



# JANUARY 2019

## VOLUNTEER OF THE MONTH!

Recognizing Coalhurst residents that go above and beyond!

The first Friday in November is set aside every year by the Community Foundation of Lethbridge and Southwestern Alberta, and Foundations across Canada, to commemorate Random Acts of Kindness (RAK) Day. RAK Day is an opportunity to celebrate the good deeds that happen every day, no matter how small, and encourage more of them.

Jaxson D. (with the help of his mom, Seana), was the recipient of 1 of ten, \$500 Kindness grants, which he then donated to his school – Coalhurst Elementary. Read more about Jaxson’s Kindness Story below and the impact he made on RAK DAY.

*My sons been struggling with being lonely and having no friends at school which has been so hard to watch as a Mom. So yesterday him and I went for a coffee/hot chocolate date and had a good talk. We decided because today is RANDOM ACTS OF KINDNESS DAY that we would do a little something to lift the spirits of people around us, so they wouldn't feel sad or alone like he has been. We got some post it notes, and some stickers and we started writing and decorating 300+ sticky notes with kind words and different inspirational sayings. We got up super early this morning and the three of us went and made sure every person at the Elementary School including the amazing hard-working teachers got a little note to help spread kindness throughout the school.*

*As I was taking him to class I was watching all the kiddos reactions to something so simple as a written kind word. He lifted so many spirits today and that makes our hearts so happy.*

*We then took some to the bakery and to all the amazing people at the Town of Coalhurst office.*

*If you're reading this please take a moment to say a kind word to somebody today, you never know what struggles they're dealing with and a kind word can make such a difference.*

-Seana D

Thank you Jaxson, for creating and distributing your inspirational notes of kindness!

