

Monthly Newsletter

February 2021

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Wednesday - Fridays
(in person for February)

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Dear St. Peter Community,

February is the month of celebrating love. Traditionally, we celebrate love by honoring those we love with gifts, chocolates and flowers. It is equally important to celebrate self-love. Take the time to focus on yourself. Be sure to check in on your own well-being and happiness. Be conscious that your mind, body, emotion and energy are aligned with your own wellness. Mostly importantly, take the time to celebrate yourself. There are many ways you can honor and celebrate yourself. For instance, treat yourself to something nice; enjoy a nice message; have lunch with a friend; take a day off from work; disconnect from technology and many more.

It's only natural for students to make their friends a priority at this point in their development. They may prefer the company of their friends rather than family members. As a parent, it is important to remember to not make your child feel guilty for placing such importance on his or her friendships. It's a normal part of the development and only means that your child is growing their circle of trust to include others outside of the family circle. Students need a strong network of peers at this age to help navigate life and to have fun while growing up.

This is why this month's themes is focused on healthy relationships with each other. We are focusing on boundaries, respect, and what it means to be kind to one another. These themes are incorporated in the lessons and activities this month.

February is also the celebration of the ongoing contributions that Afro-Americans have contributed to our nation and the world. It is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history and world. Black History Month began as a way of remembering important people and events in the history of the African diaspora. Thanks to leaders such as Martin Luther King Jr, Rosa Parks, Malcom X, and newly elected vice president, Kamala Harris. MLK used his voice to spread peace; and Kamala Harris as a symbol of representation. It's important to remember where we've come from and how far we've come. These are all ordinary people that used their ideas and minds to help shape the way our children can also become heroes and make a difference in the future. Today we continue that celebration and recognition of all Afro-Americans that helped build our nation. Parents, for more resources and activities in honor of Black History Month or themes for this month, you can check out these videos: on [healthy relationships](#) and [Black History Month](#).

Note to parents/guardians:

Thank you all for the active role you take in supporting your child through all of these changes. We know it isn't easy and we appreciate all you do. As always, feel free to contact me, the teachers, or the principal for more help or resources in remote learning. We are here for you.

Thank you again,
Ms. Ramsingh

