

Feb.
2024

HEALTHY PATRIOT

GWA COUNSELING NEWSLETTER

INSIDE THIS ISSUE

- Hope & Kindness p. 1
- Parent Seminar p. 1
- Character Strong p. 2
- Leader in Me p. 2
- Family Connection p. 3
- H&K Flyer p. 4



Hope & Kindness

February is a special month at GWA! Students are encouraged to practice hope and kindness throughout the year but we especially focus on it this month. The HOPE Squad has planned some fun activities for students to spread hope and kindness throughout the school. See the flyer at the end of this newsletter for more details.

February Parent Seminar

February's Parent Seminar will be held on:

- **Thursday, Feb 29th @ 7:00pm**
- **GWA Library**

Topics to be discussed:

- **Literacy Resources at Home**
- **ADHD Parent Resources**



CHARACTER STRONG - VALUE OF THE MONTH: **HONESTY**

We are looking forward to focusing on **Honesty** this month. One way to think about **Honesty** is “being truthful about what you say and do.” **Honesty** is a practice that can help us improve our relationships and even reduces our stress. Click [here](#) for some fun ways to teach **Honesty** at home.



Leader in Me - Habit #5: **Synergize**

To put it simply, synergy means “two heads are better than one.”

Synergize is the habit of creative cooperation. It is teamwork, open-mindedness, and the adventure of finding new solutions to old problems.

Family Connection



We have practiced perseverance as a family by doing hard things. We signed up for, trained, and ran the Run Run Reindeer 5K over Christmas break. It was such a good opportunity for my kids to see they CAN do hard things, even if not always fun in the moment, yet feel the sense of accomplishment after.

-Johnson Family

How our family has practiced perseverance:

We went to the gym as a family. In this instance, Dallas struggles to be able to make baskets. He was angry and ready to give up. He wanted to quit and struggled to remain calm at the frustration of being able to make the basket. Reminding him that this is similar to life, we must keep trying and eventually, we will make it. It took many attempts, but he made the basket. Pushing through even when wanting to give up. He was so proud of himself that he finally did it. I like to use that example when he gets discouraged. Sometimes things seem so hard and it's easier to quit, but if we keep at it and try harder, we will be successful.

-Mackey Family



Perseverance- Logan has built this very intricate blanket fort with multiple rooms. He was having trouble with the gaps in the blankets and his books falling or not holding the blankets in place in some spots. He spent hours for two days trying different approaches and seeking advice from everyone in the family about how to make it better.

-Newman Family

George Washington Academy

Hope & Kindness Week

FEB 5-9, 2024



Monday

SHINE YOUR LIGHT

Wear yellow wristband (provided by Hope Squad on Monday morning) with school uniform
Lunch activity:
Help make giant kindness poster

Tuesday

LIGHT UP GWA

Wear a neon shirt
Lunch activity:
Neon sidewalk chalk

Wednesday

SPREAD LOVE

Wear red uniform shirt
Lunch activity:
Hope & Kindness Grams

Thursday

BE YOURSELF

Free dress day
Lunch activity:
Karaoke

Friday

**BE A TEAM,
FIGHT BULLYING!**

Wear your favorite team shirt or GWA spirit shirt
Lunch activity:
Play games with Hope Squad

