



This week's Virtue is Compassion

Compassion

Compassion is deep empathy for another who is suffering or living with misfortune. It is understanding and caring, and a strong desire to ease their distress. Compassion flows freely from our hearts when we let go of judgments and seek to understand. Our compassionate presence helps

people to know they are not alone. Sometimes they don't need us to fix anything. They only need to be heard with compassion, so that they can connect to their own inner wisdom. We need our own compassion as much as others do. Whether a silent prayer or a gentle touch, compassion is a priceless gift.

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion."

THE DALAI LAMA



The Practice of Compassion

I notice when someone is hurt or needs a friend.
I feel empathy for the pain of others.
I take time to reach out to those who need help.
I care for others by listening deeply.
I refrain from judging.
I have compassion for myself.

Dates to Remember

Winterberry Parent Guild
will meet via zoom
March 3rd
6:00pm

March 4th-
11th
Spring
Break
No School
for
students

Time: 1st Thursday of the month

Topic: WPG Zoom Meeting

Join Zoom Meeting

<https://asdk12.zoom.us/j/95290064733?pwd=ZEFyVXV1RCsyV1NPK3IHVnIEeTdYZz09>

Winterberry Charter Council
will meet via zoom
March 17th
6:00pm

March 4th-
April 3rd
Student Art
Exhibition
The
Anchorage
Museum

Time: 3rd Thursday of the month at 6pm

Topic: Winterberry Charter Council

Time: 6pm

Join Zoom Meeting

<https://asdk12.zoom.us/j/519426010>

March 17th
Lottery
Closes for
Application
s

ASD Climate Survey is still open for comments