

# JANUARY'S RESTORATIVE REVIEW



## Monthly Virtue

For the month of January, we will be focusing on the virtue of **perseverance**, which is being purposeful and steadfast. It is sticking to something and staying committed, no matter how long it takes or what obstacles appear to stop you. We are encouraging students to show perseverance at home, in school and in the community.

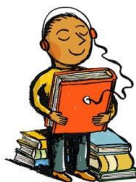
**Perseverance affirmation:** *I have perseverance. I keep a steady pace in what I choose to do. I keep on keeping on. I finish what I start. I am a loyal and committed friend.*

February's Monthly Virtue: **Unity**

### Perseverance Discussion Starters:

- How do you persevere at school?
- When taking a test, you have to persevere by...
- Once I did not want to persevere because...
- An occupation where someone shows perseverance is... because...
- One thing that is hard for me to persevere at is... because....

Try out audiobooks or e-books with your family! These are great options to encourage literacy development in a different medium.



## READING REVIEW

January is all about new goals! Celebrate this month with your child by reading about a topic he or she knows little about or trying out a new genre. Have your child set a goal and write about how they will achieve it. Make sure you complete the winter library challenge by January 31<sup>st</sup>.

## Counselor's Corner

January's guidance topic is Character. Examples of character traits that will be discussed are Self Control, Positivity, Uniqueness, and Integrity. Students will also be discussing setting new goals for 2020. This ties in with our virtue of the month, which is Perseverance.

Ms. Bounds will have lunch bunch groups on topics of Social Skills and Friendship.

## NURSE'S NOTES:

Winter is upon us in temperature and illnesses☺ Please send all children appropriately dressed for the elements. Outdoor recess is held daily weather permitting. Please reach out confidentially to myself or Ms. Bounds should you have any need for winter coats, hats etc.

Hand washing with soap and water, or in the absence, hand sanitizer, can minimize the transmission of many germ-producing illnesses!!!! Many children are congested and have sore throats secondary to post nasal fluids. The illness, unless fever producing, do not prohibit a child from attending school. Discuss the use of over the counter decongestants with your health care provider. Many NON DROWSY, daytime formulas exist. Baltimore County does not dispense decongestant medications. Drinking lots of water, not soda, assists in the decrease of congestive symptoms.

Any incidences of vomiting and/or diarrhea require a 24 hour rest period without further episodes prior to return to school. The 24 hours is required to decrease the contagious nature of vomit and/or diarrhea. We thank you for your compliance in this as 1 contagious child can infect a whole school building☺

## IT IS NOT TOO LATE FOR A FLU SHOT!

Flu season goes through the spring, and although many strains are present, the flu shot enables an immune boost to your body to help fight the many illnesses this season!!!!



CTES would like to thank the Radecke Club, The Odd Fellows, Santa's Helpers and the ESP Rec-Council for sponsoring families in our school community for the holidays! We appreciate you supporting our students!