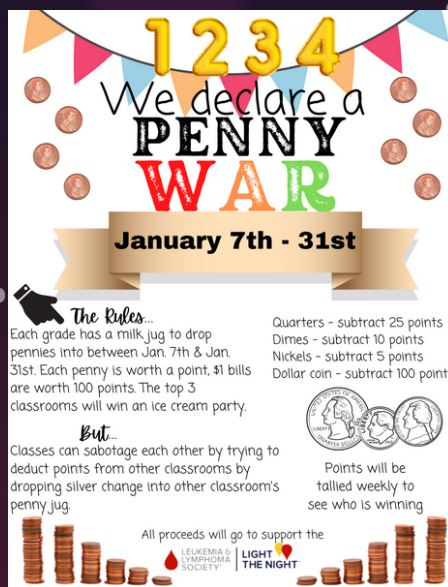


Falcon Newsletter January 2025

Dates to remember

Jan. 1st - 6th : No School
Jan. 7th: Back to School
Jan 7th-31st: Light the Night
Penny Wars
Jan. 9th: PTA Meeting
Jan. 20th - No School
Jan. 27th - BOE Meeting
Jan. 29th - Individual &
Class Portraits
Jan. 30th - CKH Assembly
@ 3:30 p.m.
Jan. 30th - Site Council @
5:15 p.m. - Conference
Room
Jan 31st - 3rd grade
informance

See page 3



Click the image below
for a refresher on
the attendance policy

Freeman Elementary School

ATTENDANCE MATTERS

Missing a day here & there may not seem like much,
but absences add up!

WHEN A STUDENT MISSES 2 DAYS A MONTH...

- They will miss 20 days in a year
- They will miss 1,200 MINUTES of math over the school year.
- They will miss 1,800 MINUTES of reading & writing over the school year.
- And they will miss over 1 year of school by graduation.

WHEN A STUDENT MISSES 4 DAYS A MONTH...

- They will miss 40 days in a year
- They will miss 2,400 MINUTES of math over the school year.
- They will miss 3,600 MINUTES of reading & writing over the school year.
- And they will miss over 2 years of school by graduation.

facebook





This month, we're focusing on respect, which comes in many forms: respect for life, for property, for parents, for elders, for nature, and for the beliefs and rights of others.

Respect includes being courteous and polite, as well as respecting yourself by avoiding self-criticism. We can model respect for our children regarding how we speak to and treat them. Respect is not only an important character trait, but it can also be a source of real joy! Respect implies a certain appreciation, which makes us more aware of other people's needs and feelings.

Engage: Honor Each Other

As a family, create Honor Board where family members and friends can write affirmations to the person of honor. (Make sure each family member gets to be honoree.) The Honor Board can be made of construction paper, poster board, or a blank piece of paper. Once the board is complete, encourage the family member to display it so they can see it often and remember the great things others see in them.

Empower: Practice Forgiveness

Everyone makes mistakes. Ask each family member to share a story about a time they made a mistake (at school, work, home, etc.) and discuss what lessons they learned. Share this quote: "How can we show honor for each other, even when we make a mistake or disagree?" Process each person's response and thank everyone for their willingness to share. Challenge each other to respond to mistakes this week with love and respect.

Excel: Honor Those Who Serve

Celebrate members of your community who lead through service to others. Write "Thank You" notes to someone that has helped or served your family. Consider people in your community like veterans, teachers, nurses/doctors, ministers, bus drivers, police officers, firefighters, mail carriers, etc. Deliver these notes with a special treat.

