On Sept 17th, the BD Junior Class their sponsors joined other community members welcoming 25 new US citizens during the Naturalization Ceremony, at the Homestead National Monument. The BD students started their day at the Homestead Education Center, researching Homestead records using their own family histories. The day included witnessing the naturalization ceremony and were honored to have District court judge, the Honorable Robert F. Rossiter, Jr., take time to answer questions and explain more about responsibilities of his Presidential appointment to the Federal Court. For the second year, the BD Foods class provided refreshments for the new citizens and the guests.





On September 14, the Fourth graders had the opportunity to attend AgVenture Day! They visited the Fillmore County Fairgrounds and learned all sorts of different ways that agriculture affects everyone's daily life. Some of these things included by-products, the Ogallala Aquifer, what different animals eat, and a fun first hand experience with roping. A special thanks to the South- Central Cattlewomen and Nebraska Extension for putting on such a fun and educational event!



Meet A 26-27 Senior!!

Kennedy Barney is the daughter of Shawn & Amanda Barney. She has 2 sisters, Elizabeth and Aliviah, and 1 brother Alec, also known as AJ. Kennedy's school activities include, volleyball, track, one-act, speech, FFA, letter club, NHS, and FCA. She attends United Methodist Church in Geneva where she is a member of their youth group. She is also a member of the youth group at the United Methodist Church in Shickley. Kennedy likes to bake, play pickleball, and hang out with her friends. She plans to attend college to become a teacher. Kennedy's favorite food is chicken alfredo, her favorite television show is The Gilmore Girls, her favorite song is "Root of all evil" by Daniel Caesar, and her favorite place to be alone is on a walk. Kennedy says the most influential people in her life are her parents. They both have inspired her to be the person she is today.



On September 4th, the 7th grade class traveled to rural Palmyra to tour The Big Red Sawmill as part of their Introduction to Woodworking class, which they are currently taking or will be taking during the 2nd quarter this year.

Students were introduced to the owners, Brian Schwaninger and his sons, who own and operate the lumber mill. Students were shown and given a tour of the firewood cutting process that is important to many of the businesses in Lincoln and the surrounding area that rely on that wood for smoking meat in their restaurants.

After that, students were shown how to cut a log so that it can be used for lumber and boards in furniture making. Students were then allowed to operate the mill as they sawed the log into 1" thick by 13 1/2" wide and 10' boards that, when dry, can be used by craftsmen in their shops.



When students had finished cutting the log up, they were shown the kilns and wood-drying building where wood is dried to approximately 13% MC.



Finally, students had the opportunity to quickly look through the wood that Brian has for sale that they can use for their projects this year.



While it was a long bus ride, it was worth it to see our students actively engaged in another opportunity to learn outside the classroom and hopefully spark their interest in woodworking.



FFA and Agriculture Education Update: The Bruning-Davenport FFA and Agriculture classes have had a productive and exciting month of September. To kick off the month, the FFA sold mums to the community, with great participation and support. Many FFA members helped run bingo at Milo days, contributing to a fun and successful community event. Four of our officers; Cynthia Ozenbaugh, Kennedy Barney, Kyler Koch, and Josie Stanek assisted the Nebraska Cattewomen and Nebraska Extension at Ag Venture day in Geneva. These members led groups of fourth graders from station to station where they learned about different areas of agriculture. Many members of the FFA chapter attended Husker Harvest Days in Grand Island. This event gave students the opportunity to meet and speak with industry professionals, explore new technologies and equipment, discover potential career paths, and connect with college representatives. The day after Husker Harvest Days, we attended an area range judging competition. This event challenges members to identify range plants and their characteristics, as well as solve ranch map problems. Towards the end of the month, a couple of our members got to attend Careers in Ag Day held by the Cornerstone Bank. At this event they heard from industry professionals in all areas of agriculture along with a keynote speaker. The middle school members wrapped up the month by attending the Ignite conference in Kearney. They had the opportunity to learn more about FFA, network with FFA members, and gain leadership skills. We had a busy month in September, and we will continue to stay busy as we have many more competitions and upcoming events. **-BD FFA Reporter, Emma Hoins**





