

Solid Rock Promise Scholarship

Promise Scholarships are designed for families to deepen their understanding and commitment to the core values of Solid Rock Community School. Promise Scholarships are an opportunity to embrace and align with the principles of compassion, kindness, respect, tolerance, and inclusion that define our school community while helping families to lower tuition.

To receive and maintain a Promise Scholarship, we ask for your active participation and engagement in the tasks associated with the monthly selected theme, as a family where appropriate. These tasks, including watching selected documentaries and completing associated activities, are intended to broaden your perspective, foster personal growth, and deepen your connection to our school's mission.

By fully participating, you will gain a greater understanding of the values we teach and how they impact our community and the world. Our goal is for you and your family to grow through these experiences, becoming more compassionate, connected, and active members of both our school and the larger community. Together, we can build a future grounded in understanding, kindness, and respect for all.

General Monthly Requirements for the Promise Scholarship

1. Pick one category each month. You can vary the category each month or complete the same one as many times as desired.
2. Watch one approved documentary/movie from the category per month.
3. Complete two activities from the category to complete per month.
4. Turn in the completed feedback form monthly.

Promise Scholarship Opportunity

The Scholarship Award for the academic year is valued at \$500 and will be applied as a one-time full deduction off your tuition. This scholarship is based on your promise to fulfill the outlined requirements each month from August through May.

Here's how it works:

- The full \$500 deduction will be applied to your tuition upfront.
- Each month, you are required to complete the scholarship tasks (documentary and 2 activities) and submit your feedback form by the 5th of the next month.

*If you do not fulfill your obligation for any given month, \$50 will be added back to your tuition balance for that month. If you miss a month, you are welcome to resume participation at any time to remain eligible for the subsequent months of the scholarship.

___ Yes, sign us up for the Promise Scholarship.

___ No, do not sign us up for the Promise Scholarship.

I. Compassion in Action Promise

Focus: The **Compassion in Action Scholarship** embodies SRCS's mission to foster empathy, inclusion, and meaningful community connections. This scholarship encourages participants to take proactive steps in building a more understanding and unified world, showcasing the power of kindness to bridge divides and inspire change.

Documentary List (Alphabetical Order)

Important Note: Many documentaries may contain sensitive material, such as language, graphic content, or mature themes. Viewer discretion is advised. Please review the summaries and notes provided and choose what is most appropriate based on the audience and your interests. While AI has flagged potential sensitivities, interpretation can be subjective.

1. **13th**
 - **Summary:** Explores racial inequality in the U.S. prison system and the historical legacy of slavery.
 - **Sensitive Content:** Mature themes and language; suitable for high school with parental guidance.
2. **Crip Camp: A Disability Revolution**
 - **Summary:** Highlights a summer camp for teens with disabilities that became a catalyst for the disability rights movement.
 - **Sensitive Content:** Discussions of discrimination and challenges faced by individuals with disabilities.
3. **Freedom Writers**
 - **Summary:** A dedicated teacher inspires at-risk students to express themselves through writing, fostering unity and understanding.
 - **Sensitive Content:** Includes themes of violence and racial tension.
4. **He Named Me Malala**
 - **Summary:** Chronicles Malala Yousafzai's fight for girls' education and empowerment.
5. **I Am**
 - **Summary:** A filmmaker explores the world's problems and asks, "What can we do to make it better?"
6. **Prayer for Compassion**
 - **Summary:** Explores the connection between spirituality and veganism, encouraging compassion for all beings.
7. **The Breadwinner**
 - **Summary:** An animated film about an Afghan girl who disguises herself as a boy to support her family under Taliban rule.
 - **Sensitive Content:** Themes of oppression and gender discrimination.
8. **Won't You Be My Neighbor?**
 - **Summary:** Explores the life and legacy of Fred Rogers, focusing on kindness and inclusion.

