

VOLUME 7 • APRIL 2022

STUDENT SERVICES

KIMBELL ELEMENTARY MONTHLY NEWSLETTER

KIMBELL KINDNESS

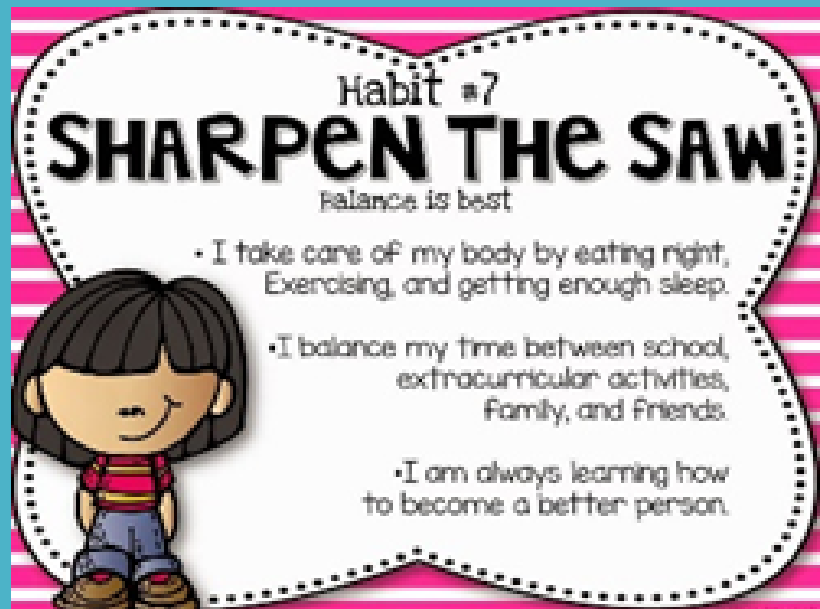
BY STUDENT SERVICES

We are working on building a strong "Kimbell Kindness" environment on campus. Classes showing the most kindness will be rewarded weekly with an ice cream party! Students, make sure to be kind to **yourself** and **others**! Students on their "Teacher's Heart" all week can win a basket full of prizes!

SCHOOL COUNSELING UPDATES!

BY MS. HOLSEY, SCHOOL COUNSELOR

For the month of April, students will continue learning the 7 habits and how they can use the habits to be successful in the classroom. We will continue focusing on **Habit 7, Sharpen the Saw**. We will be awarding a student from each grade level with the **Caught being a Leader** character award.



Guidance Small Group

4th and 5th graders will continue working on the following skills: Self-management, Self & Social Awareness, Leadership, Relationship Skills and Responsible Decision Making.

3rd Graders will continue to build strong Student Ambassadors.

SELF-CARE: 10 WAYS TO TAKE BETTER CARE OF YOURSELF

BY STUDENT SERVICES

1. Make sleep part of your self-care routine.

Sleep can have a huge effect on how you feel both emotionally and physically. Not getting enough can even cause major health issues. But stress and other distractions can wreak havoc on our sleep. Reducing stress is also key.

2. Take care of yourself by taking care of your gut.

Your gut health can have a significant impact on your health, well-being, and feelings of vitality.

3. Eat right for self-care.

The food we eat has the potential to either keep us healthy or contribute to weight gain or diseases such as diabetes, but it can also keep our minds working and alert.

4. Exercise daily as part of your self-care routine.

Daily exercise can help you both physically and mentally, boosting your mood and reducing stress and anxiety, not to mention helping you shed extra weight.

5. Say no to others, and say yes to your self-care.

Learning to say no is really hard; many of us feel obligated to say yes when someone asks for our time or energy. However, if you're already stressed or overworked, saying yes to loved ones or coworkers can lead to burnout, anxiety, and irritability. It may take a little practice, but once you learn how to politely say no, you'll start to feel more self-confident, and you'll have more time for your self-care.

6. Take a self-care trip.

Taking a self-care trip can make a huge difference in your life. Even if you're not feeling particularly stressed, getting away for a weekend every now and then can help you disconnect, relax, and be rejuvenated.

7. Take a self-care break by getting outside.

Spending time outside can help you reduce stress, lower your blood pressure, and live in the moment. Studies have even shown that getting outside can help reduce fatigue, making it a great way to overcome symptoms of depression or burnout. Getting outside can also help you sleep better at night, especially if you do some physical activity, like gardening, hiking, or walking while you are outside.

8. Let a pet help you with your self-care.

Pets can bring a boost to our lives. From giving unconditional love to providing companionship, pets can be hugely beneficial for our self-care.

9. Take care of yourself by getting organized.

Getting organized is often the first step to becoming a healthier you because it allows you to figure out exactly what you need to do to take better care of yourself.

10. Schedule your self-care time, and guard that time with everything you have.

It can be hard for us all to find extra time. But it's extremely important to plan regular self-care time. Moments alone can help you to ponder the best ways to move forward in your life and keep you grounded.



Help Your Child Succeed in School: Build the Habit of Good Attendance Early

DID YOU KNOW?

- Starting in preschool and kindergarten, too many absences can cause children to fall behind in school.
- Missing 10%, or about 2 days each month over the course of a school year, can make it harder to learn to read.
- Students can still fall behind if they miss just 1 or 2 days every few weeks.
- Being late to school may lead to poor attendance.
- Absences and tardiness can affect the whole classroom if the teacher has to slow down learning to help children catch up.

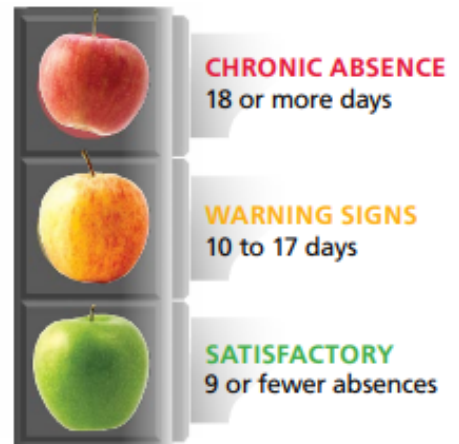
Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Eventually good attendance will be a skill that will help them succeed in high school and college.

WHAT YOU CAN DO

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Keep your child healthy and make sure your child has the required shots.
- Introduce your children to their teachers and classmates before school starts.
- Develop backup plans for getting to school if something comes up. Call on a family member, a neighbor or another parent.
- Try to schedule non-Covid-19 related medical appointments and extended trips when school isn't in session.
- If your child seems anxious about going to school, talk to teachers, school counselors and other parents for advice on how to make your child feel comfortable and excited about learning.
- If you are concerned that your child may have Covid-19, call your school for advice.
- If your child must stay home due to illness or quarantine, ask the teacher for resources and ideas to continue learning at home.

Revised October 2021

When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

Visit Attendance Works at www.attendanceworks.org for free downloadable resources and tools!