

JANUARY 2019 COUNSELOR NEWSLETTER

John C. Haines Elementary School

Dear Parents,

Happy New Year! 2019 has come and gone, and now we are starting another year filled with many new beginnings. As we enter the second half of our school year, we are geared up for even more wonderful opportunities.

An attitude of gratitude helps us thrive. Try these steps to instill a mind-set of gratitude in your little ones.

1. Say "Thank you"
2. Live it. Set an example and show appreciation by conveying you paid attention to real effort: "
3. Teach through role play
4. Create daily or weekly routines.
5. Give concrete examples.

<http://www.pbs.org/parents/special/article-ten-ways-raise-grateful-kid.html>

JAN.2019

Get Organized Month

National Mentoring Month

National Thank You Month

1 Emancipation Proclamation Anniversary

1 Global Family Day

21-25 No Name-Calling Week

20 World Religion Day

21 Martin Luther King, Jr., Day of Service

22-27 National Drug and Alcohol Facts Week

"I have decided to stick to love ... Hate is too great a burden to bear."

Dr. Martin L. King, Jr.



Best wishes for the New Year
Mrs. Yolanda Talley