Activities (Choose Two):

1. **Eat Plant-Based Lunches at School Daily (Bring or Purchase):**
 - **Connection:** Promoting plant-based lunches aligns with fairness and sustainability, fostering a more equitable and compassionate global food system.
2. **Prepare Plant-Based Dinners as a Family at Least Once Per Week:**
 - **Connection:** Sharing plant-based meals at home cultivates kindness and inclusivity through intentional family choices that respect all living beings.
3. **Volunteer at a Community Organization Supporting Marginalized Groups:**
 - **Connection:** Volunteering reinforces empathy, providing direct assistance to those in need while fostering a deeper understanding of inclusion and equity.
4. **Lead a School or Community Project Promoting Inclusion:**

- **Connection:** Taking an active role in organizing events, such as anti-bullying campaigns, celebrates diversity and builds bridges across differences.

5. Write Letters of Encouragement to your neighbors (5):

- **Connection:** Sending uplifting notes to community members embodies compassion in action, spreading kindness to people who may feel forgotten or overlooked.

Feedback Form: Participants must complete a feedback form at the end of the quarter, reflecting on their experience and learnings. (We will provide that separately.)

II. Environmental Stewardship Promise

Focus: The **Environmental Stewardship Scholarship** inspires students and families to take responsibility for the planet by adopting sustainable practices. This scholarship reflects SRCS's commitment to environmental conservation and the belief that small, thoughtful actions can lead to global change.

Documentary List (Alphabetical Order)

Important Note: Many documentaries may contain sensitive material, such as language, graphic content, or mature themes. Viewer discretion is advised. Please review the summaries and notes provided and choose what is most appropriate based on the audience and your interests. While AI has flagged potential sensitivities, interpretation can be subjective.

1. A Life on Our Planet

- **Summary:** David Attenborough reflects on humanity's impact on the planet and offers solutions for a sustainable future.

2. Cowspiracy

- **Summary:** Explores the environmental impact of animal agriculture and advocates for plant-based solutions.

3. Countdown to Year Zero

- **Summary:** Explores the urgent need to address climate change and the role of plant-based living in mitigating its effects.

4. Milked

- **Summary:** Exposes the environmental toll of the dairy industry, particularly in New Zealand.

5. Planeat

- **Summary:** Discusses the environmental benefits of adopting a plant-based diet.

6. Racing Extinction

- **Summary:** Examines human impact on species extinction and encourages global conservation efforts.

7. SeaSpiracy

- **Summary:** Explores the environmental harm caused by industrial fishing.

Activities (Choose Two):

1. Eat Plant-Based Lunches at School Daily (Bring or Purchase):

- **Connection:** Plant-based lunches reduce the environmental impact of food production, cutting greenhouse gas emissions and conserving natural resources.

2. Prepare Plant-Based Dinners as a Family at Least Once Per Week:

- **Connection:** Cooking plant-based meals at home encourages sustainable food practices and promotes environmental responsibility.

3. Organize or Participate in a Local Cleanup Event (e.g., Park or Beach):

- **Connection:** Cleanup events directly improve the local environment and raise awareness about reducing waste and protecting ecosystems. Mr. Matthew does organize these events occasionally as well as they are locally available.

4. Start or Improve a Home Recycling or Composting System:

- **Connection:** Recycling and composting reduce landfill waste and demonstrate a commitment to sustainable living practices.

5. Plant a Garden Together:

- **Connection:** Growing a garden promotes sustainable practices and connects families to the earth, emphasizing how small actions can positively impact the planet.

Feedback Form: Participants must complete a feedback form at the end of the quarter, reflecting on their experience and learnings. (We will provide that separately.)

III. Health Promise

Focus: The **Health Promise Scholarship** emphasizes the importance of personal health and wellness as part of a compassionate and sustainable lifestyle. At SRCS, we teach that caring for oneself is integral to creating a better world for everyone.

Documentary List (Alphabetical Order)

Important Note: Many documentaries may contain sensitive material, such as language, graphic content, or mature themes. Viewer discretion is advised. Please review the summaries and notes provided and choose what is most appropriate based on the audience and your interests. While AI has flagged potential sensitivities, interpretation can be subjective.

1. Code Blue

- **Summary:** Highlights the power of lifestyle medicine, particularly plant-based eating, to prevent and reverse chronic diseases.

2. Eating You Alive

- **Summary:** Explores how a whole-food, plant-based diet can prevent and reverse chronic diseases.

3. Fat, Sick and Nearly Dead

- **Summary:** Chronicles one man's health transformation through juicing and a plant-based diet.

