



Courage

When we think of courage, we often imagine bold, dramatic acts. Courage also includes quiet, everyday bravery like speaking up, trying something new, or standing firm in our values. When children practice courage, they build confidence, resilience, and integrity. Courage helps students take academic risks, navigate challenging social situations, and build emotional strength to bounce back from setbacks.

Caregivers play a huge role in helping children develop courage. Modeling courage by telling stories of times you acted courageously could help encourage children to do the same. When we celebrate children's efforts by praising them for trying new things it can help make them feel confident.



"Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen"

Winston Churchill



FEBRUARY SEL TRAIT: COURAGE

This month, students are learning about courage and how to demonstrate it on a daily basis. Courage empowers students to act with integrity, face challenges, and stand up for themselves and others, even when it's difficult.

Why does Courage matter for students?

- Promotes self-confidence: Students learn to trust their instincts and voice their thoughts.
- Builds resilience: Courage helps students bounce back from setbacks and persist through challenges.
- Encourages empathy and advocacy: It empowers students to stand up for others and challenge injustice



Community Spotlight

- Kent County Community Action - Offers help with gas, electric and deliverable fuel, as well as water/sewer assistance and home repair programs (616)632-7950
- Salvation Army Social Services - Provides emergency assistance and utility help (616) 459-9468
- In the Image - Provides free clothing, household items and furniture (616)459-6150
- Click the QR code for Food Assistance and other Community Resources



Family Courage Challenge

- Have the courage to apologize FIRST after a disagreement, even if its hard.
- At dinner, have each person share something they are nervous about and one way they plan to face it.

DISTRICT BEHAVIORAL AND MENTAL HEALTH COORDINATORS
KAMARIA DAWKINS AND KAYLA SMITH



COLD WEATHER REMINDER

As colder temperatures continue, we ask families to ensure children are dressed appropriately for severe winter weather. Cold exposure can increase the risk of frostbite and hypothermia, particularly during outdoor arrival, recess, and dismissal times.

Please send children in warm, layered clothing, including a winter coat, hat, gloves or mittens, scarf, and insulated footwear. Layers help trap body heat and allow children to stay comfortable as temperatures change throughout the day. Checking the daily forecast and planning outfits ahead of time can help keep students warm, healthy, and ready to learn—even on the coldest days.

If you need help securing winter clothing items please reach out to building staff.



MAINTAINING PHYSICAL ACTIVITY DURING THE COLD

Cold winter weather can make it harder for children to stay active, but regular movement is still important for physical health, focus, and mood.

Families can encourage indoor activity with simple ideas like dance breaks, stretching, yoga, active video games, obstacle courses, or short movement challenges between homework and screen time. Even small bursts of activity throughout the day help children release energy and improve concentration.

Finding fun ways to move indoors helps keep healthy habits strong all winter long.



KIDS BORED? NO SCREENTIME ACTIVITY IDEAS

- Family game - card games, board games, charades, etc.
- Cook or bake together
- Simon says
- Play with pets
- Legos, Magnatiles, building blocks
- Build a fort with blankets and furniture
- Color, draw, make a comic, or write a letter to a friend/family member
- Make paper airplanes or learn origami
- Crafts - painting, tie dye, jewelry making, perler beads, and more
- Read or listen to an audiobook together
- Puzzles or brain teasers
- Balance challenge using household items or tape



ALEX CORBETT, RN-BSN, DISTRICT NURSE COORDINATOR

