

VMB

Values, Manners and Fundamental Beliefs



February is the second month of the year. It is the shortest month and the only month with fewer than 30 days. The month has 29 days in leap years, when the year number is divisible by four. In common years the month has 28 days. During this month we honor Black History Month, President's Day & Valentines Day.

VALUES

Justice and Mercy

Obedience to law, fairness in work and play. An understanding of natural consequences and the law of the harvest. A grasp of mercy and forgiveness and an understanding of the futility (and bitter poison) of carrying a grudge.

Encourage students to:

- Forgive others even when it is hard.
- Respect authority and obey the outlined rules set before them.
- Let go of hurt feelings and not hold a grudge.

In class discuss:

- The healing power of forgiveness.
- The importance of obedience not only in school and home but in everyday life.

"Anger makes you smaller, while forgiveness forces you to grow beyond what you were." --Cherie Carter-

MANNERS

Saying Good-bye to Guests

Don't try to get your guests to leave before they are ready. Be friendly and gracious as long as they stay.

When your guests are ready to leave, stand up after they stand up to leave. Get their coats for them. Walk with them toward the front door or out to their car. (*Don't* open the door for them until it is clear they are ready to leave.)

Thank them for visiting. Shake their hand if it is offered.

FUNDAMENTAL BELIEF

God Wants Us to Have Happy Homes and Families

God loves families. From Adam & Eve to today He wants parents to stay together and love each other all their lives. He wants them to have a home where everyone feels safe and loved. Genesis 2:24; I Corinthians 13:4-8.

Bible Facts:

- God creates marriage between a man & a woman to last forever.
- Marriage is sacred because God has made it holy. Divorce is not God's plan because we are affected by the pain.
- Fathers & mothers are to love, respect and honor each other.
- Parents are to bring up children to love and obey God.

Encourage students to:

- Appreciate their family structure & thank their family for what they do to make a home happy.
- Draw a picture of their family & hang it on their wall.

In class discuss:

- The importance of family.
- Something special the students do with their family.
- How can you work to make your home happy.

Adventist Heritage

The Whites invited the Byingtons to move to Battle Creek in 1858. John bought a farm nearby, and travelled to minister to the scattered believers. In 1863 at age 65 he accepted the first presidency of the newly organized Seventh-day Adventist church. He worked as a genuine shepherd & pastor during his term in office. <http://www.aplib.org/Gallery.htm>

Celebrate Black History Month

- Talk about diversity.
- Watch a documentary on Black History.
- Learn about President Lincoln's roll with the Emancipation of slaves.
- Check out www.history.com
- Have students do a research project on a figure in Black History.

Library Lovers' Month

- Contribute to your library by donating time, money, or books.
- Honor a friend by donating a book in their honor.
- Volunteer to help with library events, book shelving, & other projects needed.
- Volunteer as a literacy tutor.
- Take a field trip to the local branch.

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VALUES

Courage

Daring to attempt difficult things that are good. Strength not to follow the crowd, to say no and mean it and influence others by it. Being true to convictions and following good impulses even when they are unpopular or inconvenient. Boldness to be outgoing and friendly.

Encourage students to:

- Not be afraid to stand up for what they believe in.
- Overcome shyness & develop a more outgoing personality.

In class discuss:

- What it means to have courage & how to show it.
- Importance of being true to convictions.
- Ways to overcome fear.

You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do.

Eleanor Roosevelt

MANNERS

More Manners for School

Say, "Good-morning," to your teacher and friends when you arrive.

Always ask permission before using someone else's stuff. When possible, get your own stuff so you don't have to borrow too much.

Do not interrupt the teacher or another classmate when he/she is talking.

Cheerfully help a classmate or your teacher if he/she need help.

Keep your desk and the area around your desk neat and clean.

Make sure everybody gets to take part in activities both in the classroom and at recess. Never say, "You can't play with us!"

FUNDAMENTAL BELIEF

Jesus' Special Work in Heaven

In heaven, Jesus takes our side when Satan accuses us of being sinful. "I died for that person," Jesus says. And as long as we keep following Him, He keeps taking our side. Before Jesus comes again, He'll judge everyone who ever lived so He can decide who will live with Him forever. 1 John 5:11, 12 Hebrews 8:1, 2

Bible Facts:

- There is a sanctuary, or temple, in heaven. It is the dwelling place of God.
- Jesus is our High Priest serving on our behalf in the heavenly temple.

Encourage students to:

- Daily ask Jesus to forgive their sins by confessing them to him through prayer.

In class discuss:

- Jesus an our intercessor.

Adventist Heritage

O. R L Crosier was with Hiram Edson on the morning after The Great Disappointment when Edson had his vision on the sanctuary. After this vision, both Edson and Crosier studied vigorously learning that it was not the earth or the church that would be cleansed but the heavenly temple. Crosier was selected to write their findings and they were published in 1846 (Nix, 18).

Celebrate American Heart Month

- Pick a day students can wear red in honor of heart health month.
- Serve a selection of red foods that are rich in powerful disease fighting antioxidants that may help reduce inflammation associated with atherosclerosis & reduce certain risk factors for heart disease. Red food ideas? Tomatoes, cherries, berries, beets, etc.

Celebrate Black History Month

- Read biographies of famous Black Americans- a great resource is www.biography.com/blackhistory/. It has 101 Fast Facts, an interactive timeline, Black History in the Classroom, study guides, photos & videos.
- Learn about the Harlem Renaissance. Study arts & literature from that era.

