Principal’s News – January 2025

And now we welcome the new year. Full of things that have never been. – Rainer Maria Ritke

Mental Wellness Month, observed every January, is an event dedicated to promoting awareness and understanding of mental health, its impact, and the importance of mental well-being. January's Mental Wellness Month highlights the value of integrating emotional and physical health and understanding the link between your mind's health and your body's state.  Regular physical activity can have immediate long-term benefits on mental health. When you exercise, your body releases endorphins that improve your mood and bring balance to the body. Exercise can enhance sleep quality, reduce stress, and boost overall mood. In addition, maintaining a regular workout routine may increase self-esteem, positivity, and a sense of accomplishment.

Talking about the news as a family is a great way to be informed about the world while also checking in on how each member is feeling and responding. Learn how at <https://cnyns.org/41rfWl6>

You should have received a Parent Square highlighting our large Lost and Found collection. Please look through the Parent Square video to see if you recognize any of the clothing. All clothing that is left on January 17th will be donated.

This month Mondays with Marissa will discuss self-control. Self-control means being able to manage your feelings, thoughts, and actions. It helps us make good choices and behave well, even when we feel excited, angry, or sad. During the presentation the students will discuss the importance of self-control by making good choices, getting along with others, and staying focused. They will learn how to practice self-control by taking deep breaths, counting to ten, thinking about consequences, using I statements, and practicing patience. They will demonstrate their learning through games and role play. We look forward to this fun and engaging activity and observing how the students continue to show self-control.

The safety drill for January is a fire drill. We are encouraged to review our evacuation procedures after our long winter break. Please let us know if you have any questions.

Calendar items:

January 6 Return from Winter Break

January 8 PTA meeting; 9am Faculty room

January 13-16 Kindness week

January 13 SCC meeting; 4pm library

January 17 Teacher workday, no school for students

January 20 Martin Luther King Day, no school