



BFL News & Views

February, 2009

Bucketfiller Count as of January 31st, 2009

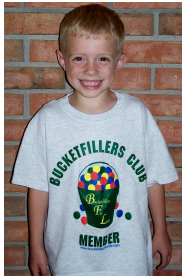
*Watch the numbers
grow!*

January Total:

4,300

Grand Total:

99,635 attendees



Bucketfillers Club Member T-shirts are available through our web site at a cost of only **\$9.95** with free shipping (with purchase of 4 or more.)

Also **Bucketfilling Family or Classroom certificates**, custom printed to your specifications and hand-signed by **The Bucket Man!** Free Shipping!



www.bucketfillersforlife.com

BFL in Delta, Colorado

By Stacey Lundgren

My bucket was filled to overflowing last week at Garnet Mesa Elementary School in Delta, CO. A Teacher Orientation was scheduled for seven o'clock on Monday morning. Most of us realize that the majority of folks aren't filled with cheer at that hour following a weekend. However, let me tell you about this particular staff.

It is interesting to observe as teachers arrive for this type of meeting. The one at Garnet Mesa was earlier than most. It was still dark outside, cold and windy as I drove into the

parking lot. I was enthusiastically greeted by Jim Farmer, the principal. He took me to the classroom where the orientation was to be held. The teachers started arriving. One by one, they smiled and greeted each other with warmth and laughter; it was obvious they were friends as well as colleagues. Each person smiled and said hello to me. There was something different about this group—I could feel it.

Then something amazing happened that I've never experienced before. Music, rather loud music, began to reverberate in the room.

Wow! I heard Chubby Checker singing "Let's Do the Twist"! If you know me, you know that I'm old enough to remember dancing to that song in high school. Two teachers danced. I was moving to the beat of the music and grinning so wide that my face began to cramp up. You know that feeling—you are smiling so much that your cheeks hurt? My bucket has never been so full at seven o'clock on a Monday morning! Thank you, Garnet Mesa staff. Your students are fortunate to have such Bucketfilling teachers!

Winans Elementary School Keeps Bucketfilling Alive

By Stacey Lundgren

One of the things we hear so often from school principals and teachers is how easy it is to keep the bucketfilling concept alive. Children grasp the message quickly, the jargon becomes common, and teachers use our practice ideas and create ones of their own to promote this

positive message.

I had the pleasure of returning to Winans Elementary School in Lansing recently. They began their program in 2007/2008, and then signed up for the maintenance program. As I waited in a fourth grade classroom to begin our workshop, I listened to the morning announcements

and the Pledge of Allegiance. Then, to my delight, the students all recited the Bucketfiller's Pledge! The teacher told me the entire student body recites the pledge every Monday morning, and that this has been an important reminder to all to be Bucketfillers. Good for you, Winans!

Join the Bucketfilling Yahoo Group!

Please join us in the new Bucketfillers For Life Yahoo Group:
http://health.groups.yahoo.com/group/Bucketfillers_For_Life/

A Bucketfilling Mission for Classrooms or Families

By Stacey Lundgren

A frequent comment we hear in workshops is how easy it is to fill a bucket. Yes, it is easy. But like any positive habit, sometimes we forget to DO IT. For those of you who would like to participate, here is a fun project that you can choose to do this month. It could be done within a classroom, within a family, or with friends. When you complete your chosen bucketfilling mission, please let us know how it went! We will include some of your reports in our March and April newsletters to inspire others! You may send your bucketfilling stories to us via email or fax: Stacey@bucketfillersforlife.com or FAX to 810-588-6735. Be sure to include your name, city and state. If you prefer to remain anonymous in the newsletter, let us know. We will certainly respect your privacy.

February Goal – A Random Act of Kindness

A “random act of kindness” is often described as filling someone’s bucket

in secret. It accomplishes several things. First of all, it fills the bucket of someone else. Secondly, it fills your bucket to know you’ve done something unsolicited for another person. Thirdly, you seek no credit for doing it—the reward is in knowing you did it! This is fun, and there are a myriad of things you could do as a classroom or family. Here are two examples:

Last June, two 6th grade boys emailed us about a random act of kindness they performed for one of the boy’s next door neighbor. She is a single mother with four children, working two jobs to support her family. Tall weeds had grown in front of her house; it was obvious to the boys that she had no time to pull them. One morning after the woman left for work, the boys pulled all of her weeds. It took two hours, but they got every single weed, bagged them and got rid of them. When the neighbor came home from work, the boys were watching from a window. They saw her stare in amazement at what they had done. Smiling, she looked around to see if

anyone was watching, perhaps wanting to thank them. They could tell her bucket was full, and they felt wonderful, too! The boys told us they were never going to tell the neighbor who pulled her weeds, and that they might keep doing it throughout the summer.

A 6th grade teacher told us about something her students did for their principal. The principal’s son had just completed basic training in the military. She and her family had traveled to California to see his graduation, knowing he would soon be sent to Afghanistan. She was very worried about his safety, but proud of him, too. So the class decided to make a giant card for her. They decorated it with original drawings of American flags, the United States, hearts, etc. The message they wrote on the card was “Thank you for raising a boy who will defend freedom!” They signed it “from students who love you”. The school secretary said the principal cried because her heart was so touched. This simple act of kindness filled many buckets!

Program Comments, Feedback, and Words from our Student Bucketfillers

Mom, I love you so because you had me even though you and Dad were so young.

4th grade student

Dad, I love and respect you because you picked out the best Mom in the world.

4th grade student

Grandpa, I love you because you raised a good dad for me.

4th grade student

Dad, I love and respect you because I was scared and you quit smoking and promised you would never do it again.

5th grade student

Mom, I love you because you always tell the truth.

4th grade student

Dad, I love you because you laugh at your jokes more than anyone else does.

4th grade student

It touched my heart to hear how much (my son) loved my mother. I

hope she heard his words as he read them me. He has never said things like that before, and I think it was good for him to get his feelings out. Thank you!

Mother of 6th grade student

How wonderful to hear why my son loves and respects me! He is a teenager and I didn't think I would hear those feelings expressed until he is in his 20's! I will always remember this day.

Mother of 7th grade student

As a single dad, I wondered if I was making any kind of positive impression on my daughter until today. When she read her list to me, I shed some tears. This made me realize that all the effort is not only worth it, but she notices!!

Father of 6th grade student

What a refreshing afternoon this has been! I appreciate every day I spend with my class, but I must say that hearing my students express why they love and respect someone has touched my heart in a way I will never forget.

4th grade teacher

Honey, I love and respect you because you make coffee every morning and bring me a cup even though you don't drink coffee yourself.

5th grade teacher to husband

You are too young now to understand this, but I will save this list in your baby book so some day you will know how much I loved you when you were just three days old!

4th grade teacher to newborn daughter

Dear Bucketfillers For Life,

We all from Sashabaw Middle School and the Leadership Team wanted to say thank you very much for coming to our school and giving the uplifting assembly. After the assemblies, the students have been putting in a big effort to be bucketfillers and not bucketdippers. The student body and teachers are benefiting a lot from the assembly. We all appreciate everything you have done for us. Thank you again.

Sincerely,

The Wolf Pack Student Leadership Team, Sashabaw Middle School, Clarkston, MI

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