LUNCH MENU



October 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Chicken Noodle Soup Carrots/Celery Muffin	2 Sloppy Joes Tater Tots Jell-O Cup 	3
4	5 Chicken Fries Mashed Potatoes w/Gravy Cooked Carrots Cornbread	6 Biscuits & Sausage Gravy Sausage Patty Hash Browns Juice Cup	7 Tater Tot Casserole Green Beans Dinner Roll	8 Goulash Corn Garlic Bread 	9 NO SCHOOL	10
11	12 Chicken Patty on a Bun French Fries Cookie	13 Sub Sandwich Chips Applesauce Cup	14 Breaded Beef Sticks Mashed Potatoes w/Gravy Corn Dinner Roll 	15 Spaghetti w/Meat Sauce Green Beans Breadstick 	16 Cheeseburger on a Bun Baked Beans Chips & Salsa	17
18	19 Chicken Fajita Bowl Rice/Chicken/Cheese Corn Cinnamon Breadstick	20 Beef Gravy over Mashed Potatoes Carrots Cornbread 	21 Ham and Egg Breakfast Burrito Hash Brown Frudel	22 Pizza Pasta Bake Green Beans Garlic Bread 	23 Pulled Chicken on a Bun Tater Tots Pickle Spear	24
25	26 Pizza-Cheese or Beef Romaine Salad Muffin 	27 Turkey Bacon Croissant Sidewinders Baked Beans	28 Mac and Cheese Bar Ham/Pulled Pork/Hot Dog California Blend Vegetables Bread Slice	29 Super Nachos Lettuce/Cheese/Salsa Corn Breadstick 	30 NO SCHOOL	31
31	 = NEBRASKA BEEF GRAB AND GO BREAKFAST SERVED DAILY Milk served with ALL Meals *Menu Subject to Change* *Second Entrée – \$1.00* EQUAL OPPORTUNITY EMPLOYER Davenport: --F/V Bar Daily --Chef Salad Meal Option for 5-8th & Adults Bruning: --F/V Bar --Salad Bar Available Daily					

OCTOBER 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 2nd-4th Grade to Tree Jamboree @ Hasting Museum HS VB @ Kenesaw (R, JV, V) 5/6/7 HS FB @ Shelton 7:00PM	2	3 JH VB Tourney @ Dorchester 9:00AM
4	5 District Golf TBA JH & JV FB @ Thayer Central 4:30/6:00PM HS VB @ Twin River (JV, V) 6:00/7:00	6 HS VB Tri East Butler & Osceola @ Shickley 5:00/7:00PM	7 HS Field Trip to Arbor Day Farm	8 1:00PM Dismissal Parent/Teacher Conferences	9 Teacher In-Service HS FB @ Newman Grove/St. Edward 2:30PM	10 HS VB Tourney @ Mead 9:00AM
11	12 JH VB @ Blue Hill 5:00PM State Golf TBA JH FB @ Blue Hill 5:00PM Board Meeting @ Davenport 7:30PM	13 HS VB Tri McCool Junction @ Dorchester (V) 5:00/6:00PM	14 	15 HS VB Tri High Plains @ Law/Nel (V) 5:00/6:00/7:00	16 End of 1st Quarter HS FB vs. Kenesaw @ Shickley 7:00PM	17 CRC VB Tournament Oct 17-20
18	19 SKIP Flu Clinic in Brunning 9AM and Davenport 11AM	20 NHS Blood Drive @ Brunning Opera House 11AM-5PM	21 	22 	23 	24
	CRC VB TBA	NATIONAL FFA CONVENTION OCT 20-24			HS FB @ Superior 2:30PM	
25	26 VB Sub-Districts TBA	27 	28 FFA Livestock Judging @ York	29 Juniors PSAT/MMSQT 8:15AM	30 No School - Fall Break HS FB 1 Round State Playoffs	31 VB Dist Finals TBA
	Note:	ALL DATES SUBJECT TO CHANGE				

