# Banther Press January 2024



### **IMPORTANT DATES**

Thursday January IIth
Parents Club Meeting at
5:30 pm
in the cafeteria
join them!

January 19th 7th & 8th grade Winter Dance details to come



### 4H MEETING

4H will be hosting their monthly meeting on Wednesday January 10th at 6:30 pm in the cafeteria

### **CANDY ROSES!!**

Our 8th grade class will be selling candy roses in February to help fundraise for their 8th grade activities. Please help support them by buying one or ten!!!

Details to come soon!

### MLK DAY

There will not be school or Daycare (ELOP) on Monday January 15th to honor Martin Luther King Day

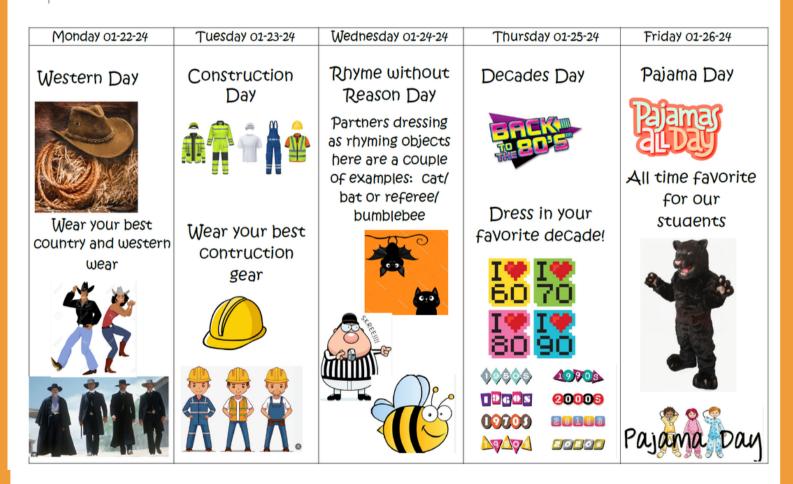




## Banther Press January 2024



### KINDNESS WEEK 2024



More details to come on our Great Kindness Challenge January 22 through January 26

## Annther Press annary 2024 PERSEVERANCE

Family Newsletter



### Perseverance Overview

This month is all about
Perseverance. One way to think
about Perseverance is "pushing
yourself through challenges and
obstacles." We all experience
challenges in our lives. We all have
moments when we feel like we can't
do it or that we want to give up on a
big task. It is important to develop
tools that help us work through those
challenges in order to grow in those
moments instead of giving up. How
might you practice Perseverance as
a family this month?

Perseverance is 1 of 3 traits we will focus on throughout the year that helps students **Be Strong**. Across grade levels, students will be developing skills like focusing, organizing, and goal-setting.

#### **Conversation Starters**



- Can you share or show what it means to have Perseverance?
- When working towards goals, how does Perseverance help us to reach them?

### **PurposeFull Pursuits**

Have some fun connecting as a family this month while practicing Perseverance. Here are 2 "PurposeFull Pursuits" you can complete together!

Consistency is hard. Have each person in the family commit to 1 thing they will do each day this week. Maybe it is flossing, drinking a certain amount of water, getting to bed at a certain time, limiting screen time, or exercising. Create a place where each person can tally their progress and see who can keep their streak going the longest!



#2

Review Perseverance as a family!
Remember that Perseverance is
pushing yourself to work through
challenges and obstacles.
Here's a fun challenge: Can you fit
your whole body through an index
card? While it sounds impossible, with
the correct folding and cutting
technique, you can make it happen!
Give each family member a 4x6 index
card and a pair of scissors. Ready for
the answer? You can find the
directions and solution online by
searching: "Fit Your Body Through an
Index Card."