4. Forks Over Knives

- **Summary:** Demonstrates how a plant-based diet can prevent and even reverse chronic diseases.

5. The Game Changers

- **Summary:** Highlights the benefits of plant-based eating for athletes and physical performance.

6. What the Health

- **Summary:** Explores the connection between diet, health, and the healthcare industry, advocating for plant-based eating.

7. You Are What You Eat: A Twin Experiment

- **Summary:** Compares the health effects of vegan and omnivorous diets on twins.

Activities (Choose Two):

1. Eat Plant-Based Lunches at School Daily (Bring or Purchase):

- **Connection:** Eating plant-based lunches promotes personal health while contributing to environmental sustainability, making it a direct action for wellness.

2. Prepare Plant-Based Dinners as a Family at Least Once Per Week:

- **Connection:** Cooking plant-based meals at home improves dietary habits and strengthens the family's commitment to health and kindness.

3. Participate in a Weekly Family Fitness Activity (Hiking, Yoga, or Sports):

- **Connection:** Regular physical activity complements healthy eating and reinforces the importance of overall well-being. Mr. Matthew does offer these opportunities occasionally. Participate in ours or do your own.

4. Meal Prep as a Family for the Week:

- **Connection:** Preparing plant-based meals together fosters healthy eating habits and strengthens the family's commitment to wellness and sustainability.

5. **Start Using the Daily Dozen App:**

- **Connection:** Encourages whole food plant-based eating and creates opportunities for positive change.

6. **Incorporate a Daily Green Smoothie or Cold-Pressed Juice:**

- **Connection:** Adding a daily green smoothie or cold-pressed juice promotes healthy hydration and nutrient intake while emphasizing the importance of whole, plant-based foods.

Feedback Form: Participants must complete a feedback form at the end of the quarter, reflecting on their experience and learnings. (We will provide that separately.)

IV. Kindness to Animals Promise

Focus: Solid Rock Community School believes that compassion extends to all living beings. The **Kindness to Animals Scholarship** inspires students and families to take thoughtful action in protecting animals, fostering empathy, and understanding the important roles animals play in our world. Through this scholarship, participants align with the school's values of kindness and sustainability.

Documentary List (Alphabetical Order)

Important Note: Many documentaries may contain sensitive material, such as language, graphic content, or mature themes. Viewer discretion is advised. Please review the summaries and notes provided and choose what is most appropriate based on the audience and your interests. While AI has flagged potential sensitivities, interpretation can be subjective.

1. **An Apology to Elephants**

- **Summary:** Explores the history of elephants in captivity and calls for their humane treatment.

2. **Blackfish**

- **Summary:** Chronicles the controversial captivity of orcas, focusing on the story of Tilikum.
- **Sensitive Content:** May contain sensitive content about animal abuse.

3. **Born to Be Wild**

- **Summary:** Highlights the rescue and rehabilitation of orphaned elephants and orangutans.

4. **Dominion**

- **Summary:** Investigates modern animal farming practices and their ethical consequences.
- **Sensitive Content:** Very graphic and upsetting depictions of animal abuse; parental guidance recommended; not for young children.

5. **Earthlings**

- **Summary:** Explores human dependence on animals in food, fashion, and entertainment industries.
- **Sensitive Content:** Very graphic depictions of animal abuse; parental guidance recommended; not for young children.

6. **Love and Bananas**

- **Summary:** Chronicles efforts to rescue Asian elephants and protect their habitats.

7. **My Octopus Teacher**

- **Summary:** Chronicles the unique bond between a filmmaker and an octopus, fostering appreciation for marine life.

8. **Okja**

- **Summary:** A fictional tale about a girl's fight to save her genetically modified pig companion. Partially Animated.

9. **Peaceable Kingdom**

- **Summary:** Explores the ethical awakening of farmers who turned away from animal agriculture.

10. **The Cove**

- **Summary:** Investigates dolphin hunting in Japan and its ethical implications.
- **Sensitive Content:** Contains sensitive content about animal abuse.

