

Wakefield Elementary Hiking into a New Adventure!

January, 2021

Important Dates:

January

Jan 17-MLK
Day-holiday
Jan 22-Mustang
Celebration

February

Feb. 18-no school
Feb 21-no school
Helpful Hints:

Remember to send your child with a water bottle to make sure they stay hydrated. Masks can get wet or dirty, it is always good to send a spare with your student.

We have been talking about honoring our commitment to be **Wakefield Mighty MAVS!** Help support your learner at home by reviewing what we are learning in class.

MAVS

Make good choices
Act Responsibly
Value Myself & Others
Strive for Success

Hello Family,

Welcome back! I hope that you all had a wonderful break with plenty of family time. We are thankful that our students and teachers are returning healthy and ready to work. Please remember to practice safe handwashing and wearing of mask each day. Just a quick reminder that we will have a holiday during the month of January.

We appreciate your cooperation in not visiting campuses during this pandemic. We are taking every precaution to keep your students safe as they continue to learn.

You will be receiving information about our upcoming Mustang Celebration to honor our students for their hard work.

Thank you,

Eartha Linson, Principal



Nurses' note: Make Health Your Resolution

Healthy Family: Plan to eat more meals together as a family. Encourage and support physical activity. Put together a family health history. Know where to go for health care in town if you do not have insurance.. Keep a list of your medications and allergies in your cell phone. Wash hands frequently and stay well!

Nurse Jackie



Counselor's Corner: During the month of December we focused on Honesty and Trustworthiness, but we also learned about Gratitude and being grateful for what we have. January's monthly character trait is Responsibility. The students will learn that a responsibility is something THEY need to take care of and characteristics of a responsible person. My google classroom will have all the lessons and enrichment activities:

<https://classroom.google.com/u/0/c/MjEzODk4OTU4MDEz>

Website: <https://www.shermanisd.net/Domain/2747>

Amber Clark, Professional School Counselor

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Reading by the Numbers

Increases
knowledge and
vocabulary by

50%

Lowers
stress by

68%

Can lengthen
your life by

**2
years**

Your Brain on Books

What science tells us about why
you should get lost in a great story



Books Can:

**Boost
your mood**

Studies show that
people who read for fun
are more likely to feel
happy and confident.



Help you relax

Your heartbeat slows.
Your muscles melt. One
minute you're reading
in bed, and the next
you're *zzZZzzzzZZzzzz*.



**Bring people
together**

Whether you're starting
a book club or bonding
over *Wimpy Kid* with a
friend, you'll be part of
a reading community.



Reading is a workout for your . . .



Memory

Reading
exercises the
brain, improving
your memory.
(Maybe you'll stop
forgetting your
lunch at home!)



Imagination

Books help you
see vivid pictures
in your mind.
So you feel like
you're actually at
Hogwarts, riding a
Nimbus 2000.



Heart

Research
shows that
reading about
a character's
thoughts and
feelings can
make you kinder.

 **SCHOLASTIC**

WAKEFIELD
ELEMENTARY