The word of the week is

 Laudable

laudable is an adjective.

**It means:** worthy of being praised, commendable

**Used in a sentence:**

Improving the school is a **laudable** goal.

The young man showed **laudable** restraint in dealing with a rude customer.

**Laudable** attempts were made to raise money for the children’s charity.

He has made **laudable** attempts to have a successful school day.