



Friendship Grams

Friendships can have a major impact on your health and well-being. Friends can help celebrate good times and provide support during difficult times. They can increase your sense of belonging and purpose, boost happiness and self-confidence, help you cope, reduce stress and encourage you to make healthy life choices.

This Valentine's Day, the EBES Kindness Council would like to assist students in nurturing their friendships and showing each other how special they truly are by offering Friendship Grams.

There will be 3 friendship grams offered, each with its own unique message:

| | Cost | Message |
|---|--------|----------------------------------------------------------------|
| A | \$0.50 | "You are a RAINBOW of Fun" (Mini Skittles attached) |
| B | \$1.00 | "Thanks for BOUNCING into my Life" (Bouncy Ball attached) |
| C | \$1.50 | "Thanks for being a ROCKIN' Friend" (Pop Rocks Candy attached) |

Proceeds raised during this event will be donated to a charity voted on by EBES students. It is so important for our students to help those in need during this difficult time and to continue to cultivate kindness and compassion for others as well as build awareness and gratitude for everything that they have.

Here is how to order your Friendship Gram:

- ♥ Fill out the form on the back - be sure to include the friend's teacher and grade in order to allow for proper delivery.
- ♥ Bring the form and the correct amount due to school in an envelope labeled "Friendship Grams".
- ♥ Give envelope to your teacher for delivery to the office.
- ♥ Parents/Guardians can also purchase Friendship grams for their children. Please send a separate envelope, with child's name, teacher/grade, message A, B or C and from whom (e.g. Mom/ Dad/Grammy/Your Biggest Fan(s) etc.) enclosed. Parent envelopes can be labeled differently in order to keep grams a surprise for your child.
- ♥ **All forms are due by Monday 8th February.** Additional forms can be requested.
- ♥ Grams will be delivered on Thursday 11th February.

"Friendship is like a beautiful garden... the more you put into it, the more it grows."





Friendship Gram Form

Please Print Clearly

Student Sending Gram: _____ Teacher: _____ Grade: _____

| # | To: Student's Name – First & Last | Teacher & Grade | Message (circle the message choice) | | | Cost per Gram: |
|-------------------|-----------------------------------|-----------------|----------------------------------------|---|---|----------------|
| 1 | | | A | B | C | |
| 2 | | | A | B | C | |
| 3 | | | A | B | C | |
| 4 | | | A | B | C | |
| 5 | | | A | B | C | |
| 6 | | | A | B | C | |
| 7 | | | A | B | C | |
| 8 | | | A | B | C | |
| 9 | | | A | B | C | |
| 10 | | | A | B | C | |
| 11 | | | A | B | C | |
| 12 | | | A | B | C | |
| 13 | | | A | B | C | |
| 14 | | | A | B | C | |
| 15 | | | A | B | C | |
| 16 | | | A | B | C | |
| 17 | | | A | B | C | |
| 18 | | | A | B | C | |
| Total Amount Due: | | | | | | |



