



Matters of the Mind

February 2025



Conversation Starter

Entertainment and tech have the potential to spark meaningful conversations. Tech planners are a great way for kids to have a shared understanding of how your family makes the most out of entertainment and tech time. Help your kids think through important questions around tech use: What will I do? How much time will I spend? Am I making thoughtful choices? Click the link above to find helpful planners for all ages in English and Spanish. (Common Sense Media, 2025).

Character Education: Diligence

Key Beliefs:

I will be a better student if I act on the following beliefs:

- It's worth it to do my best work in all I do.
- I might not be the best, but I will try to be the best me.
- There is no such thing as 'smart' or 'dumb' people, but rather diligent workers and not-so-diligent workers.

Application for Parents/Guardians:

- Praise effort and incremental improvement rather than grades, natural abilities, intelligence, or talent.
- Establish high expectations, as this increases motivation. Let students know that you are challenging them and they have the ability to meet those expectations.



Help in Three Numbers

911
for
Emergencies

988
for
Suicide/Crisis
Hotline

211
for
Food,
housing,
assistance



Truancy Vs. Chronic Absence

TRUANCY

- Counts only unexcused absences
- Emphasizes compliance with school rules
- Relies on legal & administrative solutions

Vs.

CHRONIC ABSENCE

- Counts all absences: excused, unexcused & suspensions
- Emphasizes academic impact of missed days
- Uses community-based, positive strategies

School is out on Feb. 17th

