

Dear Family,

We have come to the fourth 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 Four**

Theme Four of *Fully Alive* is called “Growing in Commitment.” Each one of us is challenged to grow in commitment to God and to each other. This is part of what it means to be fully human. Growth toward maturity is never a straight path. As children learn to make more decisions about their lives, they need to know that freedom is best understood as a freedom *for*, rather than a freedom *from*. Commitment is really the free gift of ourselves to being the best people we can be at each stage of our lives. For more information go to: [www.acbo.on.ca](http://www.acbo.on.ca).

### **In Theme Four we will:**

- discover the importance of accepting responsibility for our actions, and of recognizing that actions have consequences for ourselves and others.
- explore the meaning of a commitment to ourselves, which is a commitment to be the person God created us to be.
- examine the commitments we have that involve other people: families, friends, being a student and a classmate, special activities, and our communities.

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

- At school we will be talking about excuses, and why people make them. The most common reason for excuses is to avoid consequences. It’s good to talk to children about this issue when they aren’t feeling defensive. You might point out an example when your child accepted responsibility for something that happened, even when it was difficult. Accepting responsibility is a sign of growing up.
- The students will be reading a story about an e-mail that spreads false information. The point of the story is the responsibility to live up to our beliefs and refuse to participate in actions that are designed to hurt others. Bullying by electronic means (e-mail, instant messages) is an issue you may want to discuss with your child. You will find additional information about this topic in the Online Family Edition of *Fully Alive* ([www.acbo.on.ca](http://www.acbo.on.ca)).

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