



What is Partici-Patrick?

Partici-Patrick is an activity-focused education program that will help youth understand the importance of physical activity and making good choices while providing them with tools for character and self-esteem development. The initiative was propelled from **Patrick 4 Life**, an organization that is working toward creating awareness of AIDS while offering a positive twist on a serious condition. It was Patrick Fortin's wish that his legacy of hope for zero HIV/AIDS in the world continue through youth and education.

This project is a unique partnership between all area school boards (*French Public, French Catholic, English Public, English Catholic*) and is endorsed by their respective Directors of Education. It clearly demonstrates their commitment to on-going communication, education and HIV/AIDS awareness.

Dear Family,

Our class is participating in the 10 week Partici-Patrick program this Spring. The goal of Partici-Patrick is to make students aware of the importance of physical activity, making healthy choices and to make them aware of the realities of HIV/AIDS while doing character and self-esteem building activities.

Patrick Fortin was a young man from North Bay who contracted HIV at age seven through tainted blood and died in 2001 at the age of 23. After Patrick's death and after living alongside HIV and AIDS for 17 years, running became an important physical activity for his parents, Christine and Christian Fortin. Running together helped them both physically and mentally. As first time runners, the challenge of increasing the distance every week became the motivation for the exercise.

Throughout the course of 10 weeks, our class will use the 20 minutes of Daily Physical Activity (DPA) to run, walk or be active. Twenty minutes of activity is equivalent to approximately a 1 km distance. By the end of the 10 weeks, each student will have completed a marathon!! (A marathon is defined as a long-distance running event with an official distance of 42.195 kilometers).

We will collectively as a class log our class activity progress on a weekly journal, and an individual scorecard.

Your child will receive, compliments of the **Patrick 4 Life** organization, a 10 week family activity calendar that you can keep at home and review with your child. It will contain simply tips on being active at home, virtues that build self-esteem, and facts about HIV/AIDS. Your child will also bring home a weekly letter sharing the virtue discussed in class and provide inspiring activities you can do at home together.

Education is the key to HIV/AIDS awareness. Let's all learn more about HIV/AIDS and make Patrick's wish for zero HIV/AIDS a reality.

Sincerely,



Dear Family,

The virtue for the this week is **“COURAGE”**.

Courage is doing what needs to be done even when it is very scary or difficult for you to do.

This week we read the following book(s) about Courage:

Signs of Courage:

- Doing what is right for you even when it is hard or scary
- Willing to try new things
- Admitting to and learning from mistakes
- Making amends when you do wrong
- Asking for help

Activity:

Talk to your child about a time he/she was courageous or share a personal story about a time that you were courageous.

Quote:

“When everything seems to be going against you, remember that the airplane takes off against the wind – not with it.”

- Henry Ford

Sincerely,

Learn about HIV and AIDS.

I Believe in Patrick’s Wish: **Zero AIDS**



Dear Family,

The virtue for this week is **“THANKFULNESS”**.

Thankfulness is an attitude of gratitude for learning, loving and being.

This week we read the following book(s) about Thankfulness:

Signs of Thankfulness:

- Appreciating your own abilities instead of envying others
- Appreciating the beauty of the world
- Appreciating others

Activities:

- Keep a record of how many times you say “Thank you” in one day
- Ask your child to tell you 3 things he/she is thankful for
- Share 3 things that you are thankful for.

Quotes:

- *“The good news is that the bad news can be turned into good news when you change your attitude!”* -Robert Schuller
- *“Giving thanks is a course from which we never graduate.”* - Valerie Anders
- *“Winners in the game of life have an attitude of gratitude!”* - Coach Jayson Gee
- *“Look for the good in people and expect to find it.”* - William Shakespeare

Sincerely,

You can't get HIV by touching, hugging or sharing food or drinks.

You can't get HIV from getting or giving blood in the developed world or from getting needles at the doctor's office.



Dear Family,

The virtue for this week is **“ACCEPTANCE”**.

Acceptance is the recognition of individual ideas, views and beliefs. You appreciate the diversity, opinions and practices of others by understanding and accepting differences.

This week we read the following book(s) about Acceptance:

Signs of Acceptance:

- Accepting differences
- Being free of prejudice
- Making others feel included by reaching out to them
- Accepting people the way they are.

Activity:

- Talk to your child about ways in which the members in your family are alike and different. Imagine how boring it would be if we were all the same.
- What are some of the differences that you admire about each family member?

Quotes:

- *“When we turn to each other, and not on each other, that’s victory.”* - Jesse Jackson
- *“Look for the best in others... and yourself!”* - Deb Austin Brown.

Sincerely,

There is no cure for HIV or AIDS.

It’s important to learn about HIV because it is a preventable virus.



Dear Family,

The virtue this week is **“EXCELLENCE”**.

Excellence is giving your best to any task you do or any relationship you have.

This week we read the following book(s) about Excellence:

Signs of Excellence:

- Giving your best at whatever you do
- Giving your best to relationships
- Setting realistic goals
- Developing your special gifts/talents
- Practicing to get better
- Not trying to do everything

Activity:

Have your child use the first letters of his/her name to make a poem about the things he/she excels at.

Quotes:

- *“The difference between mediocrity and excellence is hard work, perseverance, and good character.”* - Deb Austin Brown
- *“Excellence is not an act but a habit. The things you do the most are the things you will do best.”* - Marva Collins

Sincerely,

HIV is 100% preventable.

