A Year of Virtues

A virtue is a habit or established capability to perform good actions according to a moral standard. In other words, a virtue is a habit that show people and God that I am a good person.

Each month we will look at developing one of these virtues:

- Faith
- Empathy
- Conscience
- Hope
- Self-Control
- Respect
- Kindness
- Love
- Acceptance
- Fairness

We will pray about these virtues, we will talk about them in the classroom and we will practice them in the hallways and school yard. We will make the effort to treat other students and the adults in our school according to the demands of these virtues. And we will celebrate the progress we make to be a more virtuous Catholic school—a place of safety, caring and inclusivity for all.
A faithful person...

- Prays regularly and reverently
- Learns from Scripture stories
- Honours people’s God-given names
- Assumes that there is good in everyone
- Accepts the God-given worth of themselves and others

Our Daily Prayer for September

Let us now pray...
for the grace and strength to be people of faith—people who can truly believe that God’s plan for us includes the right to be safe at school.

Amen
October

~Empathy~

An empathetic person...

- Listens attentively
- Watches people’s body language
- Notices and responds when someone is upset
- Can name his/her feelings
- Can see a situation from another person’s point of view
- Knows that different people may feel differently about the same thing

Our Daily Prayer for October

Let us now pray...
for the grace and strength to be people of empathy—people who can really identify with and feel the concerns of those around us.

Amen
November

~Conscience~

A person of conscience...

- Chooses to do the “right thing” and feels good about it
- Can see how his/her actions may hurt others
- Admits his/her wrong-doing and feels badly
- Says “sorry” and tries to make up for mistakes
- Keeps promises

Our Daily Prayer for November

Let us now pray...
for the grace and strength to be people of Conscience—people who know the good and decent way to act and then choose to act that way.

Amen
December

~Hope~

People of hope...

- Keeps up a positive attitude
- Can bounce back from tough situations
- Set and stick to their goals
- See the good in others even when they make mistakes
- Work to include others
- Let others know that they are good people

Our Daily Prayer for December

Let us now pray...
for the grace and courage to be people of hope—people who can see, participate in and contribute to God’s goodness emerging around us.

Amen
January

~Self-control~

A person with *self-control*...

- Is patient
- Knows how to wait his/her turn
- Can calm him/herself down and think before reacting to situations
- Knows how to avoid physical aggression (hitting, kicking, pushing, fighting, etc.)
- Can think things through and do what is best for everyone

**Our Daily Prayer for January**

Let us now pray...
for the virtue of *self-control* so that we will resist the temptation to cause harm to ourselves or to others around us

Amen
February

~Respect~

A *respectful* person...

- Treats himself/herself and everyone else with equal consideration and courtesy
- Uses a positive tone of voice and body language
- Avoids swearing, name-calling, put-downs, and inappropriate gestures
- Says “Excuse me”, “Please”, “Pardon me”
- Avoids gossip

Our Daily Prayer for February

Let us now pray...
for the virtue of *respect* so that everyone we meet will feel like we are their brother or sister in Christ.

Amen
March

~Kindness~

A *kind* person...

- Says nice things about others so they feel good about themselves
- Sticks up for people who are picked on or need help
- Refuses to join others who are insulting, intimidating, mean or hurtful
- Watches and looks for ways to help those in need

**Our Daily Prayer for March**

Let us now pray...

for the virtue of *kindness* so that everyone we meet will feel like we are looking out for their good.

Amen
April

~Faith~

A *loving* person...

- Wants the best for others
- Is willing to make sacrifices for the good of others
- Learns from the heroic lives of saints and holy people
- Knows that we are all lovable
- Prays for others

**Our Daily Prayer for April**

Let us now pray...
for the virtue of *love* so that we will never be satisfied until all are satisfied.

Amen
May

~Acceptance~

An accepting person...

- Is friendly and open to all God’s people, regardless of age, beliefs, gender, culture or ability
- Sees the positive traits in all people even if he/she disagrees with them
- Avoids judging or stereotyping others
- Understands that there may be more than one way to do things
- Sticks up for the “underdog”

Our Daily Prayer for May

Let us now pray...
for the virtue of acceptance—the strength to trust that God is at work in everyone’s life despite what we think.

Amen
June

~Fairness~

A fair person...

- Listens to all sides before forming opinions
- Shows good sportsmanship at all times
- Knows that the same rules apply to everyone
- Refuses to twist rules to avoid consequences
- Works to bring about peaceful solutions to problems
- Cheers on the success of others
- Can balance their own rights and responsibilities with those of others

Our Daily Prayer for June

Let us now pray...

for the virtue of fairness—the desire to live by the rules of God’s kingdom every day of our lives.

Amen