

COUNSELOR'S CORNER

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A message from

Ms. Williams

Welcome to 2020! Happy New Year! Throughout January, students will learn all about this month's character trait, respect, and will learn tips on how to reduce test anxiety.

ACCESS testing begins this month for our English-Language Learner (ELL) students in grades k-5. ACCESS is a test that is given to ELL students to assess their progress in learning English. Stay tuned for testing dates.

January Observances

Monthly Observances:

- Get Organized Month
- National Mentoring Month
- Florida Jewish History Month
- National Thank You Month



Weekly Observances:

- No Name Calling Week (January 18th - 22nd)

Day Observances:

- January 1 - Global Family Day
- January 1 - Emancipation Proclamation Anniversary
- January 11 - Human Trafficking Awareness Day
- January 18 - Martin Luther King Jr. Day of Service
- January 27 - International Holocaust Remembrance Day

New Year's Resolutions for Families

Planning New Year's resolutions with family can be an excellent opportunity to bring everyone closer together. Here is a suggested list of resolutions for your family.

- **"Unplug" more.** Set a goal to spend one day a week, unplugged from television, cell phones, video games, tablets, etc...
- **Eat dinner together.** Create healthy meals together.
- **Volunteer as a family.** Make a list of ways you can help others in need.
- **Add more activity to your family time.** Participate in fun activities outside.
- **Read.** Go to the library together.
- **Create a chore chart.** Share the responsibility of household chores.
- **Be kind to others.** Have a refresher on manners and lead by example.
- **Get more sleep.** Set a well-structured bedtime.

Respect is the character trait for January. Respect is showing consideration, understanding, and regard for people, places, and things.