

## January 11<sup>th</sup> – 15<sup>th</sup>

Nicole Downer, Principal

Jim Curtis, Assistant Principal

#### Week at a Glance:



January 11<sup>th</sup>

School resumes in the virtual learning model January 12<sup>th</sup> 5<sup>th</sup> Grade Band 2<sup>nd</sup> Grade Music January 13<sup>th</sup> Materials Pick-Up 1:00-1:45: Last Names A-L 2:00-2:45: Last Names M-Z 5<sup>th</sup> Grade Band January 14<sup>th</sup> 12:15-6:00: Student Meal Pick-Up 5<sup>th</sup> Grade Band January 15<sup>th</sup> 5<sup>th</sup> Grade Band 12:30-3:30 Library Checkout Upcoming Events: January 18<sup>th</sup> No School in observance of Martin Luther King Jr. "LIFE'S MOST PERSISTEN" **ND URGENT OUESTION IS** WHAT ARE YOU DOING FOR OTHERS?'

#### General Announcements:



We hope everyone had an enjoyable and healthy winter break. As we begin the second semester, we know there are a lot of questions regarding what school will entail this semester. We hope to re-open as soon as we are permitted, and it is safe to do so. An email was sent from MVUSD on January 8<sup>th</sup> regarding the most recent updates regarding reopening.

#### Successful 2nd Semester:

Most of our students are doing a wonderful job staying motivated in this virtual environment, which is a huge testament to our amazing staff. We understand that it can be challenging keeping students focused and attentive during virtual instruction. We suggest treating the 8:00-12:00 virtual instructional day as similarly as if students are coming onto campus.

- Get dressed and eat breakfast prior to the 8:00 start of the day
- Have all materials ready and accessible for each day
- Video cameras are on unless requested to be turned off by the teacher
- Attend every day unless you are sick

## Useful Links

<u>School Website</u> ~ <u>Menus</u> ~ <u>Peach Jar Flyers</u>

# Counseling Counseling Corner With Mrs. Moran 951-696-1428 kmoran@murrieta.k12.ca.us

Supports and Links

<u>The Great</u> <u>Kindness</u> <u>Challenge Check</u> <u>List</u>

<u>Kindergarten</u> <u>Kindness Checklist</u>

### <u>Counselor Check-</u> In Form

# <u>Community</u> <u>Resources</u>

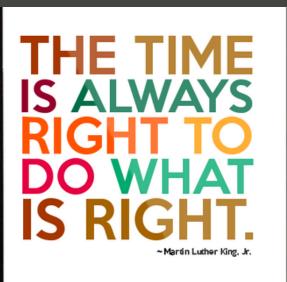
# <u>Free Mental</u> <u>Health Concierge</u>



JANUARY 2021

During the week of January 25-29th we celebrate the Great Kindness Challenge. At the heart of The Great Kindness Challenge is the simple belief that kindness is strength. We also believe that as an action is repeated, a habit is formed. With the Great Kindness Challenge checklist in hand, students have the opportunity to repeat kind act after kind act. As kindness becomes a habit, peace becomes possible. The Great Kindness Challenge is a grassroots movement that is making our schools, communities, and world a kinder and more compassionate place for all. Working together, we joyfully prove that KINDNESS MATTERS!

MLK Jr.



In the month of January, we honor and celebrate Martin Luther King, Jr. Day, which falls on January 18th this year. Martin Luther King, Jr. was a civil rights leader who was integral in promoting peace, tolerance, and justice for all. He was instrumental in organizing the March on Washington. His powerful oration throughout the 1960s helped lead to the passage of the Civil Rights Act of 1964, prohibiting segregation and discrimination.

In the spirit of the Great Kindness Challenge, let us continue to learn from Dr. King who said, "Life's most persistent and urgent question is: What are you doing for others?"

Coping Skill of the Month - Kindness

In recognition of the Great Kindness Challenge, this month's coping tool is kindness. More specifically, kindness to yourself. We often find ourselves engaging in negative, shame-based selftalk when we experience strong emotions. Instead, speak to yourself as you would to a friend - with loving, gentle kindness. Click the following to find a list of kind statements you can use in moments of struggle. <u>Kind Affirmations</u>

