

Welcome back!

Happy New Year!



I hope everyone had a relaxing and safe holiday and new year. Here at Jaindl, we take pride in being RESPECTFUL, RESPONSIBLE and SAFE. Here are a few ways we can show our pride upon our return to school:

- Please send your child to school with a mask or other face covering every day. Make sure it can properly fit his/her face to cover both the mouth and nose. Keep an extra mask in his/her backpack in case one gets soiled or wet.
- Remind your child about 6ft of social distancing including with other students at the bus stop, etc. You can tell them that 6ft is about the length of two shopping carts facing each other or the length of a Christmas tree.
- Please remember to complete the Daily Wellness form for EACH of your children:

https://docs.google.com/forms/d/e/1FAIpQLSdkttilVIcaHgWqjTVDpgrvHqIAUWpIL_0vIA_XLIJE2USEaZA/viewform

- If you answer yes to any question, please keep your student(s) home and await a call from the school nurse.

- *If your child is ill and/or may have been exposed to someone sick, please call the school nurse or email: kubikj@parklandsd.org, this includes ONE of the following symptoms: fever-100.4F or higher, cough, shortness of breath, chills, lack of taste or smell or TWO of the following symptoms: headache, congestion, runny nose, sore throat, body aches, nausea, vomiting, diarrhea or fatigue
- Continue to encourage frequent handwashing for at least 20 seconds.
- Finally, make sure your child continues to get at least 30 minutes of physical activity each day and eats nutritious meals.

Let's Make this year great at Jaindl! Wishing you a healthy and safe 2021!

REMEMBER

It may seem cliché, but New Years is the perfect time to set age-appropriate resolutions as a family for a healthier and happier year ahead. Unfortunately, many New Year's resolutions are abandoned before the month of January is over. How are your family's resolutions so far? Here are some tips on creating and attaining any goal you set your mind to:

Set SMART Goals

Instead of typical resolutions, try setting SMART goals, which are:

- **Specific:** List exactly what you want to achieve (instead of "running faster" think "run a 5k in under 30 minutes").
- **Measurable:** How will you keep track of your goal and determine whether you've been successful?
- **Achievable:** Your goals don't have to be easy, but they need to be possible. Do you have the means and ability to make your dream a reality?
- **Relevant:** Does this goal serve your greater focus and purpose in life?
- **Time-bound:** Give yourself a deadline. Aim to reach milestones by certain dates.

New Year's Resolution Ideas for Kids and Teens



**Cleaning up toys
before bed**
Preschool



Brush teeth twice a day
Preschool



**Reading one book
per month**
Grade School



**Eating one fruit and
one vegetable per day**
Teens



Finding an active hobby
Grade School



Start a savings account
Teens