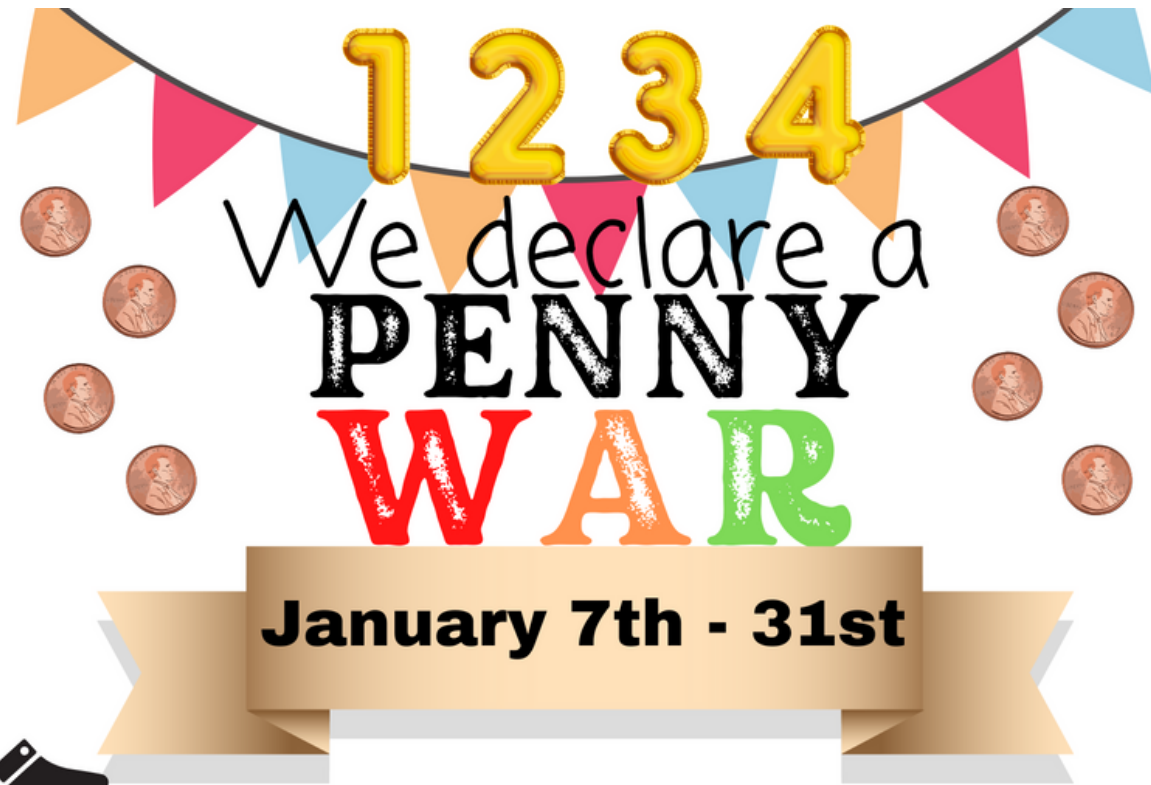


Jan. 7th-31st

Don't forget that we
start our Penny Wars
to benefit



The top 3 classrooms
will win an ice cream
party!



The Rules...

Each grade has a milk jug to drop pennies into between Jan. 7th & Jan. 31st. Each penny is worth a point, \$1 bills are worth 100 points. The top 3 classrooms will win an ice cream party.

Quarters - subtract 25 points
Dimes - subtract 10 points
Nickels - subtract 5 points
Dollar coin - subtract 100 points



But...

Classes can sabotage each other by trying to deduct points from other classrooms by dropping silver change into other classroom's penny jug.

Points will be
tallied weekly to
see who is winning



All proceeds will go to support the





FITNESS CHALLENGE

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 3 Basic Lunges 3 Squat Jumps	2 3 Heel Kicks 3 Jump and Twists	3 3 Basic Lunges 3 Squat Jumps	4 HOBBY DAY Choose 1 hobby
5 5 Heel Kicks 5 Jump and Twists	6 5 Basic Lunges 5 Squat Jumps	7 5 Heel Kicks 5 Jump and Twists	8 5 Basic Lunges 5 Squat Jumps	9 5 Heel Kicks 5 Jump and Twists	10 5 Basic Lunges 5 Squat Jumps	11 HOBBY DAY Choose 1 hobby
12 7 Heel Kicks 7 Jump and Twists	13 7 Basic Lunges 7 Squat Jumps	14 7 Heel Kicks 7 Jump and Twists	15 7 Basic Lunges 7 Squat Jumps	16 7 Heel Kicks 7 Jump and Twists	17 7 Basic Lunges 7 Squat Jumps	18 HOBBY DAY Choose 1 hobby
19 10 Heel Kicks 10 Jump and Twists	20 10 Basic Lunges 10 Squat Jumps	21 10 Heel Kicks 10 Jump and Twists	22 10 Basic Lunges 10 Squat Jumps	23 10 Heel Kicks 10 Jump and Twists	24 10 Basic Lunges 10 Squat Jumps	25 HOBBY DAY Choose 2 hobbies
26 12 Heel Kicks 12 Jump and Twists	27 12 Basic Lunges 12 Squat Jumps	28 12 Heel Kicks 12 Jump and Twists	29 12 Basic Lunges 12 Squat Jumps	30 12 Heel Kicks 12 Jump and Twists	31 12 Basic Lunges 12 Squat Jumps	

Get Active for the New Year!

Use this printable calendar to keep kids active during the month of January!
It's also National Hobby Month, so you can encourage students to try a new hobby on the weekend with family members.

-  For Basic Lunges, do the number listed for each side
-  HOBBY DAY – choose 1-2 activities listed on Page 4 or choose your own

Find the visuals for each fitness activity below.

Special thanks to:



Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

January is National Hobby Month

Choose from the list of hobbies (or come up with your own) for each Saturday of the month!

Skateboarding	Disc Golf
Canoeing	Scavenger Hunt
Baseball	Volleyball
Basketball	Badminton
Soccer	Jump Roping
Bowling	Pickleball
Football	STEM Activities (ex. build a fort, create the tallest tower)
Archery	Rock Climbing
Dance	Trampoline Jumping
Ice Skating	Reading (act out the story!)
Swimming	Charades
Golfing	Board Games
Hiking	Bicycling
Horseback Riding	Running
Karate	Laser Tag
Gymnastics	Frisbee
Yoga	Speed Stacking
Table Tennis	Hockey