



BRYN MAWR NEWS

school

FEBRUARY
20 25

- Hauv Qhov Teeb Meem no
- “ Los ntawm Thawj Tswj Hwm
- “ Lub Hlis Keeb Kwm Dub
- “ Counseling Corner
- “ Phau ntawv xov xwm

FEBRUARY						
MTW	Th	F				
3	4	5	6	7		
10	11	12	13	14		
17	18	19	20	21	ib	
24	25	26	27	28	ib	

- 11 – PTA/Site Council 6 PM
 - 14 – Kev Sib Tham—Tsis Muaj Tsev Kawm Ntawv
 - 17 – Thawj Tswj Hwm Hnub NO SCHOOL
 - 28 – Xibfwb Hnub Ua Haujlwm Tsis Muaj Tsev Kawm Ntawv
 - 26 – Bulldog ntawm lub hli
 - 26 - Zaj Dab Neeg Dub
- <https://mpls.k12.mn.us/calendars>

— FEBRUARY YOG —

BLACK [redacted]
Keeb Kwm [yellow/redacted]
hli [green/redacted]



Luam theej duab kom pom
 txoj kev MPS ua kev zoo
 siab nrog peb cov zej zog

Los ntawm Thawj Tswj Hwm

Nyob Zoo Xyoo Tshiab!

Kuv tau, ntev ntev, txaus siab rau qhov kev tsocai no los ntawm Michael Jordan, sib cav tias tus neeg ncaws pob zoo tshaj plaws ntawm txhua lub sijhawm:

"Kuv tau plam ntau dua 9000 txhaj tshuaj

kuv txoj hauj lwm. Kuv twb poob yuav luag 300 ua si.

26 lub sij hawm, kuv twb tau ntseeg kom koj lub game-winning txhaj tshuaj thiab nco. Kuv twb ua tsis tau tejyam ntau thiab ntau dua hauv kuv lub neej. Thiab yog li ntawd kuv ua tiav. "

Kuv nyiam tias Mr. Jordan pom tias qhov ua tsis tiav tsis yog qhov kawg, tab sis muaj caij nyoog los kawm txog nws tus kheej thiab txhim kho. Nws ua rau peb nco txog lub xyoo tshiab no thiab lub sijhawm uas peb txhua tus yuav tsum xav txog, rov pib dua, thiab siv yam peb tau kawm txij thaum pib ntawm peb lub xyoo kawm ntawv.

Nov yog txoj haujlwm peb txhua tus koom nrog ntawm no ntawm Bryn Mawr. Peb cov menyuam kawm ntawv txhua tus

hnub yuav ua li cas nyob hauv zej zog nrog ib leeg, thiab ua li cas koj cov ntaub ntawv

oed rau lawv thiab nthuav lawv

txoj kev nkaq siab ntawm tus

ntiaj teb puag ncig lawv. Cov kws qhia ntawv hauv peb

lub tsev tab tom kawm txhua hnub siv lawv cov txuj ci thiab kev paub dhau los los koj peb cov tub ntxhais kawm kom ncau cuag kev paub ntau ntxiv thiab siv cov lus qhia rau lawv lub neej.

Kuv tab tom tos ntsoov rau plaub lub hlis tom ntej ntawm kev loj hlob nrog kuv cov npoj yaig thiab peb cov menyuam kawm ntawv. Cia peb pib lub caij tshiab no nrog rau kev cog lus tshiab los ua haujlwm ua ke los ua kom lub xyoo no zoo heev!

Ua tsaug,

Kevin Oldenburg



NEW STAFF SPOTLIGHT



Hannah Gonzalez, yog
 peb Tus Pabcuam Ob Hom
 Lus Ua Haujlwm nrog cov
 menyuam kawm ntawv txhua qib.
 Nws cov zaub mov nyiam yog
 elote thiab empanadas.
 Txais tos, Hannah!

Counseling Corner los ntawm Kim Cook, School Counselor

31 Activities to Teach Kids Kindness



- 1 Teach the Difference Between Kind and Nice
- 2 Teach T.H.I.N.K.
- 3 Write a Letter to Someone
- 4 Teach About Empathy
- 5 Volunteer
- 6 Show Kindness to Workers
- 7 Help Other Kids
- 8 See a Play or Musical
- 9 Plant Something
- 10 Create a Compliment Board
- 11 Read a Book Focusing on Kindness
- 12 Play a Cooperative Game
- 13 Make Growth Mindset Rocks
- 14 Talk About Differences
- 15 Discuss Misguided Kindness



- 16 Teach about the Science of Kindness
- 17 Learn About Bullying
- 18 Practice Conflict Resolution
- 19 Hang Out With Friends
- 20 Understand What You Can and Can't Control
- 21 Play a Competitive Game
- 22 Attend a Cultural Event
- 23 Find a Pen Pal
- 24 Love Yourself
- 25 Practice Mindfulness
- 26 Teach Grit and Resilience
- 27 Learn First Aid
- 28 Find Gratitude
- 29 Know When to Stand Up for Yourself
- 30 Watch a Movie About Overcoming Obstacles
- 31 Reflect



Big Life Journal - biglifejournal.com

Lub Ob Hlis Cov Lus ntawm Lub Hlis yog Kev Ua Siab Zoo thiab Kev Pom Zoo. Kev ua siab zoo txhais tau tias yog qhov zoo ntawm kev ua phooj ywg, siab dav, thiab xav txog. Empathy txhais tau tias yog qhia txog kev muaj peev xwm nkag siab thiab qhia kev xav ntawm lwm tus. Thov ua tib zoo saib cov kev ua haujlwm thiab xaiv ob peb los sim lub hli no nrog muaj menyuam.

Luam theej duab QR code rau lwm cov tswv yim zoo los saib xyuas thiab tsim kev siab zoo thiab kev xav hauv tsev.



CELEBRATING

BLACK HNUB QUB KAJ NTUG



Hnub Wednesday, Lub Ob Hlis 26

12:30 - 13:30 dr hab

SCHOOL STUDENT SHOWCASE

ANWAIN AUDITORIUM

Library News

Lub Ob Hlis yog kuv nyiam nyeem HLUB - lub sijhawm ua kev zoo siab nyeem ntawv thiab phau ntawv!

Hauv lub tsev qiv ntawv, peb tau kawm txog cov ntawv tau txais txiaj ntsig! Cov tub ntxhais kawm K-2 tab tom nyeem phau ntawv uas raug xaiv tsa rau Lub Hnub Qub ntawm Phau Ntawv North thiab yuav pov npav rau lawv nyiam!

Nco ntsoov, koj tuaj yeem siv [Destiny Discover](#) kom nkag mus rau Bryn Mawr Library Catalog, suav nrog suab thiab ebooks. Nco ntsoov nug koj tus menyuam kawm ntawv dab tsi uas lawv

nyiam los ntawm Bryn Mawr Library!



Black History Month Classroom Door Decoration Contest is back!

Cov tub ntxhais kawm thiab sta yuav kho lawv

Qhov rooj rau lub hli Dub Keeb Kwm, tom qab ntawd

cov neeg saib xyuas thiab cov neeg hauv zej zog yuav saib thiab txheeb xyuas txhua lub qhov rooj rau lub Ob

Hlis 26. Qhov no yog ib qho kev lom zem rau kev ua koob tsheej thiab qhuas cov uas tau tawm tswv yim thiab siab dub

Culture hauv Teb Chaws Asmeskas.

Wednesday, February 26th

