



Please Remember - Safety First

Wear a Mask Wash Hands
Stay 6 ft. apart often, 20 secs.

Life Source Newsletter

February 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 First Day of Black History Month!!!	2	3	4	5
8	9	10	11	12
15 President's Day NO SCHOOL	16	17	18	19
22	23	24	25	26



“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”

~ Martin Luther King Jr.

School Meals Distribution Schedule

Monday thru Friday
Breakfast – 7:30 a.m. to 9:00 a.m.
Lunch – 11:00 a.m. to 1:00 p.m.
Supper – 2:00 p.m. to 3:30 p.m.

COMMUNICATE LOVE WITH YOUR WORDS THIS VALENTINE'S DAY

Here are some simple ways we can show love to our families:

- No Complaints-Use a 24hr period of Valentine's Day to ban complaints.
- Be the first to apologize-If you have done something hurtful or inconsiderate take time to apologize. As a parent, it is often hard to admit when we are wrong, and yet, apologizing can bring you closer together!
- Share the love-Tell your family members that you love them. It is amazing how important those words are!!!

Please join in to our monthly “Virtual Coffee with the School Counselor”

Parent Support Program
Different Topics and Resources

Every Last Friday of the Month
3:30 p.m. to 4:30 p.m.

<https://zoom.us/j/97301192357?pwd=ZnZOU2ZzL3Z1cCtWjUyR2VhZiRlZDZ0>

Meeting ID: 973 0119 2357 Password: Parents

SPECIAL THANK YOU!

Thank you to all the parents that attended our last Parent Informational and Community Input Meeting. As discussed we will be having monthly meetings! If you have any questions you may forward them to your scholar's teacher and we will discuss them in our next meeting!

♥Emotional Health Resources♥

<https://www.rulerapproach.org/managing-anxiety-around-covid-19/>

<https://www.eventbrite.com/e/addressing-the-mental-health-needs-of-young-people-during-the-pandemic-registration-136732246831>

Youth Hotline for Teen: <https://calyouth.org/cycl/>

Leader In Me - 7 Habits of a Highly Effective Person

Habit #5 - Seek First to Understand Then to be Understood

Listen to others without interrupting. Try to understand other people's views and feelings, even if they are different from your own.