Activities (Choose Two):

1. **Eat Plant-Based Lunches at School Daily (Bring or Purchase):**
 - **Connection:** Eating plant-based lunches reduces harm to animals by decreasing the demand for animal agriculture. This daily action demonstrates commitment to the humane treatment of animals.
2. **Prepare Plant-Based Dinners as a Family at Least Once Per Week:**
 - **Connection:** Cooking plant-based meals at home fosters appreciation for compassionate eating habits and creates a direct impact on reducing harm to animals.
3. **Volunteer at the Solid Rock Sanctuary (Minimum 4 Hours that month):**
 - **Connection:** Hands-on experience with rescued animals deepens understanding of animal needs and reinforces empathy.
4. **Create and Share an Animal Advocacy Project (Poster, Video, or Presentation) in Science class at school:**
 - **Connection:** Advocacy encourages others to make informed, compassionate choices, amplifying the impact of kindness toward animals.
5. **Create Enrichment Toys for our Sanctuary Animals:**
 - **Connection:** Making enrichment toys for shelter animals provides direct support to animals in need and demonstrates kindness through thoughtful action.

Feedback Form: Participants must complete a feedback form at the end of the quarter, reflecting on their experience and learnings. (We will provide that separately.)

V. Unity Promise

Focus: The **Unity Scholarship** fosters leadership, inclusivity, and meaningful connections. It encourages students to lead with kindness, build inclusive environments, and inspire change in their communities, reflecting SRCS's mission of fostering positive global citizenship.

Documentary List (Alphabetical Order)

Important Note: Many documentaries may contain sensitive material, such as language, graphic content, or mature themes. Viewer discretion is advised. Please review the summaries and notes provided and choose what is most appropriate based on the audience and your interests. While AI has flagged potential sensitivities, interpretation can be subjective.

1. **A Beautiful Day in the Neighborhood**
 - **Summary:** A journalist forms a life-changing friendship with Fred Rogers, learning about empathy and kindness.
2. **Akeelah and the Bee**
 - **Summary:** A young girl from South Los Angeles competes in a national spelling bee, uniting her community in support.
3. **Prayer for Compassion**
 - **Summary:** Explores the connection between spirituality and veganism, encouraging compassion for all beings.
4. **Queen of Katwe**
 - **Summary:** The true story of a Ugandan girl who becomes a chess champion, overcoming adversity and inspiring her community.
5. **The Intouchables**
 - **Summary:** An aristocrat quadriplegic hires a young man from the projects as his caregiver, leading to an unexpected friendship.
 - **Sensitive Content:** Contains mild language and discussions of disability.
6. **The Pursuit of Happiness**
 - **Summary:** Depicts a man's journey from homelessness to success, highlighting perseverance and fatherhood.
 - **Sensitive Content:** Includes themes of poverty and hardship.
7. **The Theory of Everything**

- **Summary:** Tells the story of physicist Stephen Hawking, focusing on his achievements and relationship with his wife.
 - **Sensitive Content:** Includes themes of illness and disability.
8. **Won't You Be My Neighbor?**
- **Summary:** Explores the life and legacy of Fred Rogers, focusing on kindness and inclusion.
 - **Sensitive Content:** None.

Activities (Choose Two):

1. **Eat Plant-Based Lunches at School Daily (Bring or Purchase):**
 - **Connection:** Plant-based lunches create a shared, inclusive commitment to sustainability and kindness, benefiting all people and the planet.
2. **Prepare Plant-Based Dinners as a Family at Least Once Per Week:**
 - **Connection:** Preparing meals together fosters inclusivity and unity within families, while the plant-based focus reflects respect for all living beings.
3. **Become a Peer Mentor at School:**
 - **Connection:** Helping peers and welcoming new students builds a sense of belonging and supports the creation of an inclusive school environment.
4. **Organize or Volunteer for a Community Event Promoting Unity:**
 - **Connection:** Events like cultural appreciation initiatives, school community eventsencourage diversity and unity, demonstrating leadership and compassion.
5. **Design a School Board:**
 - **Connection:** Take leadership of an assigned school display board with a message of unit to demonstrate leadership and compassion at school.
6. **Create a Kindness Calendar:**
 - **Connection:** Planning and completing daily acts of kindness demonstrates leadership and reinforces the importance of inclusivity and compassion in daily life.

Feedback Form: Participants must complete a feedback form at the end of the quarter, reflecting on their experience and learnings. (We will provide that separately.)