

**WORD OF THE WEEK**  
**WEEKLY SCHEDULE**  
**2008-2009 SCHOOL YEAR**

**August 18 – 22:** The word of the week is **TRUSTWORTHINESS**.

Trustworthiness means you do the right thing on a daily basis. It means keeping your promise to family members, friends, teachers, and others. You are able to accept the consequences of your actions. If you make a mistake, you admit it instead of trying to make excuses. Trustworthiness is the ability to keep your word even though you may be distracted or feel too tired. You are able to finish doing what you promised even when you'd rather be doing something else.

Quote: "Be more concerned with your character than with your reputation. Your character is what you really are, while your reputation is merely what others think you are." *John Wooden*

Quote: "A man who doesn't trust himself can never really trust anyone else."  
*Cardinal De Retz*

**August 25-29:**

An obedient person is willing to obey. They comply with or submit to those in charge. An obedient person follows directions without complaint or argument.

*Quote: "Everywhere the flower of obedience is intelligence. Obey a man with cordial loyalty and you will understand him."*

*Quote: "Let thy child's first lesson be obedience, and the second will be what thou wilt." Benjamin Franklin*

The word of the week is **HONESTY**.

An honest person is someone who tells the truth all the time. An honest person doesn't need to exaggerate about what they have done to impress others. An honest person does not cheat, lie, or steal. Being honest means admitting your mistakes. Being honest means you treat others the way you want to be treated.

Quote: "Truth exists. Only lies are invented." *George Braque*

Quote: "Always tell the truth. Then you'll never have to remember what you said the last time." *Sam Rayburn*

**September 2-5:** The word of the week is **DEPENDABILITY**.

Being dependable means knowing you will do **WHAT** you asked **WHEN** you are asked to complete it.

Quote: “If you haven’t got the time to do it right, when will you find the time to do it over?” *Jeffery Mayer*

Quote: “Whatever your hand finds to do, do it with all your might.” *Ecclesiastes 9:10*

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**September 8-12:** The word of the week is **INTEGRITY**.

A person of integrity is responsible, respectful, and trustworthy. A person of integrity does the right thing even if it’s difficult or unpopular. You don’t give into your friends when they want you to do something that is wrong. Practicing integrity means you can control yourself in tempting situations. A person of integrity means you can change negative thinking into positive thinking.

Quote: “Keep true, never be ashamed of doing right; decide on what you think is right and stick to it.” *George Eliot*

Quote: “Integrity is what we do, what we say, and what we say we do.” *Don Galer*

**September 15 – 19:** The word of the week is **RELIABILITY**.

A reliable person keeps his or her promise; is dependable; does what he or she is supposed to do; returns what they borrow; and is on time. A reliable person honors their word and commitments.

Quote: It takes less time to do a thing right than to explain why you did it wrong. *Henry Wadsworth Longfellow*

**September 22-26:** The word of the week is **LOYALTY**.

Loyalty means standing up for a person, a belief or country, even at difficult times. When you care deeply about certain people or believe strongly, you will be committed to them, no matter what. Being loyal means others can count on you and you can be trusted.

Quote: “Forget yourself for others and others will not forget you.” *Anonymous*

Quote: "It is better to be faithful than famous." *Theodore Roosevelt, 26<sup>th</sup> President of the United States*

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**Sept. 29-Oct. 3:** The words of the week are **WORK ETHIC**.

A person with good work ethic believes one should be honest, committed, and reliable. A positive work ethic begins with good habits. It means learning how to do small things well and moving on to tougher tasks. It is the ability to work with a happy heart. Sulking, pouting, moaning or groaning during work will not help you develop your own gifts and talents to your fullest potential. A person with a good work ethic takes pride in their work and tries their best in big and small jobs.

Quote: "Whatever your hand finds to do, do it with all your might." *Ecclesiastes 9:10*

Quote: "Life is too short to settle for anything less than 110% effort." *Anonymous*

**October 6-10:** The word of the week is **RESPECT**.

Practicing respect means treating others the way you would want to be treated. Respect is showing others that they are valued for who they are, not what they look like or what they have. A respectful person is polite, does not use bad language, does not insult others, does not make fun of others, and never hits or uses violence. You can show respect by playing fair, listening, and asking before borrowing something.

