



McKinley-Thatcher Elementary School

Wellness Words

Monthly School Psychologists Newsletter

November 2018

Happy December!

This month, we wanted to give families ideas to cure boredom over winter break! Here are some ways that you can follow our school values while having a great time.

Work Together

- Make a snowman with your family
- Draw or create a family tree
- Help your mom or dad cook dinner
- Volunteer your time helping a local organization



Challenge Yourself

- Go to your local library and check out a new book
- Take a free tour and learn about the history of money at the U.S. Mint (ages 7+)
- Try free yoga on the ice in Skyline Park, every Saturday morning during winter break
- Go to the Denver Art Museum – general admission for youth under 18 is free!

Be Kind and Considerate

- Write a thank you note or holiday card to someone in the community
- Give someone in your family a hug coupon
- Write a poem to a friend
- Send a postcard to a family member or friend
- Tell your mom or dad something kind

Lead By Example

- Do a chore for someone in your family without them knowing
- Pick up litter on your street
- Hold the door open for someone
- Collect money or items to donate to charity
- Help a neighbor shovel their walkway

Contact Us:

Amy Menezes
720-424-5160

Amy_Menezes@dpsk12.org

Roni Gross
720-424-5160

Roni_Gross@dpsk12.org