

It was Sam's **first day in school**, and while eating lunch in the cafeteria, he saw a girl named Sofia drop her tray, and **"Ka-blash!"** Her lunch spilled everywhere. Rather than get upset, Sofia pronounced, "Well, this is a **great day** to be a **spartan**" and proceeded to pick up the mess. A boy named Sully **stepped in to help**. She smiled, and said "Thanks!"

Later, while playing at recess, Sam saw Sofia trip and skin her knee.

He could tell it hurt, but was surprised by Sofia's reaction.

After brushing a tear from her cheek, she said, "This is a great day to be a spartan." Then a girl named Starla came up to her and said, "You should get a bandaid on that.

Let's go to the nurse's office."

Sofia smiled and said, "Thanks!"

On the bus ride home, Sofia's backpack unzipped, and everything fell out on the floor. Again she said, "This a great day to be a spartan!" This time Sam stepped in to help pick things up, then he asked her, "Sofia, I've seen three bad things happen to you today, and each time you say 'This is a great day to be a spartan.' Why do you say that?"

Sofia replied, "Here at this school, we are all spartans. We have spartan friends, and we all care about each other, and help each other. It's the spartan way.

So no matter what happens, I know I have friends who care, and will help me.

That makes every day a **great day** to be a **spartan!**"

After all of her things were gathered up, Sofia smiled and said,

"Thanks for your help! Isn't it a **great day** to be a **spartan!**"

