



New Year's Resolutions

Are you making a New Year's resolution? If so I am sure your kids are asking, "What is a resolution?" A resolution is simple a promise. It is a promise that you make to yourself or someone else. You may decide to lose weight, stop drinking pop, read more often, spend more time with your family, or exercise more. Some of these resolutions you follow through with. Others are forgotten as soon as they are made.

Kids can also make New Year's resolutions. Now that it is January this would be a great time to sit down with your child and reflect upon the first half of the school year. Talk to your child about things like: personal improvement, family, friends, school and the outside world. Your child's resolutions could include things like: getting your homework done on time, improving his or her math grade, getting in fewer arguments with your friends, or making sure you get to school on time.

Sitting down with your child to discuss resolutions is a great way to help develop a shared vision for you and your child. It is never too early to talk to your child about their future. When you decide on your New Year's resolutions, write them down and put them on your refrigerator, the mirror, or someplace obvious to help remind you of those resolutions you made.

We look forward to a great second semester!

Educationally yours,

Mr. Schlothauer



The cold and flu season is well upon us. I know you have heard this a million times but one more time won't hurt. Good hand washing is the single number one defender against the spread of germs. The most common way that germs enter our body is through the nose, mouth, or eyes. Usually we get sick because we touch something that has germs on it and then touch our face. Your best defense is to wash your hands as often as possible and keep your hands away from your face.

Always wash your hands after using the restroom, coughing or sneezing, playing outdoors or with animals, before eating, and anytime they look, smell or feel dirty. The best way to wash your hands is to use running water and soap. If running water and soap is not available you can use antibiotic hand sanitizer but it is the act of the running water that gets most of the germs off.

Stacey Powell ~ School Nurse

Please help us...

We still have a few items in the lost and found that we would like to have claimed. Mr. Martin has been helping students identify many items but we still need your help. Anything that is left over at the end of next week will be donated to Goodwill. We hope you will have your student check or feel free to come in and look for yourselves!

Also, we are asking that you not block the driveway on the North end of the property. Thank you for your cooperation with this.



As Ms. Schlothauer shared in this newsletter, many of us have started to set New Year's resolutions/goals for ourselves. Following are a few additional guidelines to assist in setting these New Year's resolutions/goals:

- Express goals in a positive manner.
- Be realistic with goals.
- Use specific steps to help achieve goals.
- Set a deadline for the completion of goals.
- Create a timeline.
- Prioritize goals.
- Write goals down.
- Keep goals small and achievable. If a goal is small it can provide additional opportunities for reward when achieving it.
- Celebrate success when goals are accomplished.
- Evaluate the process.

According to the Parent Institute – Discipline Series (Responsible Students Set Goals for Themselves), “when children are goal-oriented, they are more likely to say no to irresponsible behaviors...because they are saying yes to their vision of the future.”

Parents can assist their children in accomplishing New Year's resolutions/goals by monitoring weekly progress that is made, offer guidance and share helpful solutions. Be sure to praise your children for attempting the New Year's resolution/goal and don't forget to celebrate success while encouraging continued goal setting.

Mrs. Mendoza, School Counselor

Dates to remember:

January 11– Flag dedication with Congressman Adrian Smith @ 2:30

January 23—DIBELS testing

January 25– 100th day of School

February 8– Student led conferences—No school

February 18– Staff Development Day– No school for students

Our annual magazine sales will kick off on January 29th and run through February 1st. This is a relatively effortless fundraiser for our school. Your student will receive a booklet to fill out with names and addresses of friends and relatives who may be interested in purchasing magazines. When the student returns the completed booklet they will spin the pencil machine and receive a prize for their efforts. The school receives money for the completed booklets and a portion of the magazine sales. Look for more information to come home on January 29th and thank you for your continued support!!