Quote: "Treat others as you would want them to treat you."

Quote: "There are two ways of exerting one's strength: one is pushing down, the other is pulling up." *Booker T. Washington*

**October 13, 14:** The word of the week is **HONOR**.

An honorable person tries to do what is right and just. An honorable person is usually respected and admired by others. Being honorable is the ability to treat others like you want to be treated. When you are being honorable, you are trying to be the best person you can be. You are not ashamed of your actions because you make healthy and positive choices. An honorable person is a good role model for others.

Quote: "Reputation is what other people know about you. Honor is what you know about yourself." *Lois McMaster Bujold*

Quote: "It is better to deserve honors and not have them than to have them and not deserve them." *Mark Twain*

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**October 20-24:** The word of the week is **PATIENCE**.

When you are patient, you are willing to wait for things you want. Patience is being able to see your future goals and having a willingness to work hard towards them. Patience requires self-control. If you are patient, you stay calm when things don't go your way. Being patient means you are able to forgive others and yourself.

Quote: "The key to everything is patience. You get the chicken by hatching the egg, not by smashing it open." *Arnold H. Glasgow*

Quote: "Only those who have the patience to do simple things perfectly will acquire the skill to do difficult things easily." *Johann Friedrich Von Schiller*

**October 27-31:** The word of the week is **SPORTSMANSHIP**.

Being a good sport means you have a good attitude, a good point of view, and a good frame of mind. A good sport tries to do their best. If your attitude is positive, you will react well in any situation. Having a good attitude and being a good sport means you learn from your mistakes. Being a good sport means you lose gracefully. You can feel bad about losing and still like and respect the person or team that wins.

Quote: "The ultimate goal should be doing your best and enjoying it." *Peggy Fleming, Olympic Gold Medalist in Figure Skating*

Quote: "You are either part of the solution or part of the problem." *Eldridge Cleaver*

**November 3-7:** The word of the week is **HUMILITY**.

Being humble means not criticizing others, including brothers, sisters, friends, parents, and classmates. A humble person does not show off or brag about himself. Being humble means you are willing to accept correction when you are wrong. A humble person will ask for help when it is needed, treat others with respect, and does consider themselves more important than others.

Quote: "Do you wish people to think well of you? Don't speak well of yourself." *Blaise Pascal*

Quote: "Humility is not thinking less of yourself, it's thinking of yourself less."  
*Rick Warren*

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**November 10-14:** The word of the week is **TOLERANCE**.

Tolerance is accepting and respecting the beliefs or differences of others. A tolerant person does not judge others on their character, abilities, and conduct. A tolerant person looks past race, religion, where they live, how they dress, or the amount of money they have. Listen to others and try to understand their point of view.

Quote: "If we are to live together in peace, we must come to know each other better."  
*Lyndon Baines Johnson, 36<sup>th</sup> President of the United States*

Quote: "We must seek, above all, a world of peace; a world in which peoples dwell together in mutual respect and work together in mutual regard." *John F. Kennedy, 35<sup>th</sup> President of the United States*

**November 17-21:** The word of the week is **RESPONSIBILITY**.

When you practice responsibility, you are being dependable. People can trust you to get the job done. If you make a mistake, you admit it and try to make things better. You don't make excuses for your behavior. You are responsible for your own actions. Being responsible means you finish your chores at home, finish your homework, and keep your promises.

Quote: "You must take personal responsibility. You cannot change the circumstances, the seasons, or the wind, but you can change yourself. That is something you have charge of." *Jim Rohn, Author*

Quote: If you are not willing to take responsibility for what you do, then don't do it.  
*Anonymous*

**November 24, 25:** The word of the week is **PERSEVERANCE**.

Perseverance is the ability to stick to something and complete the task. You make a commitment to something or someone even though you may experience difficulties. You don't give up. Perseverance means trying your best every time.

Quote: "If at first you don't succeed, try, try again. If at first you do succeed, try something harder." *Unknown source*

Quote: "When life knocks you down, try to land on your back. Because if you can look up, you can get up. Let your reason get you back up." *Les Brown*

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**December 1-5:** The word of the week is **DILIGENCE**.

