

## Rachael's Chain of Kindness

Rachel Scott was the first person killed at Columbine High School on April 20, 1999. Her acts of kindness and compassion coupled with the contents of her six diaries have become the foundation for one of the most life-changing programs in North America. In one of her diaries Rachel wrote: "I have this theory – that if one person can go out of their way to show compassion, then it will start a chain reaction of the same. People will never know how far a little kindness can go." This started "Rachel's Challenge".

CCPANL and our partners, The RCMP and the RNC, were inspired by Rachel's Challenge so we decided to undertake a project that would spread Kindness and Compassion as far as they will go.

This movement is meant to have a positive impact on people's lives every day. We are encouraging schools and communities to take an active role with us through the Rachel Challenge Project.

Thousands of chains will be sent out to every school across the province. During February month (Anti-Violence month in our province), we will be asking students and teachers to perform as many acts of kindness as they can. For every act of kindness they complete, a link in the chain is filled in with information stating what the act was. This link is then added to the school's chain. At the end of the month all chains are sent to the CCPANL. We will then link all chains together to form one large Chain of Kindness. Winners will be selected from these chains. There will be four chains drawn in each of the four zones in the province: East, Central, West and Labrador. The owners of each chain will win a laptop computer and the schools they attend will win a prize of \$500.00. This prize will be used by the schools to offer anti-violence/anti-bullying programs in their schools.

Our mission is to set a record for the largest chain link of Kindness and Compassion --- each link representing a kind deed. So join us ... and add to the Chain. It is a simple but powerful way to use your life and connect with others. Performing acts of kindness is one of the best and quickest ways to improve life.

We are very pleased to have partnered with the St. John's IceCaps Care Foundation and Williams Family, our corporate sponsors for this program. Without their support, this project would not have been possible.



# CCPANL

## CITIZEN'S CRIME PREVENTION ASSOCIATION

O F N E W F O U N D L A N D & L A B R A D O R

### Program Timelines

January 1 <sup>st</sup>	Materials sent out to each school
February	Violence Prevention Month . Acts of Kindness and Respect take place
March 31 <sup>st</sup>	Deadline for sending back completed chains
April	Winners are chosen
May	Winners presented with prizes at their schools by a representative from funding organization, the CCPANL and the local Police Force.

### Rachael Scott Quotes

“**Don't** let your character change color with your environment. Find out who you are and let it stay its true color.”

“Trust and honesty is an investment you put in people.”

“**Compassion** is the greatest form of love humans have to offer.”

“I will put honesty before the risk of humiliation.”

“**People** will never know how far a little kindness can go.”

“**How** many of us have enough trust, strength, and faith to believe that we could do the impossible?”