

Dear Family,

We are ready to begin the first theme of *Fully Alive*, our family life program. Because the partnership of home, church, and school is so important, this letter is written to let you know what we talk about in class, and to offer some ideas for your involvement.

### **About Theme One**

The first theme of *Fully Alive*, called “Created and Loved by God,” is like the foundation of a house. Everything else depends on it. In this theme we explore the Christian belief that we are all created in God’s image, and that God loves each one of us. We are a very special creation. Because of this, we respect and value ourselves and others. For more information go to: [www.acbo.on.ca](http://www.acbo.on.ca).

### **In Theme One we will**

- discover some of the ways in which each of us is a unique person whom God created and loves.
- explore the children’s growth and development in the past and look ahead to the coming year.
- learn more about feelings and the choices we have in how we express them.

### **Working together at school and at home**

- Take this opportunity to talk to your child about his or her special qualities and gifts, and also those of other members of your family. In class, we will be talking about how important it is to share our gifts with others.
- Your child will be bringing home an information sheet about growing and developing, and will need some help from you. In class, we will learn that we all grow and develop in our own way. Any photos you have of your child in earlier years would be welcome. Be sure to write your child’s name on the back.
- Learning how to manage and express feelings is a big part of growing up, and is something we will be talking about in class. Sometimes when children are overwhelmed by feelings of anger or frustration, the best time to talk to them about these feelings is after they have calmed down. It helps to let them know that everyone has these feelings, and has to learn how to manage them. You might also discuss alternatives to shouting or hitting, such as compromising or making a decision to leave a frustrating situation and find something else to do.

Teacher: \_\_\_\_\_ Date: \_\_\_\_\_