Diligence means persevering even during difficult times. We learn diligence when we accomplish small goals and eventually try hard for bigger ones. In school, diligence means you work hard on your worst subjects when you'd rather be doing something else and ask questions when you need help. At home, diligence means you obey your parents even though you may not want to. Being diligent means being determined. You finish what you start.

Quote: "Whatever your hand finds to do, do it with all your might." *Ecclesiastes 9:10*

Quote: "Action may not always bring happiness, but there is no happiness without action." *Benjamim Disraeli*

**December 8-12:** The word of the week is **MODERATION**.

Moderation means you avoid extremes such as eating half a chocolate cake, staying up all night, or spending all your money buying candy. You don't go overboard on anything. You get enough sleep, you eat healthy food and exercise, and you get your homework done instead of playing with your friends too long. When you practice moderation, your life is balanced. Practicing moderation means you are satisfied only with doing your best.

Quote: "I hold this as a rule of life; too much of anything is bad." *Aristotle*

**December 15-19:** The word of the week is **CONFIDENCE**.

Confidence is feeling sure about what you are doing. You are certain about yourself. Confidence means you are willing to try new things even if it means you may fail. You do your best. Confidence helps you to continue even if you feel insecure and want to quit. If you are confident, you practice until you get things right. You are not afraid of failure because you know you will learn from your mistakes.

Quote: "Success comes in cans; failures comes in can'ts. *Anonymous*

Quote: "I can accept failure, everyone fails at something. But I can't accept not trying."  
*Michael Jordan*

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**January 6-9:** The word of the week is **COURAGE**.

Courage is the ability to face danger or difficult situations in life. Courage gives us strength to accomplish difficult tasks and helps us do the right thing even when we are scared or frightened. Courage comes from the heart and allows us to be persistent and strong. Being courageous means facing our mistakes and learning from them.

Quote: "Courage is acting in spite of fear." *Howard W. Hunter*

Quote: "Courage is the art of being the only one who knows you're scared to death."  
*Earl Wilson*

**January 12-16:** The word of the week is **SELF-DISCIPLINE**.

When you practice self-discipline, you are taking charge of your own behavior. You do not allow your feelings to dictate your actions. When you discipline your actions, you are illustrating responsibility and maturity. When people lack self-discipline, they lose control of their emotions. People can get hurt when others will not control their emotions. Being self-disciplined means not giving in to negative peer pressure. Self-discipline allows you to be in charge of yourself and your life.

Quote: "Self-discipline begins with the mastery of your thoughts. If you don't control what you think, you can't control what you do. Simply, self-discipline enables you to think first and act afterward. *Napoleon Hill*

Quote: "To enjoy freedom we have to control ourselves." *Virginia Woolf, Novelist*

**January 19-23:** The word of the week is **DETERMINATION**.

Determination is the ability to stick to what you are doing until you complete it. When you are determined, you don't allow your fears or doubts get in your way. You try and try until the task is finished. If you are having problems completing a task, get help.

Quote: "Just go out there and do what you've got to do." *Martina Navratilova*

Quote: "Let us not be content to wait and see what will happen, but give us the determination to make the right things happen." *Peter Marshall*

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**January 26-30:** The word of the week is **ACCOUNTABILITY**.

Accountability is giving satisfactory reasons for your actions. A person of good accountability will be able to accept responsibility for the consequences of their choices, not only for what they do, but what they don't do. Look around to see what you could do to make things better. Be a good example to those around you.

Quote: "There is not a right way to do a wrong thing." *Bits and Pieces*

Quote: "You don't choose the day you enter the world and you don't chose the day you leave. It's what you do in between that makes all the difference." *Anita Septimus*

**February 2-6:** The word of the week is **FAIRNESS**.

Fairness is agreeing to and following rules. Being fair means doing your part to help in the group. Fairness means that people receive what they deserve. Some people receive rewards for good behavior. Other people suffer from the consequences of bad behavior. Being fair means recognizing that everyone has rights. We need to treat everyone with fairness. Being fair means listening to both sides of the story. We need to collect facts and information before coming to a conclusion. It is not fair to talk about someone when they are not around. Gossiping is inappropriate behavior. Treat others like you want to be treated.

