

Webb City
Community Builders

February Newsletter

This month's theme is: **Integrity**

A perspective on

Integrity...

According to the dictionary ...
integrity is defined as *"the quality of being
honest and having strong moral principles"*

People with integrity ...

- Keep their promises
- Lift others up
- Convey genuine kindness
- Do the right thing - even without an audience

Read more about integrity and how to
teach and inspire it in your classroom:

**"Creating a Culture of Integrity in the
Classroom"** by Edutopia

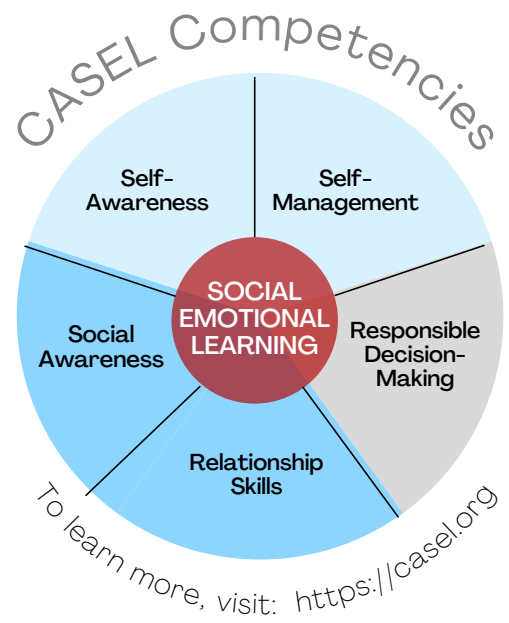


This month's CASEL focus areas:

Our CASEL focuses this month are **"Responsible Decision-Making"**. These competencies focus on The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations (CASEL, 2023).

Building a Connected Classroom

Bruce D. Perry shares insight on brain science behind the power of human connection, interaction, world views and proximity in a way that can be put to use in the learning environment.



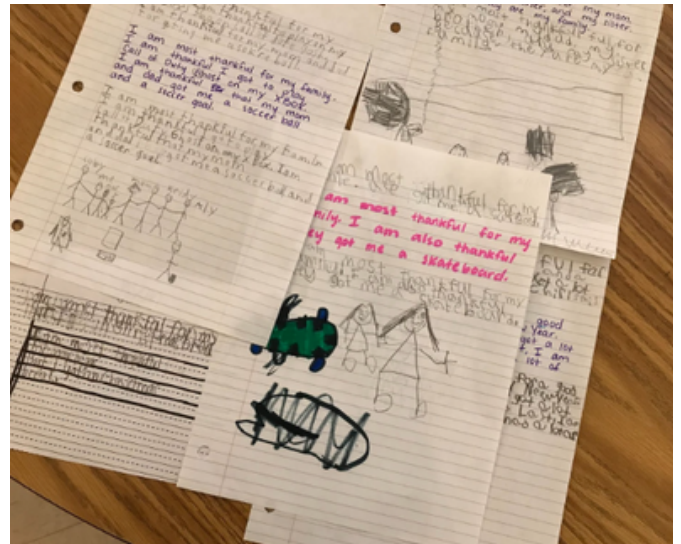


Staff Spotlights:

Coming back from Christmas break, we wanted the students to share what they were grateful for from their break.

Many times, students are disappointed to come back, while others couldn't be happier. It was a good opportunity for them to work on their writing, while also expressing some gratitude about what they experienced over the break.

Tim Head (*Harry S Truman*)



Unique You



My students have loved anything that they can color/draw and they love the yoga exercises!

Mikala Decker (*Webster Primary*)



Participation & Feedback Form

Complete this form to add your name into a drawing for PRIZES from the WCCB!



This month's goals & resources:

Pre-K
(Elementary)

K - 4th
(Elementary)

5th - 8th
(Intermediate)

9th - 12th
(Secondary)

MIND

Week 1 (February 1 - 9)

Goals Check-In

It's time to check in our goals from 2023 and start making new ones for 2024!

BODY

Week 2 (February 12 - 16)

Exercise

It's time to prioritize MOVEMENT - give your students opportunities to MOVE their bodies and get their energy out!

SELF

Week 3 (February 19 - 22)

Self-Discipline; Self-Reflection

Give your students opportunities to practice self-discipline and work on self-reflection strategies to assess where they are mentally and physically.

RELATIONSHIPS

Week 4 (February 26 - March 1)

Apologizing & Conflict Resolution

Help your students learn how to apologize and practice positive conflict resolution with others.





Pre-K & Kindergarten Resources:

Pre-K - K
(Elementary)

1st - 4th
(Elementary)

5th - 8th
(Intermediate)

9th - 12th
(Secondary)

BACK



MIND

Week 1 (February 1 - 9)

Goals Check-In

It's time to check in our goals from 2023 and start making new ones for 2024!



The Empty Pot
(Read-Aloud) +
Additional
Resources



Pre-K & Kindergarten
Goals Chart
(Free + Kit Option)

BODY

Week 2 (February 12 - 16)

Exercise

It's time to prioritize MOVEMENT - give your students opportunities to MOVE their bodies and get their energy out!



Yoga Cards



Thought Bubbles!
For Anxiety & Worry



Snowman Yoga
Spinners (Print, color,
try the moves!)

