



Instilling Goodness Sunday School

About our school

Instilling Goodness Sunday school is a private school providing education based on high moral and ethical standards.

The school is run under the auspices of the Dharma Realm Buddhist Association – a non – profit religious organization.

Kindness 慈	Joy 喜
Compassion 悲	Giving 捨

- Cooperation
- Service selflessness
- Generosity
- Honesty

Our wish is that students develop a strong moral character.

Course content

- Buddhist Spirituality
- Standards for students
- Meditation
- Arts and Crafts
- Music
- Chinese calligraphy/Physical Fitness

Curriculum

Instilling Goodness Sunday school offers a holistic educational approach that helps to stimulate development of physical, intellectual, spiritual and emotional values.

Timetable:

8:45 a.m. - 9:00 a.m.	Morning ceremony (3 Refuges, O Canada, 6 Principles)
9:00 a.m. - 9:30 a.m.	Meditation and Story telling
9:30 a.m. - 10:30 a.m.	Buddhist/Ethics studies
10:30 a.m. - 12:00 a.m.	Meal offering ceremony and lunch
12:00 a.m. - 1:00 a.m.	Arts & crafts, or physical exercises or music/drama

Moral Standards

Instilling Goodness Sunday school is devoted to giving students a solid foundation for developing strong moral and ethical conduct.

To enrol your child in Instilling Goodness Sunday school, or for more information regarding this unique educational opportunity for your child, please contact:

- avatamsaka@drba.org _____
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