

CHARACTER CONNECTION



“What is right is right, even if no one is doing it. What is wrong is wrong, even when everyone is doing it.”

Character Trait: SELF-CONTROL

Self-Control: the ability to control your own behavior, especially in terms of reactions and impulses.

Diversity Awareness: CHINESE HERITAGE

Chinese immigrants have made major contributions in many different fields in America. Several Nobel Prize recipients have been Chinese Americans. The Chinese have a culture of strong traditions that have been retained and embedded in the American culture. For example Chinese cuisine, calligraphy and character tattoos and fashion. Today in the United States, there are more than 3.3 million Chinese — about 1% of the total population. The influx continues, where each year ethnic Chinese people from the People's Republic of China, Taiwan and to a lesser extent Southeast Asia move to the US, surpassing Hispanic and Latino immigration by 2012.

9 Strategies for Self-Control

1. Take deep breaths and count to 10
2. Ask for help from a trusted adult
3. Recognize the problem (trigger)
4. Identify your feelings and decide what happened to cause you to feel this way
5. Discuss the situation with someone
6. Focus on positive outcomes
7. Learn to accept situations you cannot change
8. Give yourself a time out
9. Let off steam through exercise, writing, music...

DID YOU KNOW?

Chinese New Year begins according to the Chinese calendar which consists of both Gregorian and lunar-solar calendar systems. Because the track of the new moon changes from year to year, Chinese New Year can begin anytime between late January and mid-February.

This year Chinese New Year begins on January 31

Quote Of The Month

“Remember not only to say the right thing in the right place, but far more difficult still, to leave unsaid the wrong thing at the tempting moment.”

--Benjamin Franklin

Facts about China

Name: The official name of the country is *The People's Republic of China*.

The Chinese name is "*Zhong Guo*", which means the "Middle Kingdom". Since ancient times, it was believed that China was at the center of the universe.

Capital: China's capital city is *Beijing*.

Population: China is the world's most populous country. There are 1.3 billion people in China; that is more than twice the number of people in Europe (excluding Russia) and one billion more than in the United States.

Area: 9.5 million square kilometers or 3.7 million square miles. Located in the Asian continent, *China is the fourth largest country*, after Russia, Canada and the United States.

Language: *Chinese* is the most widely spoken language in the world. Although there are thousands of Chinese dialects spoken, China's official language is *Mandarin Chinese*, that is, this is the dialect that is taught in school and the dialect used for national radio and TV broadcasts.

Religion: Although there is no "official" religion in China, there are a number of religions and spiritual followings practiced by Chinese. The most widely practiced religions are *Buddhism and Taoism*. At the same time, the teachings of *Confucius*, although not an "organized religion" per se, have become the basis for Chinese family and moral life throughout the country.

Government: China is a socialist republic ruled by a single party, the Communist Party of China. The People's Republic of China was established on October 1, 1949. China's President and General Secretary of the Communist Party is Xi Jinping.