

JULY

NEWSLETTER

PRACTICE ALTRUISM AND
STRENGTHEN COMMUNITY

Altruism is the selfless concern for others helping or caring for someone without expecting anything in return. Key aspects of altruism are empathy, compassion, voluntary action and no expectation of reward.

Altruism has been shown to promote social connections, build stronger communities, and even increase life expectancy.

Altruism is often associated with positive feelings. A wealth of research now demonstrates that altruism is often positively correlated with subjective well-being, which comprises both high life satisfaction and experiencing more positive emotions and fewer negative emotions in daily life.

GIVE & Grow

"BE THE REASON SOMEONE
SMILES THIS JULY"

July is here and with it comes a well-earned summer break! While we recharge, it's also the perfect time to reflect on how we can make a difference, even in the smallest ways. Lending a hand, sharing your time, or simply being there for someone to plant the seeds of something bigger. Altruism isn't just about changing the world, it's about changing someone's day.

This month, let's give more, care deeper, and grow stronger together. Because every act of kindness adds up.

Another benefit of altruism is its ability to build social connections, create relations and foster a sense of community. Practicing altruism does more than help others enrich your own life too.

Those who give selflessly feel greater happiness, less stress, and deeper social connections. These acts of kindness can even contribute to longer, more fulfilling lives.

Helping others often brings a deeper sense of happiness not just emotionally, but biologically too. Acts of kindness trigger the release of "feel-good" chemicals in the brain, like dopamine and oxytocin, which help reduce stress and lift our mood.

Beyond that, helping gives us a sense of purpose, strengthens our social bonds, and builds self-worth all key ingredients for lasting happiness.

Altruism & EMOTIONAL WELLBEING

We often think of helping others as a one-way street as a kind act that benefits someone else. But research shows that altruism, the simple act of giving without expecting anything back, lifts both sides.

[HTTPS://WWW.WORLDAHAPPINESS.REPORT/ED/2023/DOING-GOOD-AND-FEELING-GOOD-RELATIONSHIPS-BETWEEN-ALTRUISM-AND-WELL-BEING-FOR-ALTRUISTS-BENEFICIARIES-AND-OBSERVERS/](https://www.worldhappiness.report/ed/2023/doing-good-and-feeling-good-relationships-between-altruism-and-well-being-for-altruists-beneficiaries-and-observers/)



According to the **World Happiness Report 2023**, when people give their time, support, or even a small gesture of care, they don't just make someone's day better, they often feel better themselves. There's something called the "**warm glow**," a real emotional high that comes from doing good. It can boost mood, reduce stress, and even ease feelings of sadness. And it's not just about grand acts holding space for a friend, volunteering, or helping a stranger can all spark this sense of connection and purpose. In a world that sometimes feels heavy, choosing kindness freely and willingly can be a **powerful** way to protect our own mental well-being too.

VALUE OF THE MONTH Generosity

Generosity is not just an abstract noun found in the pages of your grammar book; it is an attribute that distinguishes a person who merely exists from one who creates a **positive, lasting** impact around them. Generosity helps people build bridges and strengthen bonds, making friendships stronger and bringing people closer no matter how different they are, it is a win-win for both the **benevolent** and the **beneficiary**.

Generosity can change how we relate to others in meaningful ways. It breaks down walls like pride or awkwardness and builds **trust** instead.

When we give our time, help someone, or share what we know, we show that we care. For example, being generous with information like **explaining a lesson** or **sharing notes** can turn classmates into friends. **Welcoming a new student** to find their way around school or **inviting them** to join your group during lunch can make them feel welcome. Even small things like **forgiving someone** or **helping with homework** can make a big difference in how close we feel to others.



6 EDUCATIONAL TOPIC: PILLARS OF *Character*

Developed in 1992 by youth development experts, the Six Pillars of Character are universal values that help shape who we are and how we show up in the world. Rooted in **ethics** and **empathy**, these pillars cut across all cultures, backgrounds, and beliefs reminding us that character isn't built overnight, but through small, everyday choices.

Trustworthiness

1

Be honest, keep your promises, and let your actions match your words.

Respect

Treat everyone with dignity, listen, value differences, and set healthy boundaries.

Responsibility

2

Own your actions, follow through, and do what's right even when it's hard.

Fairness

Play by the rules, stay open-minded, and give everyone an equal chance.

Caring

3

Show kindness, compassion, and empathy in both big and quiet ways.

Citizenship

Contribute to your community and the world act with concern for the greater good.

4

5



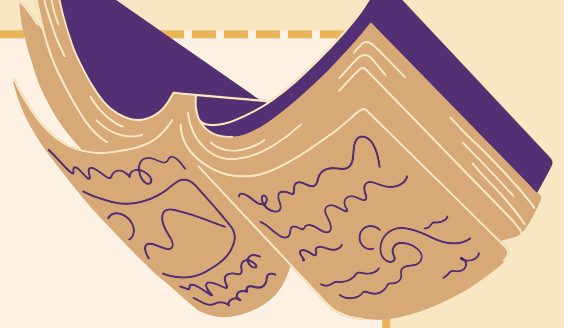
In a world constantly changing through new technologies, trends, and ideas, some things will always stay the same. Among them is **character**! Character isn't just about how we portray ourselves, but the values we live by when no one is looking. Whether you are a student trying to navigate friendships and studies, a leader who must make tough calls that affect others, or just a regular person trying to do the right thing, character forms the core of one's identity!

Book recommendations

-Wonder | R.J. PALACIO

-Pay It Forward | CATHERINE RYAN HYDE

-Man's Search For Meaning
| VICTOR E. FRANK



Word Search

FIND THESE WORDS

Connect

Grow

Support

Give

Kindness

H	Z	B	P	T	L	Z	P	C	E	S
U	R	G	S	H	A	H	X	O	C	G
W	V	W	I	V	C	P	N	M	D	S
R	G	O	L	Y	E	U	U	M	S	L
R	Y	B	P	C	L	L	V	U	U	N
C	O	N	N	E	C	T	P	N	P	E
R	B	Q	F	H	V	H	O	I	P	V
P	N	G	R	E	S	O	O	T	O	I
N	O	K	R	I	E	S	C	Y	R	G
X	J	E	G	E	W	U	Y	H	T	D
G	R	O	W	U	Z	E	L	I	V	R

Credits

AARYAN [9-I]

MAHD [11-M]

HASSAN [12-M]

EMIRA [9-C]

SOHINI [10-C]

ASIYAH [11-B]

KADHIEJA [12-D]

