



Fort Howard Elementary
School
520 Dousman Street
Green Bay, WI 54303
(920) 448-2105

January 2018

Mission: We ensure that all will graduate college, career and community ready; inspired to succeed in our diverse community.

Ready Bodies, Growing Minds

Upcoming Events:

Jan. 2 - Classes resume

Jan. 15 - No School, Martin Luther King Jr. Day

Jan. 17 - Wear your Fort Howard gear or Purple (West Wildcats)

Jan. 26 - Early Release, 12:30 pm

This Month's Theme: *Ready Bodies, Growing Minds*

Cool Tools: *Appropriate Voice Volume, Hallway Expectations, Growth Mindset, Clean School Environment*

Dress-Up Day: *Wednesday, Jan. 17th, Fort Howard Gear or Purple Day*

Celebration: *Wednesday, Jan. 31st, Hot Cocoa and Marshmallows*

This month we will revisit Ready Bodies, Growing Minds. Children often come to school full of emotions. These emotions affect their ability to focus and learn. Some students are very excited and need to calm down. Other students enter our school tired or lethargic and need to energize. Fort Howard School recognizes the need for students to ready their bodies to learn and have incorporated many different activities and supports to help students prepare their bodies for learning. A few of the systems we use here are energizers, brain breaks, movement breaks, calm down areas in the classroom, manipulatives, differential seating, and mindfulness activities such as breathing and relaxation techniques. All of these are attempts to get the students bodies ready to learn. Once a child has been able to deal with their emotions they are much more ready to grow their minds.

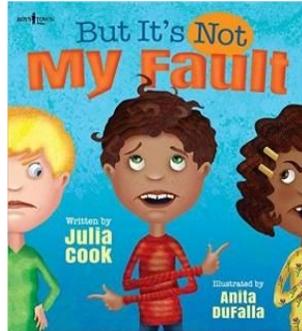
A note from the Principal:

Welcome back to school. We are excited to welcome in 2018. Hope that everyone was able to spend some valuable time with family and friends. Spending quality time together is important in building a strong and healthy family. As we begin the new year, we are going to review school wide expectations, through reteaching our expected behaviors and how to interact and respond to and with their peers. We have included our theme for the month and also some examples of how we are supporting all students with developing the ability to work through their challenges.

Ms. Lehman



Friendly Dental Reminder: Oral Health Partnership wants your child to stay warm this winter, wearing hats, scarves and gloves... but don't forget about their smile: they are never fully dressed without it! Call us to schedule their routine cleaning and exam at (920) 965-0831.



Behavior Think Sheet
You have made choices that have caused you to need to stop and "Think about It."

Name _____ Date _____

1. What was my behavior?

2. What were the reasons for my behavior?

3. How did my behavior affect others?

4. What is my plan to improve my behavior?

5. Do I need to apologize to anyone? If so, to who and why?

Student _____
Parent _____
Teacher _____

Think About It!

Ready Bodies and Growing Minds: *What We Are Doing to Help Your Child Become Community Ready.*

Fort Howard School has been working to help students not only be successful in the classroom but with their whole lives. The books teachers read, the incentives we give out, how we talk students through their challenges throughout the day, and the monthly themes we celebrate, all have the same purpose; *to develop a student who is ready for success in the community.* Books like "What Should Danny Do?" by Ganit and Adir Levy, focus on decision making, and how our responses will determine the outcomes we experience. All students worked to achieve wrist bands this year. The bands featured the slogan, $E+R=O$, meaning the **Event**, along with your **Response** will determine the **Outcome**. We are teaching the students that what they do has the greatest impact on where they end up. And when talking students through challenges, we guide the students through their own thinking. The students and the staff member review the responses and whether that response helped the student or had unintended consequences that were undesirable. This month we are focusing students on the trait of "Seek First to Understand, Then Be Understood". Examples are shared, and classroom discussions center around the importance of listening to others point of view. To learn from others and understand them. Please stop in anytime to discuss with us what we are doing to help you and your family make a better community for all of us to live in.



$E+R=O$

- In the equation we only have total control over the R



In any given situation 10% is what happens and 90% is how we react

We look forward to a great school year!
Every Student, Every Day, Everyone, Every Way!