



# LIFE SOURCE NEWSLETTER

**JANUARY 2021**

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
11 Report Cards	12	13 Parent Conferences	14 Parent Conferences	15 Parent Conferences
18 MLK NO SCHOOL	19	20	21	22
25	26	27	28	29

*During difficult times,  
please remember to treat  
yourself with an abundance  
of kindness, love and  
compassion.*

## January Events

- Jan. 11 – Report Cards
- Jan. 13-15 - Parent Conferences
- Jan. 18 – MLK NO SCHOOL

### Attendance and Punctuality

**Attendance and Punctuality are very important for your Scholar's Education especially now.**

**Begin a nightly routine by charging all your scholar's devices, preparing their work station for the following day, and setting an alarm.**

### 10 Ways Parents Can Bring Social Emotional Learning Home

1. Take care of yourself, even when it feels like the last thing you want to do right now. (Journaling, going for a walk, meditating, exercising, for example.)
2. Establish routines and intentionality. (Craft a daily routine for you and your child to follow.)
3. Presence is not the same as being present. (Be intentional when you are working with your child. Play together, sing songs together, read books or sing alongs.)
4. Create acts of service or kindness for others. (Write or call someone you know who lives alone or are on the frontlines to help them feel less isolated.)
5. Engage in creativity together. (Cook or bake together, do puzzles together, coloring or art projects, playing board games, or writing a poem together.)
6. Celebrate what you can. (Celebrate a health, a new day, the sun shining. Journal three highlights every day.)
7. Practice active listening. (Validate that you see and acknowledge their feelings, fears, and concerns)
8. Help your child express and name emotions. (Ask your child to express their feelings in a drawing, a facial expression, or a movement with their body.)
9. Practice social emotional learning daily.

### Office Hours and Days of Operation

Due to recent events we have adjusted our office hours and have made additional changes in order to better serve and support scholars and parents.

We have limited staff at the moment and encourage parents to do the following:

1. If you have to return technology or any broken devices to trade for replacements. Please call ahead of time in order to receive them.
2. If you have any questions pertaining to zoom login or passwords. Contact your child's teacher before school starts.
3. If you are picking up or dropping off homework packets please pick up the packets from the bins and leave completed packets in the bins. If you have problems locating the packets buzz the front office and they will assist you through the intercom.

The office will be open Monday thru Friday from 7:30 a.m. to 4:00 p.m.

### **Leader In Me - 7 Habits of a Highly Effective Person**

*Leadership is communicating to people their worth and potential so clearly that they come to see it in themselves.*