

IN TOUCH WITH OUR SCHOOL, OUR COMMUNITY

VALERIE DURRELL, PARENT COORDINATOR



DATES TO REMEMBER

February 15, 2021 President's Day

February 7-13 Congenital Heart Disease Week

February 14-20 National Jell-O Week

February 22-28 National Eating Disorders
Awareness Week

FEBRUARY IS BLACK HISTORY MONTH!

UPDATES FROM THE DIRECTOR OF FEDERAL PROGRAMS

Years of research have shown that family engagement in education is one of the most powerful predictors of student success in school. The more time parents spend with their children on learning-related activities that reinforce schoolwork, the more successful they will be. Federal support for parent engagement is designed to support systemic and comprehensive strategies as a mechanism to increase the achievement of all students. In the coming weeks parents and community members will have an opportunity to become engaged by expressing your opinions of the schools and the district as a whole. Please look for a survey on the district webpage near the end of February!

MAKING THE CONNECTION

Keep in Touch with Parents

- Create a Parent-Teacher Information Pipeline
- Involve the student in your communication w/parents
- Establish with parents the best time to call

"The Only Real Legacy That One Can Leave Behind Is A Book!"

by 'I Want To Write A Book'

FEATURED BOOKS OF THE MONTH

FLES: Leontyne Price: Voice of a Century
By Carole Boston Weatherford & Raul Colon

Synopsis: Born in a small town in Mississippi in 1927, the daughter of a mid-wife and a sawmill worker. How this poor black girl from the South overcame racism to pursue an opera career.

FEATURED BOOKS CONT.

FMS: FISH By S. C. Lundin, H. Paul, & J. Christensen

Synopsis: This book looks at a world famous fish Market that is successful thanks to its fun, joyful Atmosphere in Seattle. This book chronicles how a fictional manager changes the way she looks at her job!



TAKE BREATHS TO FEEL CALM

If you ever feel overwhelmed, doing a deep breathing exercise can make you feel better. Here are three to try.

1. **Four square breathing:** Count to four as you breathe in slowly, then hold your breath for four counts. Now count to four as you exhale, then hold your breath for four counts. As you do these breaths, use your finger to trace a square on the palm of your hand.
2. **Whale breathing:** Sit up straight in your chair and take a deep breath. Hold it for five seconds. Tilt your head up and slowly breath out, imagining that you are a whale exhaling through your blowhole.
3. **Balloon breathing:** Relax your body, place both hands on your belly, and breathe in. Imagine that your belly is a balloon filling up with air. (You should feel your belly expanding.) Then slowly breathe out, imagining that the balloon is deflating.

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NOTABLE AFRICAN AMERICANS FROM MISSISSIPPI

Mrs. Juanita Brown- one of the first black teachers in the Franklin County School District.

Theresa Cameron-Dudley- the first black loan officer & vice president at the Bank of Franklin.

Jamie Collins- drafted into the NFL for the New England Patriots. He is now with the Detroit Lions.

Richard Wright- an author who wrote *Native Son*, *Black Boy*, & *The Outsider*.

