

# MOMENT OF SILENCE

**IN OUR PUBLIC SCHOOLS**

PROOF

*A call to all parents*

**Levi A. Reiter, Ph.D.**

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***IMPORTANT:***

***The behaviors noted in this publication cannot represent every public school; however, the Moment of Silence is a remarkable success in all.***

*Graphic Design and Layout: Leah Silverstein*

# INTRODUCTION



A child is one of the greatest gifts a parent can receive: a miniature human being with such positive potential that only the sky can limit. But like a beautiful garden which must be cultivated for a greater good so too a child must be guided so that he develops into a morally upright human being.

This booklet aims to inspire as well as motivate parents to connect with their children using the *moment of silence* in school as a stepping stone to instill positive wholesome values in their beloved children. The results are truly astonishing. We invite you to see for yourselves!

# **Parents!! Parents!!**

**Come and hear...**



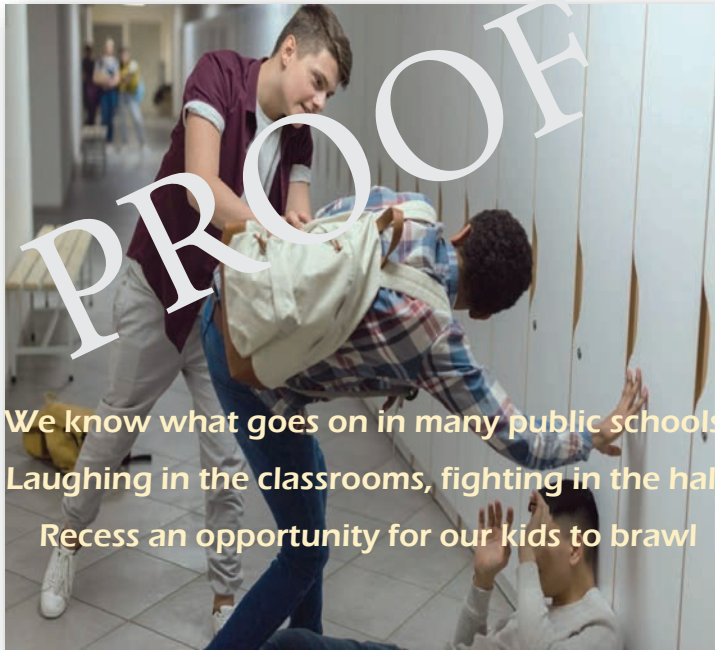
**Trouble's brewing in the atmosphere**

**Our children are hurting**

**We've got to care**

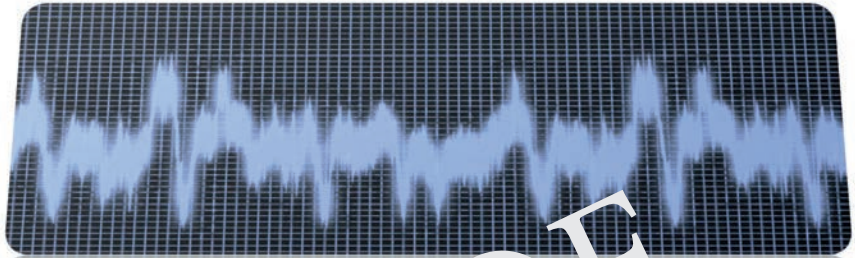
# **Now listen to me closely**

## **None of us are fools...**



We know what goes on in many public schools  
Laughing in the classrooms, fighting in the halls  
Recess an opportunity for our kids to brawl

The noise is often blarring



PROOF



Things can get quite wild

**My child's being bullied !!**



**DON'T TOUCH MY CHILD!!!!**



**How can they even learn  
with the noise**

**PROOF**

**...even violence**



PROOF

Oh, if they could only have a  
**moment of silence !!**

**My dear friends,  
Come and hear**



## **A moment of silence**

Would be an excellent idea  
And several public schools  
Have already taken up the idea

**It's a program that really works like a charm**



**You explain to your children to be friendly and calm  
That their feelings for school can be so much greater  
By relaxing by themselves, alone with their Creator**



**In school just before classes arise  
They're all given a minute to close their eyes  
And contemplate what their parents advise.**





