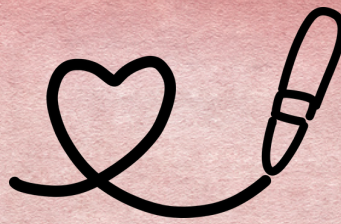


February 2025



Falcon Newsletter

6

PTO Meeting @ 5:30 p.m.

12

Valentine's Day Parties @ 3:15 p.m.

10

11

Parent/Teacher Conferences 4:30-8:00 p.m.

13

14

No School - Conference Release

17

No School - President's Day

20

1st Grade music program

24

Board of Education Meeting - 7 p.m.

25

Freddy's Night - PTO fundraiser

28

Falcon Fun Day

Battle of the Books Dates

- Feb. 3 - 7: competitions during class library time
- Feb. 10 - 18: class winners compete against grade-level winners
 - Grade-level champions decided by Feb. 14
- Feb. 19 - 24: grade level champions compete against each other to determine Freeman Falcon Battle of the Books Champions
- March 10 - All 3 grade-level teams compete against other schools @ Learning Center

Quick Links

facebook





This month we are challenging your student to be kind to others, even when it's hard. We are partnering with you to help your child grow in kindness. Most children learn new behaviors by copying those around them; we have a powerful opportunity and responsibility to teach kindness by example. This month, model kindness and empower your children to show compassion to those around them with these activities.

ENGAGE: Self-Love Letter Carve out ten minutes and challenge your family to write themselves a love letter. Follow these simple steps: 1.) Kick it off with "Dear Me," and don't stop writing until the timer goes off. 2.) Tell yourself how amazing you are and list some of your positive qualities. Younger children may need some help with writing or thinking. They may want to draw a picture instead. 3.) Share your letters as a family when you finish. Be sure to affirm each other as you share.

EMPOWER: Affirmation Boxes Have each family member make and decorate their own "Affirmation Box" or bag to display in a central location in your home this month. At least three times a week, write a family member an affirmation and place it in their box. On the last day of the month, ask everyone to read their affirmations and feel the love

EXCEL: Intentional Kindness As a family, list 25 random acts of kindness you can accomplish this month. Then, make a plan for how you'll do each act. At the end of the month, reflect and celebrate. Encourage your child to share how it made them feel completing these random acts of kindness.

Conversation Starters

- ♥ Why do you think it's important to be kind to others? To yourself?
- ♥ Describe a time when someone was kind to you. How did it make you feel?
- ♥ What is something kind you have done for someone else? How did it make you feel?



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 3 Reverse Lunges 3 Squats
2 5 Knee Raises 5 Squat Jumps	3 5 Reverse Lunges Heel Walks (30 seconds)	4 5 Knee Raises Tippy Toe Walk (30 seconds)	5 Refer to NFL STADIUM GEOGRAPHY TASK CARD 2 & MAP	6 5 Reverse Lunges Heel Walks (30 seconds)	7 5 Knee Raises Tippy Toe Walk (30 seconds)	8 5 Reverse Lunges 5 Squats
9 7 Knee Raises 7 Squat Jumps	10 7 Reverse Lunges Heel Walks (40 seconds)	11 7 Knee Raises Tippy Toe Walk (40 seconds)	12 Refer to NFL STADIUM GEOGRAPHY TASK CARD 1 & MAP	13 7 Reverse Lunges Heel Walks (40 seconds)	14 7 Knee Raises Tippy Toe Walk (40 seconds)	15 7 Reverse Lunges 7 Squats
16 9 Knee Raises 9 Squat Jumps	17 9 Reverse Lunges Heel Walks (1 minute)	18 9 Knee Raises Tippy Toe Walk (50 seconds)	19 Refer to NFL STADIUM GEOGRAPHY TASK CARD 2 & MAP	20 9 Reverse Lunges Heel Walks (1 minute)	21 9 Knee Raises Tippy Toe Walk (50 seconds)	22 9 Reverse Lunges 9 Squats
23 12 Knee Raises 12 Squat Jumps	24 12 Reverse Lunges Heel Walks (1 minute)	25 12 Knee Raises Tippy Toe Walk (1 minute)	26 Refer to NFL STADIUM GEOGRAPHY TASK CARD 2 & MAP	27 12 Knee Raises Tippy Toe Walk (1 minute)	28 9 Knee Raises Tippy Toe Walk (1 minute)	

Celebrate Football in February

This month we've included a variety of fitness exercises, and football themed geography task cards with a list of activities to choose from. Use this calendar to keep the kids in your program active, both in school and at home.

-  For Reverse Lunges, do the number listed for each side
-  NFL Task Cards – choose one, a combination, or all activities listed

Find the visuals for each fitness activity below.

Special thanks to:

**Click on the Calendar
for more info!**

for more ideas on how to inspire a healthy, active lifestyle.

PENNY WAR WINNERS

Rogers



Solf



Cooper



\$1,695.98 raised!



LEUKEMIA &
LYMPHOMA
SOCIETY®

LIGHT
THE NIGHT®



Valentine's Parties

Wednesday, Feb. 12 @ 3:30 p.m.

Please check with your classroom teacher on if they need anything brought for their party. Please be prepared to check in through our Raptor System in the office.

