

PARENTS DID YOU KNOW...?



Next school year, Landmark Elementary is planning on introducing the **Roots of Empathy** program with some of our students.

Empathy is the ability to identify with another person's feelings and "is central to successful social relationships in all stages of life." (www.rootsofempathy.org) Sadly, the ability to empathize with others is a declining skill which somewhat explains the increased levels of bullying and aggression in people of all ages.

According to Time Magazine, "the most profound and lasting way to reverse the empathy decline is to teach empathy skills in the classroom. The world's most effective program, **Roots of Empathy**, began in Canada and is spreading worldwide: over half a million children have done it. How does it work? The teacher is a baby who visits a class group regularly over a year. The children sit around the baby and discuss questions: What's she thinking? What's she feeling? It's a stepping stone to developing their empathic imaginations. And it works, increasing empathy levels, boosting cooperation, reducing school yard bullying and even increasing general academic attainment." **TIME Magazine** November 06, 2014 (New York, NY, USA).



In order to run this program, LES will be training two 'in-house' instructors, each of whom will instruct one class of students 27 times in the school year. The classroom teacher will not instruct the program but will rather join the students in the experience of learning from the instructor and the baby. For this coming year, only two classes will take part in the program.

WHAT WE NEED FROM YOU....? If you have a baby who will be 2 – 4 months old in September or October and, if you would be willing to visit the same class with your baby once per month for nine consecutive months, check out www.rootsofempathy.org

for the **INFORMATION FOR PARENTS** to find out what is involved and then contact the school.

We would love to hear from you!