





# Miss Kendra Programs Information for Families



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- Miss Kendra Programs help students deal with stress – a half hour each week in their classroom!
  - Miss Kendra Programs help support and strengthen families.
  - It is a positive program to help your child do better in school!

- Miss Kendra Programs have led to a big decrease in behavior problems and a big increase in students' concentration on schoolwork.
  - Miss Kendra Programs have been working to help students get their worries out for over a decade with a lot of support and success!
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# Who is Miss Kendra?

**Ask the kids!**



**Hey! Have you heard about Miss Kendra?**

**Yeah. I heard she went through hard times so she decided to volunteer at a school every day.**

**That's right! And she would ask the students about how they were doing.**

**What kinds of questions?**

**Well, important questions! They became known as "Miss Kendra's List."**

**And when students were upset she gave them a little red wooden bead for their strength!**

**I want one!**

# Miss Kendra's List



No child should be harmed because of their race, religion, or gender.  
No child should be punched or kicked.  
No child should be left alone for a long time.  
No child should be hungry for a long time.  
No child should be bullied or told they are no good.  
No child should be touched in their private parts.  
No child should have to see other people hurt each other.  
No child should be scared by gun violence at home or at school.

## BECAUSE

It makes a child feel bad about themselves.  
It makes a child not care about school.  
It makes a child feel sad or scared or lonely.  
It makes a child feel angry and want to fight too much.  
It makes a child feel like not trying hard or giving up.  
It makes a child worry a lot about their family.

**This is what Miss Kendra says...**  
**What do you say?**

# Activity Idea!

**Read Miss Kendra's list out loud with your child(ren), and ask them, what do you think? Do you agree? Why or why not?**



- Miss Kendra classroom activities focus on principles of child safety, helping children have language for expressing their experiences.
- Your child will have many opportunities to practice showing compassion and empathy for others during Miss Kendra time!





**Dear Miss Kendra**

**I am sorry for your loss and we both have something in common. One thing is that we both have a loss. My loss was my father. I don't really think about his death but when I see other kids with their dad and mom it makes me feel sad. I will never forget him because he will always be in my heart. I hope you write back.**

**Love, 3rd Grade Student**

- **Your child will be invited to write letters to tell Miss Kendra how they are doing, how they are feeling, and what their worries are.**
- **Miss Kendra writes back to every letter she gets and the kids love hearing from her!**



- We know that worries prevent students from focusing on their schoolwork.
- We invite students to express their feelings and experiences by writing to Miss Kendra.

- We want every child to feel safe and have someone to talk to.
- We believe in the strength of the child, the family, and the community!





**Miss Kendra says,**  
**"This red bead is for**  
**your strength!"**

