



WELLNESS NEWSLETTER

McManus Elementary School

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Home & School Connection

History of Pink Shirt Day:

Almost 14 years ago in Canada, two 12th Grade Students Travis Price and David Sheppard discovered that a 9th Grade Student was bullied because he had worn a pink shirt on the first day of school. They encouraged all students at their school to wear pink the following day in support of the Ninth Grader, and their school rallied behind them. In the following weeks, schools throughout Canada were also wearing pink shirts. Within the next couple of months, schools all over the world were taking part in this movement, and that is how Pink Shirt Day began!

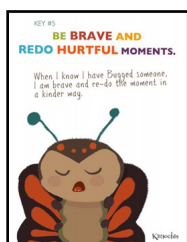
McManus Families let us practice kindness and wear pink on February 24th to symbolize that we do not tolerate bullying! In addition, let us also cultivate an environment of kindness all year long—where we think about the needs, feelings and concerns of others. Where we demonstrate empathy, compassion and gratitude for one another! ***“Kindness is more than deeds. It is an attitude, an expression, a look, a touch. It is anything that lifts another person.” Plato***

Social Emotional Learning

♦ February’s Character Focus, Feelings and Tools:

KINDNESS is - and always will be one of the most beautiful and powerful forces for good that exists in the entire world. Children can show kindness and compassion through their actions and their words.

Kimochis Key #5 and Feelings:



Toolbox: Using Our Words – The right words, in the right way, for the right reason.

Recommended Books:



<div> KINDNESS Challenge </div>			
Read a story to a family member.	Help cook a special meal.	Share your toys or games.	Give someone a compliment.
Make and send cards to a senior center.	Call a friend and ask how they're doing.	Help someone in your family do a chore.	Draw or paint a picture for someone.
Buy a gift card for a local business.	Watch an inspiring video about kindness.	Recommend a great book to a friend.	Tell your family how much you love them.
Be a good listener to someone in need.	Leave a kind note in a neighbor's mailbox.	Call a faraway relative to say hello.	Make someone laugh with a good joke.

<https://www.youtube.com/watch?v=dIyJvDmDsOM>

<https://www.youtube.com/watch?app=desktop&v=t6NUJ2JZz50>

Our Wellness Team:

Christopher Weaver, Principal

Laura Puterbaugh, School Psychologist

Dolores Soto, School Counselor

Elizabeth Deen, Counseling Assistant

Ge Thao-Lor, Targeted Case Manager



If you have any questions or concerns, please feel free to call us at 891-3128.