



It was Fred's first day in school, and while eating lunch in the cafeteria, he saw a girl named Fiona drop her tray, and "Ka-blash!" Her lunch spilled everywhere.

Rather than get upset, Fiona pronounced, "Well, this is a great day to be a Falcon," and proceeded to pick up the mess. A boy named Frank stepped in to help. She smiled, and said "Thanks!"

Later, while playing at recess, Fred saw Fiona trip and skin her knee.

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

After brushing a tear from her cheek, she said, "This is a great day to be a Falcon" Then a girl named Flora came up to her and said, "You should get a bandaid on that. Let's go to the nurse's office."

Fiona smiled and said,
"Thanks!"

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



Fiona replied, "Here at this school, we are all Falcons. We have Falcon friends, and we all care about each other, and help each other. It's the Falcon way. So no matter what happens, I know I have friends who care, and will always help me. That makes every day a great day to be a Falcon!" After all of her things were gathered up, Fiona smiled and said, "Thanks for your help! Isn't it a great day to be a Falcon?!"