Quote: "We can often do more for other men by trying to correct our own faults than by trying to correct theirs." *Francois Fenelon*

Quote: "Fairness is not an attitude. It's a skill that must be developed and exercised."  
*Brit Hume*

**February 9-12:** The word of the week is **GRATITUDE**.

Gratitude is being thankful for what you have. It is giving thanks for special people and things in your life. You can express gratitude by showing appreciation for those who love and take care of you. What are some things for which you are thankful? We need to remember the gifts in our lives we take for granted including parents, food, clothes, toys, friends, classmates, teachers, and school.

Quote: "Our favorite attitude should be gratitude." *Source Unknown*

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Quote: "As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." *John F Kennedy, 35th President of the United States*

**February 17-20:** The word of the week is **JUSTICE**.

Justice is upholding what is fair. If you are a just person, you treat people the same. You don't take advantage of anyone or blame them for something they didn't do.

Quote: "There is always time to make right what is wrong." *Susan Griffin*

Quote: "An honest man nearly always thinks justly." *Jean Jacques Rousseau*

**February 23-27:** The word of the week is **EQUALITY**.

Equality means everyone has the same rights and privileges. When everyone works together, the task is completed faster and everyone is happier.

Quote: "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."  
*Martin Luther King, Jr.*

Quote: "Fourscore and seven years ago our fathers brought forth on this continent, a new nation, conceived in Liberty, and dedicated to the proposition that all men are created equal."  
*Abraham Lincoln*

Quote: “We hold these truths to be self-evident that all men are created equal; that they are endowed by their Creator with certain inalienable rights; that among these are life, liberty, and the pursuit of happiness.” *United States Declaration of Independence*

**March 2-6:** The word of the week is **OPENNESS**.

When you practice openness, you are being open-minded, you are able to consider what people have to say before you jump to conclusions. Be careful, get the facts before making any decisions, especially blaming or accusing another person.

Quote: “Minds are like parachutes — they only function when open.” *Thomas Dewar*

Quote: “Faith is a state of openness or trust.” *Alan Watts*

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**March 9-13:** The word of the week is **CARING:**

Caring is the ability to be concerned for others. The more love you give away, the more you have. The key to caring is that you can't expect anything in return. You can show care with your actions and your words. Your words can either help or hurt. Caring words brings joy to others. Caring means you respect your belongings and the belongings of others. Caring means you treat people like you want to be treated.

Quote: "You are either part of the solution or part of the problem." *Eldridge Cleaver*

Quote: “The best place to find a helping hand is at the end of your own arm.” *Swedish proverb*

**March 23 – 27:** The word of the week is **CHARITY**.

Charity is loving others. Some people might confuse charity with being fair. Being fair meets the other person halfway. Charity goes the extra mile. Charity is generous. Charity doesn't ask, “What's in it for me?” Being charitable means being kind and hoping good things will happen to other people. You wish the best for them, you don't hurt them, and you help them when they need something. Charity is sharing. It is giving to someone else something that means a lot to you. Charity is giving without thinking you are going to get something back. Charity is patient and kind; it isn't jealous; it doesn't brag and isn't stuck up; it doesn't act rudely. Charity doesn't seek it's own way and doesn't get angry or upset easily. It isn't happy when someone gets in trouble. Charity bears up under everything that comes along, believes the best about another person, hopes for the best and keeps on going no matter what.

Quote: "Charity should begin at home, but should not stay there." *Anonymous*

Quote: "Life's most persistent and urgent question is, 'What are you doing for others?'"  
*Martin Luther King Jr.*

Quote: "It's not how much we give but how much love we put into giving." *Mother Teresa*

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**March 30 – April 3:** The word of the week is **COMPASSION**.

Compassion means showing others you understand how they are feeling when they are having a problem. Simply listening to someone's problem can make that person feel better. Compassion also means being kind and caring to others in need. Being compassionate helps you feel better about yourself, helps you have more friends, and provides a great example to others.

Quote: "I think one of the best words in the English language is compassion. I think it holds everything. It holds love, it holds care... and if everybody just did something. We all make a difference." *Michael Crawford*

Quote: "Never apologize for showing feeling. When you do so, you apologize for the truth." *Benjamin Disraeli*

**April 6-10:** The word of the week is **FRIENDSHIP**.

A friend is someone you enjoy being around. You feel safe with that person. A true friend is someone who sees you through the good times and the bad. A true friend is someone who makes you happy. Friends listen to each other; they don't put each other down; they try to understand each other's feelings; they respect each other; they are trustworthy; and they care about each other.

