

January



Leader in Me at Home

How can you apply the seven habits at home? Show your family the seven habit movements and explain to them what each habit means in your own words!

Wildcat News 2019

Upcoming Events:

- *Jan. 10 - PBIS concessions; EPE Subway night
- *Jan. 11 -report cards sent home
- *Jan. 17 - \$2 Pajama Day
- *Jan. 21 - MLK Day No School
- *Jan. 30 - No School for students (staff training at EPE)



Principal's Corner:

*Mrs. Dawn and I are super excited of ALL of our students! They have worked really hard this fall semester to grow in their reading, writing, and math skills! We look forward to a fantastic spring semester!! We appreciate all of the parental support!



Habit 4: Think Win Win, Everybody can Win!!

You may have heard the term "win-win situation". I bet you just passed it off as a figure of speech. But did you know that it's a way of life. It's a way of making sure you get along well with others. By staying in a win-win frame of mind, you believe that everyone is equal and no one is better than anyone else. You have to keep an open mind to be win-win, which means that you can't feel shy or inferior to anyone. Be yourself and have a positive attitude.

How to Use a Toothbrush Properly for Healthy Teeth and Gums

Proper Way to Select a Toothbrush

Select a toothbrush with bristles rounded at the end and steadily arranged

Select a toothbrush with head size that can cover two teeth

How Often You Need to Replace?

Every third month

Which Toothbrush Fits to You?

Fine bristles
Good for people with weak teeth. You should brush longer than others because fine-bristled toothbrushes lack abrasion power.

Ordinary bristles
Most common type of toothbrushes. People with healthy teeth can use this.

Hard bristles
Good for smokers, people easily get food stuck between teeth and people with extensive tartar. Be careful with wounds in gums.

How to Store Toothbrush Hygienically

Don't store several toothbrushes in a cup.

Just one minute of microwaving can sterilize more than 90% of germs.

Sterilize your toothbrush for 30 minutes in hot water with a spoon of baking soda.

Alternate two brushes in turn.

Bad Habits Spoiling Your Teeth

Brush your teeth right after meals

Brush your teeth too strong

Floss your teeth too fast

Brush your teeth starting from the same spots

Ingest food with much acid like gums, candies and soft drinks