

Monthly Newsletter

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Dear Saint Peter Community,

As the year comes to an end it's important that we continued to strive and be thankful. Remember that you are resilient and you have a sense of your own destinies. Know that you can reach out to others for support when needed, and you have proven that you take initiative to solve problems. Continue to use positive thinking to help you manage stress, overcome challenges, and make better choices. Remember to always show gratitude for the things we are thankful for but most all do show kindness to others. As we continue to explore life & social skills, remember to practice social skills will improve positive behaviors and reduce any negative behaviors. By practicing social skills, you will notice that you will be able to communicate more effectively with your friends, teachers and other adults and your self- esteem will increase. During the break practice is doing something nice for a family or a friend. For instance, clean your room without being told to do it; make breakfast for a younger sibling and send your friend a thank you e-card. Finally, it's important that we continue practicing COVID protection; wear our mask, wash or use hand sanitizer and practice social distancing.

