



### JANUARY SEL TRAIT: GRIT

This month we are focusing on Grit under the CASEL Competency of Self Management. GRIT is the ability to keep going, even when things get tough. Grit means showing courage, staying motivated, and working hard toward long term goals. At school and at home, children show grit when they practice something challenging, bounce back after a mistake, or try again after failing. Developing grit helps students build confidence, resilience, and a strong sense of accomplishment.

### What Grit Looks Like in Kids:

- Trying again after making a mistake
- Finishing a tough assignment, even when it feels challenging
- Asking for help instead of giving up
- Saying, "I can try again" instead of "I can't do it"

**G**ive it your all  
**R**edo if necessary  
**I**gnore giving up  
**T**ake time to do it right

### Here are some conversation starters to help begin meaningful discussions at home about GRIT:

- What's something that was hard for you but you kept trying?
- How did it feel when you made progress or reached your goal?
- Who shows grit in real life, sports, or stories we read?
- When things get hard, what helps you keep going?

### Supporting Frustration & the Power of Yet

When children feel frustrated, it's a chance to practice self-management. Help them pause, name the feeling, and refocus on effort.

### Encourage the Power of Yet:

"I can't do this... yet." Adding **yet** helps turn frustration into motivation and reminds children that learning takes time. By modeling calm problem-solving and celebrating effort, adults help children build grit, confidence, and resilience.



### COMMUNITY SPOTLIGHT

2-1-1 Help Referral Service: 2-1-1 operators offer help in 180+ languages to help you find resources for a variety of needs, including child care, food, housing, paying bills and other needs. Residents can get connected with resources in our community anytime through Michigan 2-1-1 by:

- Calling 2-1-1 or 1-800-887-1107
- Texting their zip code to 898211
- Or searching online using the QR Code

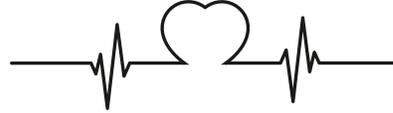


### Family GRIT Challenge

- Identify the "Hard Thing"
- Set Expectations
- Create a Support System
- Practice Resilience
- Celebrate Effort



DISTRICT BEHAVIORAL AND MENTAL HEALTH COORDINATORS  
KAMARIA DAWKINS AND KAYLA SMITH



### COLD AND FLU SEASON

Take everyday preventive actions to stop the spread of germs.

- Take actions every day to help stop the spread of germs. Getting a flu vaccine is the most important.
- Take other preventive actions in addition to vaccination that may help reduce the spread of viruses like flu.
  - Avoid close contact with people who are sick.
  - If you are sick, limit contact with others as much as possible to keep from infecting them. For flu, CDC recommends that people stay home, for at least 24 hours, until both are true: your symptoms are getting better overall, and you have not had fever (and are not using fever-reducing medication).  
About Preventing Spread of Respiratory Viruses When You're Sick | What To Do If You Get Sick.
- Cover coughs and sneezes.
  - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
  - Wearing a mask is an additional prevention strategy that you can choose to further protect yourself and others. When worn by a person with an infection, masks reduce the spread of the virus to others. Masks can also protect wearers from breathing in infectious particles from people around them.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- You can improve air quality by bringing in fresh outside air, purifying indoor air, or gathering outdoors. Cleaner air can reduce the risk of exposure to viruses.

<https://www.cdc.gov/flu/prevention/>

#### Michigan Sentinel Clinical Lab Network Respiratory Virus Data

Eleven (11) sentinel clinical labs (LSE, SSW, SC, ON)  
reported during this time period.

	Central Region
Influenza A:	High ↑
Influenza B:	Slightly elevated ↑
SARS-CoV-2:	Slightly elevated ↑
Parainfluenza:	Low - slightly elevated →
RSV:	Elevated - moderate ↑
Adenovirus:	Low →
hMPV:	Low - slightly elevated →

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# Health Services

