



## WELCOME BACK TO SCHOOL KUSD FAMILY

January is **Mental Wellness Month** and it is very important for us to remember that we need to take care of ourselves physically but mentally as well. It is also the start of a new year that comes with hope, aspirations, goals, and resolutions. The stress of the holidays is over and now families can return to a balanced lifestyle of work and play. We can show our students that one way to maintain mental wellness is by thinking what we can do and achieve in this year. By accomplishing goals, it boosts our self-worth, confidence, esteem, and image. For many of us, once we see that we accomplished something positive, it allows us to move forward and then feel able to achieve more. Many adults begin the new year with creating short- and long-term goals to achieve during the new year. And since it is a start of a new quarter for our students, they may choose to make their own goals to work on during the coming months. Remember goals should be obtainable, realistic, and achievable.

### GOAL SUGGESTIONS/IDEAS:

- Make and keep two friends at school.
- Implement and follow 3 self-care activities to reduce stress.
- Keep track and turn in all assignments for each class.
- Keep a journal to write down emotions and feelings, daily.

Creating a vague goal is not recommended because they can seem overwhelming and unreachable which leads to giving up. Start with one small goal and develop steps to work towards it.

**For instance, for the goal keeping track and turn in all assignments, these could be the steps:**

1. Buy a planner at the dollar store.
2. As teacher assigns work, write down their due dates and what the assignment for each class.
3. As each assignment is completed and turned in to the appropriate teacher, cross it off the planner.
4. Ask teacher questions if you don't understand the assignment.



## WHO IS MARTIN LUTHER KING JR?

Martin Luther King Jr. was a social activist and Baptist minister who played a key role in the American civil rights movement from the mid-1950s until his assassination in 1968. King sought equality and human rights for African Americans, the economically disadvantaged and all victims of injustice through peaceful protest. King was awarded the Nobel Peace Prize in 1964. [www.history.com](http://www.history.com)

## IMPORTANT DATE:

Jan 16: Martin Luther King's Birthday- No School



January is:

**National Blood Donor Month**

**Poverty Awareness Month**

**Walk Your Dog Month**

**National Hobby Month**

## COMMUNITY EVENTS

Extreme Monster Trucks Jan 14 and Jan 15 at the Mohave Valley Raceway. Read more on Eventbrite.com.

The Annual Havasu Balloon Festival is Jan 19 and 20, 2023.

Colorado River Bluegrass Festival, Jan 27 in Bullhead City.

## January 27, 2023 is **International Holocaust Remembrance Day.**

This is an international memorial day for the victims of the Holocaust. Holocaust is the genocide that resulted in the annihilation of six million European Jews as well as millions of others by the Nazi regime. The day was designated by the United Nations General Assembly Resolution on November 1, 2005. The Resolution establishing January 27 as International Holocaust Remembrance Day urges every member nation of the U.N. to honor the memory of Holocaust victims, and encourages the development of educational programs about Holocaust history to help prevent future acts of genocide.



**HOLOCAUST  
MEMORIAL  
DAY**

[www.cute-calendar.com](http://www.cute-calendar.com).