

**10TH GRADE WINNER:
LINDA L.
FORT OSAGE HIGH SCHOOL**

Kindness, to me, means the feeling of someone actually caring, the feeling of appreciation. Kindness is when someone does something out of the trueness in their heart just because they want you to be happy or feel good inside. "A beautiful heart will bring things into your life that all the money in the world couldn't get you," — Unknown author. I connected this quote to my nominee because I feel that she has had a beautiful heart. This quote to me means having a good heart without expecting anything in return and my nominee always does this. One specific story where my nominee was very kind to me, was parent-teacher conferences, I was very worried because I didn't have a good grade in her class. I was just expecting her to say all of the things I did wrong and needed to get done. To my surprise as soon as I walked in she greeted me and my dad with a smile on her face. We sat down and started to talk, my dad was asking many questions because he was upset with my grade in her class and was very disappointed in me for it but she answered all of his questions in a very caring, understanding way. She talked about how great of a student I was and how kind I was. She mentioned many different things about how my behavior was a lot different than my grade. she said that I was very good at letting her know what is going on and when I am having a bad day, and the entire time I felt so happy because of her actions. She had so much empathy to understand what was going on in my life during a really hard time. This was not the first or last time that she did this. My nominee is Sarah McIntyre. The way that I am connected to my nominee is she is my intro to business teacher at Fort Osage High School.

One reason that I feel Sarah McIntyre should be awarded as Kindness Kansas Citian is she is patient and understands students are still people with feelings. McIntyre has always been patient with me in many experiences I have had with her. My experience, where she has had the most patience with me is when my father passed. I couldn't work, I was sitting at her desk with her teacher's assistant, Lauren, because I was struggling. She did not focus on the fact I was not working or sitting in my seat she focused on the fact that I wasn't okay and asked me what was going on. I told her my dad passed and she immediately asked if I needed anything. She did not care about the work that day, she just cared about me as a person. This had a huge impact on me. For one of the first times in forever I felt like I was truly seen as a person with feelings. She did not do this with any intent other than caring for me.

In addition, my nominee has empathy, and always shows what she wants to see in return. She follows the "golden rule". Every interaction that I have had with my teacher I have felt loved and appreciated. She wants patience and respect from us so she always gives us the same treatment. For example, when we, as in my fifth-hour intro to business class, show kindness and listen to what she has to say, she helps us with what we need to do in that class that day. The same goes for disrespect and not showing kindness. When my class is disrespectful and does not listen to what she needs to say. She gives us the assignment. This has a big effect on me because this is a trait that I very much respect. When I think of a kind person I think of someone who allows themselves to be vulnerable while still treating others with kindness. McIntyre shows me that it is okay to not always be the kindest person because people aren't always kind to you, but it is also very important to always have empathy with others.

Mrs. McIntyre teaches a lesson in her class to have empathy over sympathy because sympathy is just feeling bad for someone. Empathy is feeling bad with someone and understanding that they're going through hard times. She always shows this behavior. One time I was having a conversation with her, and I was talking about how I was having a rough day, and she was only focused on being there for me and having empathy. Mrs. McIntyre has had an amazing effect on me. Since I have met her I have become a better person, kinder to others, and more empathetic. I will forever thank McIntyre for that.

The quote I used connects to the person I chose, because, throughout my reasons and experiences I have explained it shows she has had a beautiful heart in many moments that I have had with her. As stated before, Sarah McIntyre is the kindest person I know.