

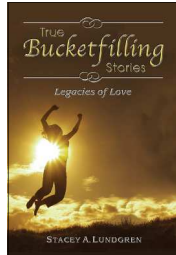
Bucketfillers for Life, Inc.

Proudly Serving the Entire United States with 5 Regional Training Centers



BFL News & Views

April 2011



True Bucketfilling Stories: Legacies of Love, by Stacey A. Lundgren. This wonderful collection of 10 short stories with discussion questions is available at Heartspeak, Inc.



www.heartspeakproducts.com

Other bucket filling products available at Heartspeak:

- Posters
- Pencils
- Bracelets
- Sunglasses
- Piggy Banks
- Backpacks
- T-shirts
- More!

Be sure to also get your copy of Heartspeak's exclusive eBook, "Almost at the Front", a collection of World War II letters by Merrill Lundgren, The Bucket Man.

Principals are Bucketfillers

By Stacey A. Lundgren

After programs in a school are completed, I meet with the principal for a while to discuss what happened during presentations, leave helpful material with them, get feedback, etc. At the beginning of those meetings, I have found myself more frequently than not "arguing" with the principal about which one of us has *the best job in the world*. Of course, I believe my job is the best—I am honored to speak about kindness, respect and universal truths to students of all ages who enthusiastically contribute their comments and questions. When the program is over, often I receive spontaneous hugs and words of thanks. What can be better than that? In my mind and heart, nothing!

In almost every case, principals smile and respond, "But I believe that MY job is the best in the world". This is impressive! They don't have to say that, right? But they do. With all the responsibility and sometimes challenging job

of dealing with parents, staff, and handling disciplinary issues, would you think that principals truly enjoy their jobs? For some reason, I use to think that the pressure would cause them to squirm in their chairs and wish to be back in the classroom or perhaps out mowing the lawn somewhere. But no....they actually love doing what they do.

As a... well... *mature* woman, I went through elementary school many years ago. Most of you reading this were probably not even born yet, as a matter of fact. I can remember sitting in my classroom and hearing the clomping of the principal's matronly black shoes echo in the hallway. When "on a mission", she always strode with such purpose. It sent shivers up our spines. *Was she coming into our classroom? Who is in trouble this time?* Holding our breaths, we would wait until the clomping passed our room and faded down the hallway. *Whew*. Really, this is way we thought of the principal; she was strictly

a disciplinarian, and anyone caught in her clutches might not live to tell the tale! I imagined that if anyone dared to ask the principal if she loved her students, she would say, "Why, yes, I do. I think they are... delicious!"

But now I see children wave at the principal, hug the principal, and bring treats to his or her office. Drawings and notes from students hang on their office walls. I see principals having lunch with their students... and the students aren't afraid that *they* will be the lunch! As the principal walks down the hallway, he or she says hello to students and knows each one's name. Principals are respected and loved, not feared. How terrific is that?

So dear Principals, I still say I have the best job in the world. But I am delighted each time you argue with me. Students, staff, and parents are lucky to have you as leaders of their schools. You are truly bucketfillers!

Link to Lundgren Column

For those of you who might like to read about what it felt like to “go home again”, please click on this link.

<http://www.troymedia.com/category/health-lifestyle/health-lifestyle-health-lifestyle/life-coach/>

Stacey recently experienced returning to her elementary school in Chicago, entering the building for the first time in 51 years. There were some surprises! How would **you** feel if you “went home again”?

BFL Program Feedback and Words From Our Student Bucketfillers

Why I Love and Respect You, Joshua

1. *You hug me and fill up my bucket and that makes my day brighten up*
2. *It's more fun playing with you than any other friend*
3. *I look at your “all about me” page, and it inspires me*
4. *You've been with me from the start of my life and now*
5. *I love your smile and when you pick me up and play four score with me*
6. *I can't tell you how much I respect you and our family!*

4th grade student to her older brother

Dad, I love and respect you because you are old, but great.

4th grade student

Why I Love and Respect You, Dad

1. *You are awesome at math*
2. *When you wake me up you pretend to be sleeping with me*
3. *I love it when you chase me around the yard in football*
4. *When I fell through the floor you made me feel better*
5. *When Mom cooks, you plug your nose and say “Eww!”*
6. *You want to get to know my teacher*

4th grade student

Mom, I love and respect you because you help me grow up to be a bucket filler.

4th grade student

Mom, I love and respect you because you don't love other people better than me.

4th grade student

This inspires me to pay it forward and call my own parents in Canada to share why I love and respect them!

Mom of 5th grade student

BFL Program Feedback and Words From Our Student Bucketfillers (continued from page 2)

It felt good to hear that my daughter knows she can count on me, trusts me, and loves me. I am proud of her. It would be a great idea to make a habit of doing this at least once a week. I will try to institute this with my family and present it at Sunday's dinner.

Mom of 4th grade student

It made my day to hear this from my son. What a nice feeling to know I am loved that much. It's hard to put into words what I am feeling now.

Dad of 4th grade student

Your Teacher Orientation was excellent. I met with several of the teachers and as I usually do when we have such a meeting, I asked them to rate it 1 -10. They all said "20"!

**Michael Zahm, Principal
New Britton Elementary School
Fishers, IN**

Thank you for working with us to bring the Bucketfillers program to our district! It was inspiring and thought provoking and the students really get the concept. It touched the hearts of many teachers and the parents that came to the parent program. I have only heard good things about the program going through all of the schools.

**Jennifer Ostrowsi-Dudek
Pre-K Teacher
Indian Hill School
Palos Heights, IL**

We are so pleased with the bucketfiller programs! Since beginning with bucketfilling, the referrals of students to my office for bullying behavior has decreased by about 40%. I expect that improvement to continue!"

**Lisa Miller, Principal
Grundy Center Elementary School
Grundy Center, Iowa**

You have a bucketfiller convert! I must admit that I was skeptical about the impact your programs would have. But this has been absolutely terrific.

**MaryLee Kersten-Day
Special Education Paraprofessional
Grundy Center Elementary School
Grundy Center, Iowa**

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