

Building Trust (Grades K-5)

Students develop and demonstrate the character trait trustworthiness. They understand that trust is an essential ingredient in meaningful and lasting relationships as well as school and career success and they strive to earn the trust of others by demonstrating the ethical virtues of integrity, honesty, promise-keeping and loyalty.

Seven Ways to Nurture Tolerance and Acceptance in Kids

One thing is certain, kids aren't born hateful. Prejudices are learned. Hatred and intolerance can also be learned, but so too can sensitivity, understanding, empathy, and tolerance. If today's children are to have any chance of living harmoniously in our multiethnic world, it is critical that parents nurture it.

Sports During COVID-19

COVID-19 has disrupted our lives in countless ways, not the least of which was moving all Iowa schools to online delivery for the rest of the spring semester, and the cancellation of all high school spring sports.

Managing Stress: Part 5

It's important to set aside time to reflect on how you're managing stress.

Managing Stress: Part 4

Is your mind ready for stress?

Managing Stress: Part 3

What are actions that you need to take when you are experiencing stress in the moment?

Managing Stress: Part 2

A key part of managing stress is mindset.

Managing Stress: Part 1

In a time of great uncertainty, our ability to identify and manage stress is critically important. Over the next five days, we will share strategies to help you manage your stress during these challenging times. If you follow along, by the end of the week, you can create a personal plan to manage your stress.

Civility and COVID-19

Just four weeks ago, we were all going to work, planning spring break vacations, looking forward to graduation ceremonies, and walking into grocery stores assured that we could purchase every item on our list. Today, we are all dealing with challenges none of us expected just a month ago.

Six Ways to Help Your Child (and Yourself) Build a Positive Mindset



It's easy to get caught up in the stress of everyday life. Here's a few tips to keep a positive mindset.

1. Be Grateful – at some point during your day (perhaps at dinner) ask each member of your family to say three things that they are grateful for today. Ask them to make their answers specific to today. For example, saying “I’m grateful for my family,” isn’t specific to today. Saying, “I’m grateful that I have a dad who read with me today,” is specific.
2. Journaling – ask your child to spend five minutes journaling about something they are thankful for from that day. Journaling about a positive experience allows us to relive the experience, which helps us build a positive mindset (while also working on writing skills).
3. Exercise – studies show that exercise helps our brains feel more positive.
4. Meditation – simple meditation exercises help our brains de-clutter and focus. Apps like Headspace can help you get started with meditation.
5. Random Acts of Kindness – we can always do nice things for others – either in our family or community.
6. Connection– reach out to friends and family via text, phone, video chat, or even old-fashioned letters.

Learn more about character education.