

TEA WITH MS. B



Hello Families,

It's **New Ways November**, and even though Covid is restricting our lives in some ways, we can always find new ways to keep making progress. *Trying out new things* is our theme this month because trying out new things can actually boost our well-being. When we are open to new ideas, we stay curious and engaged. When we try something new, it can bring us a sense of satisfaction and also help to boost our self-confidence.

I urge you to go to the **Family Corner** section of our website to view a monthly calendar that has ideas for things to try every day of November. There are so many new things to learn or try, and this month I'm encouraging everyone to experience something new. **I'd love to hear about or see a picture of our students and their families doing something new!** Email me at klbutler@hamden.org.