Quote: "A friend is one who knows us, but loves us anyway." *Jerome Cummings*

Quote: "Good friends are like stars. You don't always see them, but you know they are always there." *Anonymous*

**April 13-16:** The word of the week is **KINDNESS**.

Kindness is showing you care about people. You treat people the way you want to be treated. Being kind means helping others who feel sad; taking turns; and playing fair.

Quote: "Plant seeds of kindness, wherever you go!" *Anonymous*

Quote: "Kind words can be short and easy to speak but their echoes are truly endless."  
*Mother Teresa*

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**April 20-24:** The word of the week is **GENEROSITY**.

Generosity is being willing to give and share your things, time, and talent with others. You don't expect anything in return. You are willing to make sacrifices for others because you want to. Generosity can be contagious. If you are kind and considerate to others, they will want to do the same.

Quote: "Think of giving not as a duty but as a privilege." *John D. Rockefeller, Jr.*

Quote: "You make a living by what you get. You make a life by what you give."  
*Winston Churchill*

**April 27 – May 1:** The word of the week is **LOVE**.

Love is the ability to care for others. It means treating people the way you want to be treated. A loving person helps others in need. If you are a loving person you share with others; you forgive others; and you help them even when you don't feel like it.

Quote: "Love is when the other person's happiness is more important than your own."  
*H. Jackson Brown, Jr.*

Quote: "Give your hands to serve and your hearts to love." *Mother Teresa*

Quote: "To love and be loved is to feel the sun from both sides." *David Viscott (Love)*

**May 4-8:** The word of the week is **FORGIVENESS**.

No one is perfect – everyone makes mistakes. Forgiveness means being able to give someone another chance. You may still feel hurt or disappointed, but when you forgive someone you are encouraging that person to be a better person. You can even forgive yourself and try again to do what is right. Forgiving yourself means you stop blaming and punishing yourself. Everyone has the ability to start over. Bad habits can be changed, but it takes courage and determination to strive for what is right, good, and honest.

Quote: “Anger makes you smaller, while forgiveness forces you to grow beyond what you were.” *Cherie Carter-Scott*

Quote: “Always forgive your enemies--nothing annoys them so much.” *Oscar Wilde*

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**May 11-15:** The word of the week is **CITIZENSHIP**.

Citizenship is participating and being responsible in your family and community and within a nation. Being a good citizen means you get involved in what goes on at school; you respect all people; you obey the laws and rules at home and in the classroom; you treat others as you would want to be treated; you love your country. Citizenship is having good manners and using kind words. It means accepting responsibility for your actions.

Quote: “Ask not what your country can do for you...Ask what you can do for your country.” *John F. Kennedy, 35<sup>th</sup> President of the United States*

Quote: “The most important thing an institution does is not to prepare a student for a career but for a life as a citizen.” *Frank Newman*

**May 18-22:** The word of the week is **LEADERSHIP**.

A good leader is someone who has positive leadership abilities. A good leader stands up for what is right, even if others don't agree. You don't allow others to bully you or treat you unfairly. Being a good leader means learning from your mistakes and not be afraid to fail, even in front of others. You look for opportunities to help friends and family without being asked. Others can count on you. Good leaders don't put others down. Being a good leader means doing the right thing even when no one is looking.

Quote: "You're the only one who can make the difference. Whatever your dream is, go for it." *Magic Johnson*

Quote: "Leadership is the challenge to be something more than average." *Jim Rohn*

**May 26-end:** The word of the week is **CHARACTER**.  
(Only if needed)

Your character is who you really are inside yourself. Your good character can never be taken away from you by anyone but you! Character involves the way you deal with yourself and others – both on the outside and the inside. Good character is supported by a good attitude. Work on the character traits discussed this year were Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship.

Quote: "Character is doing right when no one is looking." *J.C. Watts*

Quote: "If you don't want anyone to know it, don't do it." *Proverb*  
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Quote: "Be more concerned with your character than with your reputation. Your character is what you really are, while your reputation is merely what others think you are." *John Wooden*