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VALUES

Kindness and Friendliness

Awareness that being kind and considerate is more admirable than being tough or strong. The tendency to understand rather than confront. Gentleness, particularly toward those who are younger or weaker. The ability to make and keep friends. Helpfulness. Cheerfulness.

Encourage students to:

- Appreciate their friends and work to have good relationships with others.
- Do random acts of kindness to show others they appreciate them.

In class discuss:

- Ways to make friends when you are in a new place.
- How to be a good friend.
- Having a cheerful attitude.

"Kind words can be short and easy to speak but their echoes are truly endless."

Mother Teresa

MANNERS

Manners for Visiting a Friend's Home

Greet your friend's parents politely. Thank them for letting you come over. "Hello, Mrs. Swanson. I'm glad I could come over and study with Taylor!"

Some people take their shoes off in their house. Check to see what the "house rules" are and follow them.

Don't hog your friend's toys or other stuff. Just because you're a guest doesn't mean you can do anything you want. Share and take turns.

Don't go snooping around your friend's room or his house.

If you need something to eat or drink or need to use the telephone or restroom ask permission first.

Don't run inside the house and keep your feet off the furniture.

Be helpful. Help put toys and games away. Do your part to clean up messes you helped make.

When leaving, once again thank your friend's parents for letting you come over.

FUNDAMENTAL BELIEF

Jesus is Coming Back

All the signs tell us that Jesus is returning soon. When He does come, everyone in the world will see Him. John 14:3 Revelation 1:7, 8

Bible Facts:

- Jesus told His disciples that He would be returning to His Father to prepare a place for them. He promised He would come back.
- Jesus return will be visible & loud.
- Jesus Christ will come as a conqueror, with power & glory riding on a white horse.
- Jesus' coming will be witnessed by the righteous and the wicked.
- No one know the exact day when Jesus will return.

Encourage students to:

- Live each day waiting for Jesus to return.
- Tell others about Jesus' return.

In class discuss:

- How can you be prepared each day for Jesus to come?
- How can you help your friends be ready?
- Signs of Jesus' coming .

Adventist Heritage

On Feb 7, 1871, Adelia P. Van Horn was elected first woman treasurer of the General Conference. She served from 1871-1873. The reason she left in 1873 was to accompany her husband to a new job in CA. In her younger years, Adelia was a close friend of Mrs. White and assisted her in preparing her materials for publication (Nix 19).

Presidents' Day Trivia

1. How many presidents also served as vice presidents?
2. How many presents never attended college?
3. Who was the only president to never marry?
4. Who are the 6 presidents portrayed on US coins?
5. Who are the 9 presidents portrayed on US paper currency?
6. Which 3 presidents died on July 4?

How to Incorporate President's Day

- Have students do research projects on Washington or Lincoln.
- Read several famous presidential speeches.
- Create a set of presidential flashcards with picture and fast facts.
- Pick a president and make a collage or piece of artwork representing their legacy.



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VALUES

Honesty

Honesty with other individuals, with institutions, with society, with self. The inner strength and confidence that is bred by exacting truthfulness, trustworthiness, and integrity.

Encourage students to:

- Practice honest living each day.
- Be truthful in all things- even if there are consequences.
- Do their own work, not looking at answers on a friend's paper.

In class discuss:

- The definition of integrity.
- Why it is important to be a trustworthy individual.
- Is it ok to tell a "white lie?"
- How can you be honest with yourself?
- Why does it feel so bad when you tell a lie?

*"Integrity is telling myself the truth. And honesty is telling the truth to other people."
Spencer Johnson*

MANNERS

Manners for the Library

Talk very quietly in the library.

Do not eat or drink in the library (unless a special area for this is provided).

Never, ever damage library material or write in library books.

If you need help from the librarian, wait your turn, and then politely ask your question. Remember to always say "please" and "thank you."

Check your books out before leaving the library. Remember to return them on time and to the proper place.

FUNDAMENTAL BELIEF

What Happens When People Die

People die because sin came into our world. When someone dies, it's as if they've gone to sleep and they won't wake up until Jesus calls them when He returns.

1 Cor. 15:52 ; 1 Thes. 4:16

Bible Facts:

- All who have sinned will die but death is like a sleep.
- When Jesus returns, those that loved Him & have died will rise out of their graves to meet Him in the air.
- Those who are saved will travel to heaven to spend the millennium with Jesus.
- The wicked & unrighteous dead will be raised at the end of the one thousand years.

Encourage students to:

- Share the good news of Jesus return with friends who have lost loved ones.

In class discuss:

- What happens when a person dies?
- How you feel when a person dies?

Adventist Heritage

W.K. Kellogg was the younger brother to Dr. John Kellogg. Will worked for 25 years at the Battle Creek Sanitarium. He held positions from janitor to business manager. The original cornflake idea came from John but it was left to Will to carry on the research necessary to perfect a food that was both tasty & wholesome. At first the foods were only for sanitarium patients & there was no thought given to commercial enterprise.

President's Day Trivia

- Name 10 presidents who had the same name as another president.
- Name the oldest and youngest elected presidents.
- What popular word was derived from a nickname friends had for President Martin Van Buren.
- Who were the shortest and tallest presidents? *answers on web listed

Celebrate National Heart Month

- Make an exercise plan that includes 5 days of exercise each week.
- Teach students how to take their heart rate.
- Learn about heart healthy foods & activities.
- Learn about family health history of heart disease & high blood pressure.