



# HORNET NEWS

Haviland Ave. Newsletter, January 2021

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## The Great Kindness Challenge!

January 25<sup>th</sup>-29<sup>th</sup>, we will be participating in the Great Kindness Challenge! We have some fun activities planned to spread kindness throughout our school and community! Please look to Mrs. McManis' and Mrs. McCutcheon's classroom page and your email for special announcements and challenges!



Up first- Positive Pizzas! We will be asking students to color positive messages that we can attach to pizza boxes at pizza restaurants in town!

Did you know???

Mrs. McCutcheon (and some special guests) do morning announcements everyday on the Principal and Counseling classroom page!!!

Classroom code is

Te4yakn

CHECK IT OUT!!!

What did the  
snowman name  
his cow?



Eskimooooo!!!

## Zones of Regulation Review

Green- Happy, Calm, feeling okay,  
focused, ready to learn

Blue- Sad, sick, tired, bored, moving  
slowly

Yellow- frustrated, worried,  
silly/wiggly, excited, loss of some  
control

Red- mad/angry, terrified,  
hitting/yelling, out of control

## How Kindness Can Change the World!

One small act of kindness can change someone's day for the better. Think about how you feel when someone does something kind for you! Now imagine how awesome it feels when you are the one spreading the kindness to someone else! Some examples of ways to spread kindness are.... SMILE, SAY HELLO, HOLD A DOOR FOR SOMEONE, HELP SOMEONE WITH A CHORE, SHARE, GIVE A HUG, LISTEN, DONATE TO SOMEONE IN NEED, DRAW A PICTURE FOR SOMEONE, SEND A NOTE TO A FRIEND OR RELATIVE!