

Christmas & Compassion

As we anticipate the Christmas season ahead, it's exciting to think about the turkey dinners, twinkling lights, family traditions and activities. For most kids, gifts would be at the top of that list! However, when December 25th comes and goes and the novelty of those gifts has worn off, many children find themselves in the January blues, counting down the days until Christmas comes again.

The happiness that comes from a gift is nice but it's temporary. Studies have found that a much better indicator of well-being is a person's degree of **compassion** toward **others** (Saarinen et al., 2020). In fact, compassion is positively linked to:

Cognitive well-being
Higher social support
Life satisfaction
Health, and
Optimism

The good news is that showing compassion to others doesn't need to end once the gifts have been opened on December 25th! So, while you and your family enjoy the Christmas season and celebrate the greatest gift of all - Jesus' birth - look for ways to encourage compassion within your family and school community. If you need some ideas to kick start a **Christmas of compassion** this year, take a look at some of these suggestions.

**"Praise be to the
God and Father of our Lord
Jesus Christ, the Father of compassion
and the God of all comfort, who
comforts us in all our troubles, so that
we can comfort those in any trouble
with the comfort we ourselves receive
from God."**

2 Corinthians 1:3-4

1. Contribute to the Christmas hampers at TCS! (See letter below)
2. Create a Kindness/Compassion Christmas Tree
3. Bake some Christmas treats for your neighbours
4. Write cards to people who might be lonely this Christmas
5. Try to spot your children in random acts of kindness and make sure to encourage them

TCS Christmas Hampers

As a people who are blessed by God, our response is that we want to bless others. This Christmas, the staff and students of Trinity Christian School would like to invite you, our families, to help us to continue becoming **Justice-Seekers, Servant-Workers** and **Community-Builders** by participating in our annual Christmas Hampers drive.

As in past years, our K-6 students will be building hampers for families in need from our school and community. This year, our Junior High students will be collecting items to support Centennial High School's Breakfast and Brown Lunch Program. Just a few blocks away from TCS, there are students who don't have enough to eat, and who are lacking basic hygiene items.

Our heart is to show care and compassion, as Jesus has asked us to. Your child's teacher will be sending out a letter with a detailed sign up sheet in the next few days. We are blessed that we can come together and serve in this way. If you would like to nominate a family for a hamper, the link is [here](#).

References

Saarinen, A. I., Keltikangas-Järvinen, L., Pulkki-Råback, L., Cloninger, C. R., Elovainio, M., Lehtimäki, T., ... & Hintsanen, M. (2020). The relationship of dispositional compassion with well-being: a study with a 15-year prospective follow-up. *The Journal of Positive Psychology, 15*(6), 806-820.