

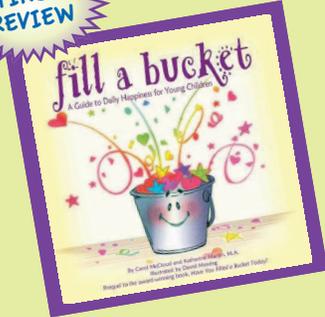
# BUCKET FILL-OSOPHY 101

Weekly words of wisdom to keep your bucket filled

Week of SEPTEMBER 14, 2008 • Volume 2, Issue 37

## Making a Difference

FIRST REVIEW



**“A great message and easy for young children to understand.”**

Although the message of Carol McCloud’s first book, *Have You Filled A Bucket Today?* resonates with kids as young as two and three-years, her new book (*Fill a Bucket*) goes a step closer to helping kids that age and slightly older (maybe as old as 5) get the idea that being kind and loving is important to their own happiness.

I read it to my little guy (six months old) and he loved the colors and pictures.

Shannon M. Janeczek  
Milan, Michigan  
August 19, 2008

### BUCKET CHUCKLES

#### Lessons Learned



- “Never hold a dustbuster and a cat at the same time.” - *Kyoyo, age 11*
- “A puppy always has bad breath— even after eating a Tic-Tac.” - *Andrew, age 9*
- “You can’t hide a piece of broccoli in a glass of milk.” - *Amir, age 9*

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Designed & edited by Glenny Merillat

*Bucket Nuggets from Carol McCloud, The Bucket Lady*

## Thank you, Miss Cavedoni

I am very thankful for the wonderful bucket fillers who, over the years, have helped me become the person I am today.

Barbara Cavedoni, my kindergarten teacher, was such a person. More than 50 years have flown by since my kindergarten days, however, the memory and impact of her words filled my bucket for many years. A teacher’s words can affect our lives and Miss Cavedoni’s words definitely affected mine.

Three years ago, I was sorting through some old boxes in the basement and found a file containing my school report cards. My mother saved all of her children’s school reports, awards, immunization records and this box was a genuine time capsule.

One of the documents was my kindergarten progress report and attached to it was a neatly folded letter to my mother from my kindergarten teacher:

*Dear Mrs. Walsh,*

*I thought you might like to know that Carol tested very high in the first grade test (for a little tot with only one semester in kindergarten). She’s a very sweet girl.*

*Sincerely,*

*Barbara Cavedoni, Kindergarten Teacher*

My mother had no reason to doubt Miss Cavedoni’s words and believed that my teacher had correctly assessed my capabilities.

I can remember my mother telling me, “You can do better than that, Miss Cavedoni told me how smart you are.” Her belief in my teacher’s words inspired my belief in my mother’s words and, ultimately myself.

Those few lines in that long-ago note became a self-fulfilling prophesy. I loved school and was a good student but I didn’t think I was especially smart. Those few words, repeated by someone I loved, made me *believe* that I was smart. My teacher’s words were planted during my kindergarten years and harvested throughout my life.

Miss Cavedoni’s note to my mother filled my mother’s bucket and, in turn, filled mine.

And, having a full bucket is wonderful, whether you are five or fifty-five.

### *This week’s winners*

## Congratulations!



**Helen Drosos**, of Upper Saddle River, New Jersey, and teacher at Reynolds School is our Bucket Filler of the Week. Congratulations, Helen! You have a book coming your way. Every bucket filler is a winner! Encourage your friends to get their buckets filled every week by signing on for our newsletter at

[www.bucketfillers101.com](http://www.bucketfillers101.com).

### *Quote of the Week*

**“Think positively and masterfully, with confidence and faith, and life becomes more secure, more fraught with action, richer in achievement and experience.”**

*Edward Rickenbacker*

