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DR. GLENN WHITE

Sept. 16, 2022

Dear Parents,

We are excited about Positive Action, a curriculum for positive development of individuals, schools, families and communities that we'll be implementing this year. Positive Action is a nationally-recognized, proven program, so we're excited about the positive results we'll be seeing soon. We know that parents are a vital component of student success, so we'd like to tell you a little bit about the program so you can help reinforce it in your home.

Positive Action gives all students the motivation and skills to be happy and successful in school and in life. All grade levels, climate and counseling programs, and family and community kits are based on a philosophy with two principles that help empower us to develop our potential for greatness, enabling an entire community to unite behind one common goal!

**First Principle of the Philosophy:** The first principle is intuitive: We feel good about ourselves when we do positive actions. The opposite is also true: We feel bad about ourselves when we do negative actions. Positive Action brings this truism to a conscious level, so we can intentionally determine our behaviors and experience the benefits of being positive.

The Thoughts-Actions-Feelings Circle visually depicts the first principle of the philosophy. It illustrates how our thoughts lead to our actions, our actions lead to feelings about ourselves, and our feelings lead to more thoughts. Once we are aware of the whole behavior process, we can choose to stop and think before acting, then take the action, experience the reaction or feeling we have about ourselves, and have another, similar thought. Since the circle can be positive or negative, the lessons demonstrate and reinforce the benefits of choosing the positive Thoughts-Actions-Feelings Circle.

**Second Principle of the Philosophy:** The second principle: there is a positive way to do everything. No matter how difficult a situation may seem, it is always preferable to address it in a positive way. It is about having optimism and being hopeful. This empowers us to find our own greatness. We teach the positive actions, or positive ways to do everything, for the whole self: physical, intellectual, social, and emotional. In the Positive Action program, these skills are taught throughout six unit concepts:

❖ **Unit 3**

- To introduce the concept that managing yourself develops autonomy.
- To learn the social and emotional positive actions of time management.
- To reflect on the process of developing autonomy from the perspective of the social and emotional positive action of time management.
- To learn about Systems Theory (cohesive groups of interrelated, interdependent components that can be natural or human-made.)
- To learn the social and emotional positive actions of managing your talents.
- To learn the relationship between how the brain develops and your own unique talents and abilities.

**IF YOU “DO NOT” WANT YOUR STUDENT TO PARTICIPATE, PLEASE RETURN THIS FORM WITH YOUR SIGNATURE BY Sept. 26, 2022.**

**Student Name:** \_\_\_\_\_ **Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Teacher and period:** \_\_\_\_\_

Each year is exciting for our students and faculty, but this year holds more promise than ever. We believe Positive Action will make a big difference for your child, and that all will grow in positive ways.

Sincerely,

Floyd County Schools