Medical scientists are working to find a cure for HIV.



Dear Family,

The virtue this week is **“SELF-DISCIPLINE”**.

Self-Discipline is getting yourself to do what is really best for you.

This week we read the following book(s) about Self-Discipline:

Signs of Self-Discipline:

- Speaking and acting calmly when you are hurt or angry
- Getting things done in an organized and efficient way
- Doing what is expected of you without being asked
- Doing things on time

Activity:

Have your child pick a small, personal goal for the week and work at accomplishing it.

Quotes:

- *“Little by little does the trick.”* - Aesop
- *“Even if you are on the right track, you will get run over if you just sit there.”* - Will Rogers
- *“Always give a 100% effort in anything that you do whether it’s in sports or in school. That’s all anybody can ask of you. But if you don’t, then you’re only cheating yourself.”* - Horace Grant
- *“You miss 100% of the shots you never take.”* - Wayne Gretzky

Sincerely,

Your health is in your hands.
Learn how to protect yourself from HIV.



Dear Family,

The virtue this week is **“UNITY”**.

Unity means allowing yourself to be connected to everything and everyone.

This week we read the following book(s) about Unity:

Signs of Unity:

- Treating all people as members of one human family
- Seeing the gifts in differences
- Refusing to join in when others express prejudice
- Solving conflict through listening and finding solutions
- Caring for the earth and all living things
- Acting as a peacemaker wherever you go

Activity:

Talk to your child about their cultural background/heritage.

Quotes:

- *“Teamwork is the best work.”* - Deb Austin Brown
- *“Alone we can do so little; together, we can do so much.”* - Helen Keller

Sincerely,

You cannot tell if someone is infected with HIV just by looking at them.

Together we will continue to work toward Patrick’s Wish: **Zero AIDS.**



Dear Family,

The virtue this week is **“HUMILITY”**.

Humility means you are willing to serve others and consider their needs as important as your own.

This week we read the following book(s) about Humility:

Signs of Humility:

- Apologizing and making amends when you do something wrong
- Learning from your mistakes and changing for the better
- Asking for help when you need it
- Doing your best for yourself and not to impress anyone
- Being grateful instead of boastful

Activity:

Help your child choose to “serve” someone in some small way for one week eg. take out an elderly neighbour’s garbage.

Quotes:

- *“It is better to do a good job than to talk about it. We should always do our best.”* - Benjamin Franklin
- *“If we were supposed to talk more than we listen, we would have two mouths and one ear.”* - Mark Twain

Sincerely,

HIV is here and now.

There still is no cure, but you can prevent HIV.



Dear Family,

The virtue this week is **"COMPASSION"**.
Compassion is caring deeply and wanting to help.

This week we read the following book(s) about Compassion:

Signs of Compassion:

- Noticing when someone is hurt or needs a friend
- Taking the time to show that you care
- Asking how someone is and listening patiently
- Forgiving others when they make mistakes
- Helping someone in need

Activity:

See how many random acts of kindness you and your child can do this week.

Quotes:

- *"When one helps another, both are strong."* - German proverb
- *"Three things in human life are important. The first is to be kind. The second is to be kind. And, the third is to be kind."*
- Henry James
- *"No act of kindness, no matter how small, is ever wasted."* - Aesop
- *"The best way to have a friend is to be a friend."* - Ralph Waldo Emerson

Sincerely,

I will support a friend with HIV.
I care.



Dear Family,

The virtue this week is **“ENTHUSIASM”**.

Enthusiasm is doing something wholeheartedly with zeal and eagerness.

This week we read the following book(s) about Enthusiasm:

Signs of Enthusiasm:

- Smiling, laughing and enjoying what you do
- Showing a positive outlook
- Thinking of imaginative ways to get things done
- Enjoying life

Activity:

List the top 5 things that you and your child get enthusiastic about.

Quotes:

- *“Few things in the world are more powerful than a positive push. A smile. A word of optimism and hope. A ‘You can do it’ when things are tough.”* - Richard M. DeVos
- *“Thinking positively and optimistically will not only make you happier, it will make you healthier.”* - Michael A. Mitchell
- *“No one ever injured his eyesight by looking on the bright side of things.”* Helen Keller
- *“Shoot for the moon. For even if you don’t make it, you will land among the stars.”* - Mary Kay Ash

Sincerely,

Education is the way to
prevent HIV.

Share what you’ve learned about
HIV/AIDS with your family and friends.



Dear Family,

The virtue this week is **“DETERMINATION”**.

Determination is using your willpower to do something even when it isn't easy.

This week we have read the following book(s) about Determination:

Signs of Determination:

- Setting and achieving your goals
- Focusing your attention on what you're doing or trying to achieve
- Asking for help when you need it
- Keep going even when things get difficult
- Finishing what you start

Activity:

Create a challenging task and experience the determination it takes to see the task to the end eg. Build the tallest tower out of a deck of cards.

Quotes:

- *“Character consists of what you do on the third and fourth tries.”* - James A. Michener
- *“I think I can... I know I can.”* - The Little Engine that could
- *“It is always too soon to quit.”* - Norman Vincent Poole
- *“Never take the easy the way out.”* - Aaron Craver
- *“People with goals succeed because they know where they are going.”* - Earl Nightingale

Sincerely,

Let's keep talking about
HIV/AIDS.

HIV/AIDS awareness and education
is important.
