



January 2019

## January with Springboard!

### Did you know...

“January” comes from the Latin word, “ianua” meaning door since January is the door to new beginnings.

### At Springboard this month...

We will continue to reinforce culture and expectations.

### As part of our diversity celebrations we'll discuss:

- New Year Celebrations
- Martin Luther King Jr.

### We'll also explore and discuss:

- The Rain Forest
- Art Appreciation

As always, we'll work on reading and teamwork.

### Just for Fun!

#### New Year's Resolutions

The start of the new year is often the start of new traditions and resolutions. Here are some ideas for kids and parents to consider:

- Set out to learn something new every day – challenge your kids with fun facts you find online
- Read more – make a list of books in advance so you know what to read next.
- Be more grateful – studies show gratitude can make you 25% happier.
- Spend more time in nature – spending time outside makes people happier, boost the immune system and promotes creativity.

Share your ideas on Springboard's Facebook page!



### Program Information

#### **Springboard @ Litchfield Middle School**

### Important Dates:

No School MLK Day/Civil Rights Day- 1/21

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### Birthday Corner

Avery Z- 1/22