

Hillview is a Bucket Filling School!



EBS - Promoting our value of EMPATHY
Promoting a culture of positive affirmations and interactions.
Promoting a “Culture of Kindness”
Creating a safe, connected environment where student confidence grows and learning flourishes.

Foundation of the philosophy:

Everyone has an invisible bucket. This bucket holds all of your good thoughts and happy feelings. A full bucket helps everyone – children and adults – to feel good about themselves.

Based on the premise that, with practice, everyone can become skilled at the three rules of Bucket Filling. With a full bucket, you feel happy, friendly and confident.

Rule #1: Be a Bucket Filler

“Be kind”. “Every time you say or do something caring and thoughtful, you add good thoughts and feelings to someone’s bucket.

The law of bucket filling: when you fill someone’s bucket – you also fill your own.

How to be a bucket filler:

Daily small things:

- should do this every day – in small ways (saying hello, thank you, helping out a classmate, noticing when someone does something well)
- hang out with bucket fillers
- being a good friend (trust, thoughtful,

Special acts – noticing and helping (thank you note to someone like the custodian, your coach or a neighbor)

Doing your best

Appreciating the outdoors

Filling your own bucket (telling yourself good job after you’ve work hard at something)

Rule #2 – Don’t Dip

Don’t say or do mean things – this removes the good thoughts & feelings.

The law of bucket dipping: a) when you dip into someone’s bucket, you dip into your own.

b) people who dip, most likely have an empty bucket.

How to avoid dipping – stay calm, if it’s not nice, don’t say it.

Sincerely apologize

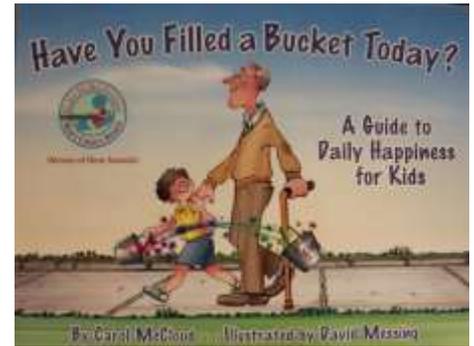
Rule #3 – Use Your Lid

When someone does something mean or unkind – you can use your lid to control how many of your happy thoughts they “dip”.

- not believing the unkind things being said
- strategies of what to do (similar to bullying strategies)

Advanced Bucket Filling – acceptance of differences, standing up for others,

The idea of bucket filling comes from Donald O. Clifton's metaphor of the bucket and the dipper. Several authors have written books about the bucket, including this book by Carol McCloud and David Messing.



By becoming bucket fillers, we are creating a safe, connected school where students feel confident and care about others. Learning will flourish and smiles will be seen when buckets are full.



How can you help at home?

Ask your child to tell you about the story of the bucket.
Share a story about a person who has filled your bucket.
Find ways to fill buckets every day.
Help your child make a poster (for school or your home)
Remind each other of the 3 rules:
1. Fill buckets 2. Don't Dip 3. Use your lid

#1 POSTER CONTEST

Help Hillview become a bucketfilling school by creating a poster to spread the news!



Posters should be:

- on 11x 17 paper
- display a bucketfilling message
- (remember those three things: Fill buckets, don't dip and use your lid)

Prizes – Prizes – Prizes

You can win a prize! There's some great prizes this year – (family movie passes, iTunes cards, bracelets, pencils, tattoos, books and more)

Prizes will be for different ages and grades.

What makes a good poster?

- clear message (bold letters, short and easy to read quickly, spelled correctly)
- image is connected to the message
- eye-catching (colourful and bright)

Posters will be collected until November 24th.

It's your time to get creative! You can use any medium (paint, crayon, collage, real – life photos) Paper is available in the front entrance of the school.



#2 Hillview's Kindness Drive

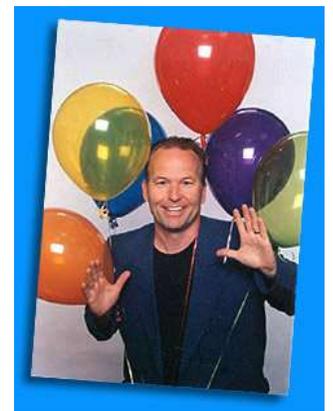
A few weeks back, students were asked about ways they could help at our school, in our community and the world. An idea started from these questions when a student suggested "We should do a kindness drive"

Bucket filling fits perfectly with this idea. So, students have been given the kindness drive challenge - to find some way to do something nice for others. Ideas are floating around like raking their neighbour's leaves, making a card for someone, bringing a special treat for the busdriver. There are a lot of kind and creative kids at Hillview.

Students are encouraged to write a note to describe the kindness drive activity they did and drop it by the office. We will anonymously celebrate the kind acts for others.

#3 A Magical Performance

To help us celebrate our bucketfilling, our whole school will get to see the magic of Steve Harmer on Tuesday, November 25th at 9:00 am. We will be entertained with his magic and message about bucket filling. Join us for the performance.



- 1. Be a bucket filler.**
- 2. Don't dip.**
- 3. Use your lid.**