SELF

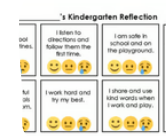
Week 3 (February 19 - 23)

Self-Discipline; Self-Reflection

Give your students opportunities to practice self-discipline and work on self-reflection strategies to assess where they are mentally and physically.



The Cardinal Kid Chant! "I am safe. I am kind and respectful. I am responsible. I am a Cardinal Kid!"



Self Reflection -
Behavioral and
Social Skills



How to Apologize by
David LaRochelle

RELATIONSHIPS

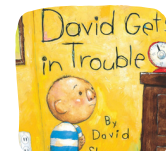
Week 4 (February 26 - March 1)

Apologizing & Conflict Resolution

Help your students learn how to apologize and practice positive conflict resolution with others.



Big Problem or Little
Problem - Can replace
problems w/ Pre-K & K
themed ones



David Gets in
Trouble by David
Shannon
(Read Along)



Apology Role Play
(Make conversations
appropriate for age group)

Participation & Feedback Form

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Elementary Resources:

Pre-K - K
(Elementary)

1st - 4th
(Elementary)

5th - 8th
(Intermediate)

9th - 12th
(Secondary)

BACK



MIND

Week 1 (February 1 - 9)

Goals Check-In

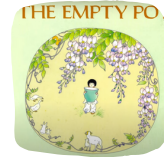
It's time to check in our goals from 2023 and start making new ones for 2024!



Integrity Self-Assessment



Create a Recipe for Integrity



The Empty Pot (Read-Aloud) + Additional Resources

BODY

Week 2 (February 12 - 16)

Exercise

It's time to prioritize MOVEMENT - give your students opportunities to MOVE their bodies and get their energy out!



Yoga Cards



Thought Bubbles! For Anxiety & Worry



Snowman Yoga Spinners (Activity, can also color it)

SELF

Week 3 (February 19 - 23)

Self-Discipline; Self-Reflection

Give your students opportunities to practice self-discipline and work on self-reflection strategies to assess where they are mentally and physically.



Circle of Control



Build Character Build Success Video

RELATIONSHIPS

Week 4 (February 26 - March 1)

Apologizing & Conflict Resolution

Help your students learn how to apologize and practice positive conflict resolution with others.



Big Problem or Little Problem



"OOPS" Strategy



Apology Role Play Activity

Participation & Feedback Form

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Intermediate Resources:

Pre-K - K
(Elementary)

1st - 4th
(Elementary)

5th - 8th
(Intermediate)

9th - 12th
(Secondary)

BACK



MIND

Week 1 (February 1 - 9)

Goals Check-In

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[Goal Check-In Sheet](#)



[SEL Goal Setting Video with Worksheet](#)



[Mindfulness Journal Prompt](#)

BODY

Week 2 (February 12 - 16)

Exercise

It's time to prioritize MOVEMENT - give your students opportunities to MOVE their bodies and get their energy out!



[Yoga P.E. Video for Students](#)



[Yoga for Classroom](#)



[Like You Mindfulness Podcast- Cooling your Hot Chocolate](#)

SELF

Week 3 (February 19 - 23)

Self-Discipline; Self-Reflection

Give your students opportunities to practice self-discipline and work on self-reflection strategies to assess where they are mentally and physically.



[What is Self-Awareness? Video](#)



[Canva Templates for Self-Reflection](#)



[Color Personality Quiz](#)

RELATIONSHIPS

Week 4 (February 26 - March 1)

Apologizing & Conflict Resolution

Help your students learn how to apologize and practice positive conflict resolution with others.



[Teaching the Art of Apologizing](#)



[Activities for Conflict Resolution](#)



[Conflict scenarios to discuss - You will need to scroll down to find them.](#)

Participation & Feedback Form

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Secondary Resources:

Pre-K - K
(Elementary)

1st - 4th
(Elementary)

5th - 8th
(Intermediate)

9th - 12th
(Secondary)

BACK



MIND

Week 1 (February 1 - 9)

Goals Check-In

It's time to check in our goals from 2023 and start making new ones for 2024!



Self-integrity and Realizing One's Goals: [Read and discuss the article with students](#)



Complete the [Weekly Check In](#)



Play [two truths and a lie!](#) Then discuss temptations to lie or embellish & importance of integrity

BODY

Week 2 (February 12 - 16)

Exercise

It's time to prioritize MOVEMENT - give your students opportunities to MOVE their bodies and get their energy out!



[Setting Boundaries Video](#) [Setting Boundaries Video](#)



Browse & Discuss Fitness Plans on Pinterest & [Canva](#)

SELF

Week 3 (February 19 - 23)

Self-Discipline; Self-Reflection

Give your students opportunities to practice self-discipline and work on self-reflection strategies to assess where they are mentally and physically.



Consider the following [MINIMIZING TIPS](#)



Jostens Harbor Video: [Getting Unstuck](#)



[Create a Me Tree](#)

RELATIONSHIPS

Week 4 (February 26 - March 1)

Apologizing & Conflict Resolution

Help your students learn how to apologize and practice positive conflict resolution with others.



Read and discuss the KidsHealth article about [Apologizing](#)



[APOLOGIZING Group Discussion Activity](#) (Canva Slides)



Take a [conflict management styles assessment](#) and discuss the results

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