

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 go to: [www.acbo.on.ca](http://www.acbo.on.ca).

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

- consider the human person as the wonder of creation, made in the image of God and given the powers of human intelligence and free will.
- examine the human abilities to learn, to remember, to reason, to create, to feel, and to act freely.
- explore the concept of character — the moral self; and discuss the importance of the four cardinal virtues (prudence, justice, fortitude, and temperance) for moral growth.
- reflect on the virtue of humility in light of the limitations and weaknesses that are part of each person’s life.

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

- In the opening topic, we will explore some of the wonders of the world. You might ask your child about this discussion.
- The idea of human persons as the wonder of the world is an important one in this theme. In class the students will look at the amazing powers of the human mind — to learn, to remember, to reason, to create, to feel, and to act freely.
- The development of children’s minds is always important to parents or guardians. One of the most common problems for young adolescents is a lack of good work habits — getting homework done regularly, taking time to review for tests, and learning how to balance their lives. Parents or guardians can help by encouraging, setting limits, and offering assistance when their young people are having difficulties coping with their many responsibilities.
- Making thoughtful decisions is an important focus in Theme One. The goal is to help young people become “thinking doers.” The ability to make thoughtful decisions is an essential one to develop during adolescence, and families can make a big difference by encouraging their children to
  - take on appropriate responsibility as they grow up
  - recognize that all decisions have consequences
  - review their decisions when something goes wrong
  - learn from their past mistakes.
- All young people need encouragement, especially those who are inclined to act first and then think. A parent or guardian can also contribute to the process of reviewing a decision that did not work out, by discussing the situation, and by suggesting some new ways of looking at the

problem. In order to do this, however, the intention of the parent or guardian has to be to help, not to blame or criticize.

- Ask your child about the virtue of humility, which is highlighted in Theme One. At school, the students will be encouraged to recognize that each person has limitations and weaknesses, as well as amazing abilities, and that humility is the virtue that helps us to put God and other people ahead of ourselves.

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

School telephone: \_\_\_\_\_