When their minute is up  
And they start their work  
They're calmer and better

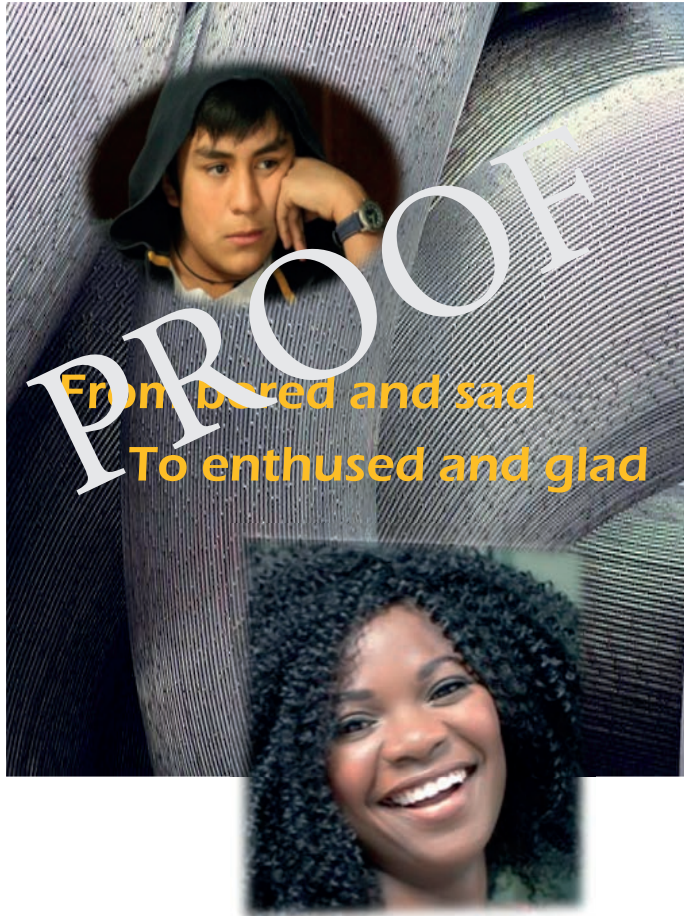
PROOF



**But don't take my word...**

See for yourselves

how their attitudes improve





It seems that a **moment of silence**  
in calm reflection  
Enhances a child's self-perception





You can see the proof  
on the web, you know

Just type

[www.momentofsilence.info](http://www.momentofsilence.info)

You'll see video clips  
of the children praising  
Yes, the success of the program  
is absolutely amazing!

**We hope this booklet  
Gave you a clue  
Of a “**moment of silence**”  
And what it can do  
To make your kids happier  
And give pleasure to you !!**



# Suggestions

Ideas that you may wish your child to think about during the Moment of Silence:

- Respect for human life
- Respect for all living creatures
- The importance of family values
- Respect for the property of others
- Upholding the law
- Showing kindness in speech and deed
- Being thankful for all the good in his/her life



# What Children Are Saying

## The Moment of Silence

To me the moment of silence is a time to just take a break from my busy day. With school during the morning and afternoon and sports in the evening. Before and after my activities is homework. The moment of silence is just a time to relax and think about anything you want to or think about the quote of the day. I think we should continue this moment of silence and I think all schools should have a moment of silence.

I feel that the moment of silence makes me feel happy, excited and it makes me calm when I am mad at someone.

Even though we do it at school, I use it at home too. When I am fighting with my brother, I practice the moment of silence and it works. At school when kids are saying bad words to me and it is making me mad, I try to practice the moment of silence.

I really think the moment of silence is good and you should use it every day to have a good day.

Name: Halle age: 7 grade: 2

Our Quiet Moment is Awesome. Because you get time to think about you and your family. I love that you made this Quiet Moment up. Thank you very very very much. Can we do it for 2 minutes in stead

## Kayla Faron 6<sup>th</sup> Three Rivers Moment of Silence

I think the moment of silence is to let loose or relax before your day begins. I am a very organized person so I like to use that minute to plan out my day, of course it doesn't always go perfect but that's fine. It would be nice if we had a moment of silence at the end of the day to maybe improve or brainstorm ways we could make tomorrow better. My principle gives us a meaningful quote and we reflect on it. That means we think about the quote and we write it down. I really like the moment of silence it does make a huge difference in my day.



## Quiet Moment

Sie na P. - grade 2

I think the quiet moment is as m. because we need it. because we are loud when we come in from recess. every day. yes every day. so I do not like it I love it alot. ps. thank you.

At my school, we recently started having a daily quiet moment. In the beginning, I thought the quiet moment was a waste of time but now I believe it is a good thing for all the students here. It helps me relax after lunch and lets me clear my head. During recess we cannot relax because of all the action going on around us, the hyper kids playing games and screaming and not in class either because I can't just close my eyes and breathe for a while to relax without missing important directions. I have adjusted to the daily quiet moment and I strongly believe this should be continued. The quiet moment should be practiced in every school so the students can focus in class time and not be preoccupied with other business in their lives.



# Raising Parental Awareness

As parents of public schoolers, we sometimes wonder if it is possible to ensure a bright, successful future for them. It is!! Dr. Reiter, in his inimitable “rap-like” style offers proven, simple, timeless advice showing you how parental input in a moment of silence at the beginning of the school day can insure that our children become individuals whose lives are not only meaningful and productive but moral as well.”

---Dr. Lazer Goldstock, Director, Heart to Heart

“Silence is important for the body, the mind and the soul. And the profound effect I have seen a moment of silence have on my students has made me a believer in giving students this experience to start each day.”

--Dena Gorkin, NYC, CPP

“...M.O.S. became an integral part of our curriculum. We practiced it daily. Bullying and fighting were reduced by twenty per cent. Suspensions were cut drastically. The children wrote down what they thought in a journal daily. They loved to share those thoughts with their classmates, parents and faculty. Those children that were hurting were identified and picked up by either the guidance counselor or psychologist. It is a program for any age. IT REALLY WORKS!!

---Solomon Long ,Principal of P.S.91 for 18 years  
First to adopt M.O.S in District Seventeen

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**Dr. Levi A. Reiter is Professor Emeritus at Hofstra University. He holds a Ph.D. in psychology as well as two post doctoral fellowships in audiology. But above all he is a beloved father and grandfather.**



**MAKING THE WORLD A BETTER  
PLACE !**