Note: ALL DATES SUBJECT TO CHANGE

GENERAL FUND BILLS

9/21/26

Ameritas Life Insurance	455.44	KSB School Law, PC, LLO	5,023.31
Ameritas Life Insurance (10 Month)	85.82	Lori Balke	20.53
Cornerstone Bank/Direct Deposit	7,293.03	Madison National Life Ins. Co. Inc.	1,867.81
Internal Revenue Service	60,941.54	McGraw Hill School Education LLC	804.06
Nebraska Department of Revenue	8,201.94	Mid American Research	2,709.24
Nebraska Public Employees Retirement System	39,442.82	Mierau & Co.	745.00
Accelerated Receivables Solutions	247.21	Nebraska Assn of School Boards	65.00
AFLAC	187.72	Norris Public Power District	3,412.54
AFLAC (10 Month)	148.24	NRCSA	850.00
American Funds Service Company	200.00	Nutrien Ag Solutions	406.14
Blue Cross Blue Shield	85,242.68	One Source	29.50
Horace Mann Life Ins. Co.	459.66	Orkin	74.04
Horace Mann Life Insurance Company	550.00	Protex Central, Inc.	202.00
Payflex Account #304734	1,600.00	Rasmussen Mechanical Services	6,390.00
Professional Choice Recovery, Inc.	106.76	Riverside Technologies, Inc	960.00
Acco Brands USA, LLC	360.00	Straight Line Motor Works	3,633.57
Apple, Inc.	858.00	TCI	2,240.00
Bowman Electric, LLC	2,880.00	The Hebron Journal Register	68.73
Bruning Grocery Inc	66.71	Truck Center Companies	144.90
Bruning Lumber Co.	200.03	ULINE	144.31
Burton Enterprises, LLC	39.00	US Bank	4,709.85
Capital Business Systems Inc	105.06	Ventris Learning	90.00
Cash-Wa Distributing	104.00	Village of Bruning	808.43
Cavapa Construction, LLC	1,400.00	Village of Davenport	2,863.14
CompTIA Inc	594.00	VVS Inc-Canteen	134.99
Critel Enterprises LLC	284.50	Wells Fargo Pymt Remittance Center	397.84
Davenport Building Supply	926.12	Wells Fargo Pymt Remittance Center	123.90
Dietze Music House	998.52	Wells Fargo Pymt Remittance Center	178.57
Diversified Safety Compliance	150.00	Wells Fargo Pymt Remittance Center	212.49
Eakes Office Plus	2,684.35	Western Oil II LLC	737.77
Educational Service Unit #10	20.00	Windstream	211.78
Educational Service Unit #6	1,825.00	Woodward's Disposal Service Inc.	65.00
Educational Service Unit Coordinating	666.60	<u>Zoro.com</u>	52.49
Fiber Platform, LLC	1,394.45		
Galaway's Garage	320.65		
Hebron True Value	25.13	Payable Checks	261,761.31
HMH Education	69.40	Payroll	205,834.10
JW Pepper	250.00	Total	467,595.41

President Jerry Baysinger called the Budget Hearing to order at 7:25 PM on September 21, 2026. Superintendent Kelly Lampe presented the Proposed Budget for the 2026-2027 school year. Discussion was held explaining the General Fund operating budget increase and the Special Building Fund Tax ask increase. Members of the public spoke. The consensus was to adopt the original Budget as presented. Brad Williams moved, seconded by Trey Strong, to adjourn the Budget Hearing at 7:55 PM. (Roll Call Vote 6-0)

OFFICIAL MINUTES OF THE UNIFIED SCHOOL BOARD MEETING – The Unified Board of Education met in Bruning on September 21, 2026. Pursuant to laws and notices posted on the Bruning-Davenport School's website and also published in The Hebron Journal-Register on September 16, 2026, all proceedings were taken while the meeting was open to the public.

President Jerry Baysinger called the meeting to order at 7:56 PM. Unified members present were Sarah Krehnke, Ryan Miller, Aaron Oltmans, Trey Strong, and Brad Williams. Local board members present were Baxter Beals, Tony Norder, Ryne Philippi, Lon Schoenholz, and Derek Shaner. Superintendent Kelly Lampe, Principal Melinda Kerwood, Erika Brinegar, and Beth Ardissono were also present.

