

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 made in God’s image and that God knows and loves each one of us. We are a very special creation. Because of this, we respect and value ourselves and others. For more information, please go to [www.acbo.on.ca](http://www.acbo.on.ca).

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

- explore what it means to be a person who is made in God’s image.
- examine self-concept, personality traits, and human emotions.
- learn more about the influence of heredity and environment on individuals.
- explore some of the strengths and limitations that are part of each person and discuss the importance of self-honesty and self-discipline.
- consider the virtue of patience and its relevance to the task of growing up.

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

- We will be exploring the question, “Who am I?” and the meaning of self-concept, what we know about ourselves. You might ask your child about this discussion. As children enter adolescence, the question of identity — who they are and who they will be — becomes very important to them.
- Ask your child about the virtue of patience, which is highlighted in Theme One. At school we will discuss patience as a commitment to the future — to take the necessary time to develop fully, to learn to control impulsive actions, and to recognize the great importance of patience during their stage of life.
- In the second topic of Theme One, we will be discussing three dimensions of personality: 1) introvert/extrovert; 2) emotionally reactive/calm; and 3) conscientious/impulsive. What did your child think about these dimensions, and how do they apply to him or her?
- Learning how to handle emotions is a life-long task, another subject we will explore. Since young adolescents tend to be very self-aware, they often have difficulty dealing with their feelings, a situation that will be discussed in class. You may have noticed this emotional unevenness at home. Young adolescence is a life stage that demands a lot of patience from families.
- We will examine the influence on each person of heredity, and the students will learn about a small number of traits that are the result of just two genes, one from each parent.

- We will also look at the influence of the environment, especially three aspects of the social environment — family, friends, and media. Many parents and guardians worry about the influence of media, and with good reason. It takes a lot of effort to monitor and restrict what young people are watching, listening to, and doing online, but it is worth it. It is normal for young adolescents to believe that they can monitor themselves, but, in fact, they lack the life experience and maturity to do this without guidance from their families.

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