

W.R. Brown Elementary School



Saddled up for achievement and riding to success...

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Caesar Rodney School District

February 2022



Upcoming Dates

Wednesday, February 2nd

2nd Marking Period
Report Cards

5th Grade Band Concert
6:00 p.m.

Friday, February 4th

Half Day
12:35 p.m. Dismissal

Monday, February 7th

No School
Teacher In-Service Day

Tuesday, February 15th

CR School Board Meeting
7:00 p.m.

Monday, February 21st

Presidents' Day
No School

Wednesday, February 23rd

3rd Marking Period
Interim Reports

Thursday, February 24th

WRB Mystery Night
5:30 p.m. – 7:00 p.m.



Dear W. R. Brown Families,

Happy Winter! We hope you are all staying safe and warm during these cold months.

We hope you are able to join us for some fun events this month. Our first event will be our 5th grade band recital that will take place at 6:00 p.m. on Wednesday, February 2, 2022. Second marking period reports cards will be distributed on this day as well.

Our third drive-thru event will be on Thursday, February 24th from 5:30 – 7:00 p.m. Our theme is "Mystery" and students will enjoy fun riddles, puzzles, and a meal to take with them. We look forward to seeing everyone, it should be an evening full of suspense!

Please note that there will be a half day on February 4, 2022 for teacher conferences. Dismissal begins at 12:35 p.m. There is no school on Monday, February 7, 2022 for a teacher in-service day or on Monday, February 21, 2022 in honor of President's Day.





great happens here

Habit 3: Put First Things First

Put First Things First is at the heart of effective self-management. It's the ability to organize our time around the most important things

3. Put First Things First® *Work first, then play.*



Focus on your highest priorities.



Eliminate the unimportant.



Plan every week.



Stay true in the moment of choice.

Habit 4: Think Win-Win

Win-win is a frame of mind and heart that seeks mutual benefit in all human interactions. It's based on the paradigm that there's plenty for everybody – that one person's success is not achieved at the expense of others.

4. Think Win-Win® *Everyone can win.*



Build your Emotional Bank Account.



Have an Abundance Mentality.



Balance courage and consideration.



Consider other people's wins as well as your own.



Create Win-Win Agreements.

Leadership in Literature

The Kissing Hand by Audrey Penn is a great example habit 4. School is starting and Chester Racoon does not want to go. His mother shares the Kissing Hand to give Chester courage any time his world feels scary.



Win-win is a belief in the third alternative. It's not your way or my way; it's a better way, a higher way.
~Stephen Covey

From the Nurse

Eat a Rainbow

Different **colors** = lots of vitamins + minerals + other nutrients



It's a New Year, a time to make changes, learn new things, and adopt healthier habits. This month we focus on obesity prevention. Overweight and obese children are more likely to develop health problems, such as diabetes and heart disease. Teaching children to eat from the "rainbow" really helps with obesity problems and will actually help them sleep and focus better. You can make it fun and have the whole family participate. Make a chart for each day of the week and have the student mark off when they have eaten that color of food for the day. You will be surprised at what they will eat with this challenge.

Color	Nutrients	Health Benefits	Types
 Red	Vitamin A, C, manganese, antioxidants (quercetin, lycopene)	Reduce risk of cancer and heart disease, decrease inflammation, increase immunity, eye/skin/hair health	Tomatoes, red peppers, beets, radishes, red apples, red potatoes, grapefruit, cherries, raspberries, strawberries, watermelon
 Green	Vitamin K, B-Vitamins, folate, potassium, antioxidants (chlorophyll, carotenoids, lutein)	Promote eye health, lung health, liver function, healthy cell production, reduce risk of cancer, increase blood clotting, lower blood pressure	Broccoli, cabbage, brussel sprouts, cucumbers, green peppers, dark leafy greens, peas, asparagus, green beans, zucchini, avocados, kiwi, green apples, green grapes, pears
 Orange/Yellow	Vitamin C, A, B6, potassium, folate, antioxidants (beta-carotene, lutein, alpha-carotene)	Reduce risk of cancer and heart disease, promote eye/skin/hair health, increase immunity, decrease inflammation	Carrots, orange/yellow peppers, squash, sweet potatoes, pumpkin, oranges, bananas, apricots, cantaloupe, nectarines, peaches, pineapple
 Blue/Purple	B-vitamins, antioxidants (anthocyanins, resveratrol, flavonoids)	Reduce risk of cancer and heart disease, protect cells from damage, improve memory, prevent aging	Eggplant, red onions, purple cabbage, purple potatoes, blueberries, blackberries, plums
 White	Vitamins C, K, folate, potassium, antioxidants (allicin, quercetin, anthoxanthins)	Lower cholesterol, reduce risk of cancer and heart disease, protect cells from damage, increase immunity, promote eye/skin/bone health	Cauliflower, garlic, jicama, mushrooms, onions, parsnips, turnips, potatoes, rutabagas