Baysinger welcomed all guests, recognized the Open Meetings Act, and the Pledge of Allegiance was recited.

The Consent Agenda included the agenda, minutes of the August 13, 2026, Unified Board meeting, Treasurer's Report, and the September claims. Sarah Krehnke moved, seconded by Brad Williams, to approve the Consent Agenda as presented. Roll Call Vote (6-0)

Principal Kerwood's Report -- Davenport students have gone on field trips to the Big Red Sawmill in Palmyra, the State Fair, and Ag Venture Day -- Our external visit is coming up on October 14 and 15th.

Principal Kowalski's Report -- High School will be going to Arbor Day Farm on October 7th for Strom Strong -- 39 students are out for one-act -- BD is hosting District One-Act on December 1st at Davenport; there will be no school for students -- Homecoming is September 25th at Bruning.

President's report -- trying to speak to the county commission about roads -- looking at future dates with Shickley

Action Items: (All motions require a roll call vote and all are carried 6-0 unless noted.)

- A. Ryan Miller moved, seconded by Trey Strong, to approve the sale of the 2006 Chevrolet Van.
- B. Williams moved, seconded by Strong, to increase the Base Growth Percentage up to 7%, used to determine Property Tax Request Authority.
- C. Krehnke moved, seconded by Strong, to adopt the tax levy request at \$0.3819 per \$100.00 of assessed value for the General Fund and \$0.077238 per \$100 assessed value for the Building Fund - for a total of \$0.459186.
- D. Williams moved, seconded by Strong, to adopt the 2026-2027 Budget as presented.

President Baysinger adjourned the meeting at 8:28 PM.

Erika Brinegar, Recording Secretary

BRUNING-DAVENPORT **STORM**



**WEAR YOUR
HAT
ON FRIDAYS!**

Bring \$1 to the
School Office

Sponsored by the Wellness Committee



BRUNING-DAVENPORT



POP TABS CHALLENGE!

THE CHALLENGE continues!

Help the Bruning-Davenport staff & students collect pop tabs for the Ronald McDonald House! Drop off your pop tabs at either School building and donate them to Team Students or the Staff! Please consider donating for this great organization! I hope you continued to collect over the summer!

THANKS IN ADVANCE!

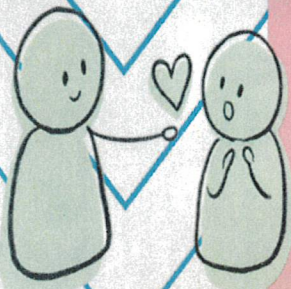
Email Mrs. Rohr with questions!



BE STORM STRONG KINDNESS & RESPECT

RIPPLE EFFECT

The saying "kindness is contagious" is very much a true statement. When kindness is present it will inspire others and strengthen communities.



COMMUNICATION

Respect will better communication. Fully listening, hearing, waiting to respond are key respectful communication skills. Helps reach the goal of the conversation.



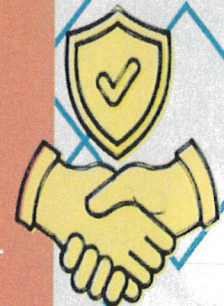
PHYSICAL EFFECTS

Being kind and having kind thoughts can reduce blood pressure, inflammation, and ease chronic stress. Kindness will naturally give your body the boost it needs!



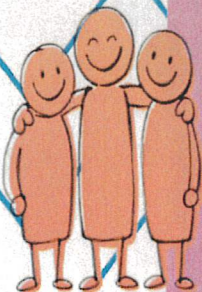
TRUST

Treating people respectfully builds trust. Treating people fairly and decently shows good character. Ultimately creates a safe environment.



BOOSTS MORALE

Being kind helps to "shift the focus." Thoughts, whether good or bad, can start spiraling in your brain, so have kind thoughts. It will release the feel good hormones too!



POSITIVITY

"Do to others, as you would have them do to you." Showing respect to someone should be a sign to others to show respect back to you. Creating a supportive atmosphere.

