

THE *Counseling* CONNECTION

Moorhead Central School

Mrs. Downs jdowns@sunflower.k12.ms.us (662)246-5680

February Events

Progress reports issued: Friday, February 4, 2022

Valentine's Day Parties Grades K-5: Monday February 14, 2022

President's Day Holiday: Monday, February 21, 2022

Black History Program: Wednesday, February 23, 2022 at 5:30pm

Random acts of kindness to do as a family

1. Do yard work for an elderly neighbor.
2. Let someone else in the line go in front of you at the grocery store.
3. Give a hot (or cold) beverage to a mail man.
4. Go see someone at a nursing home and play a board game together.
5. Leave kind notes in the parking lot on the windshields of cars.
6. Give thank you notes to police officers.
7. Make "kindness rocks" (simply color them and write short notes) and put them secretly in other people's pockets or purses.

Quote

"A single act of kindness throws out roots in all directions, and the roots spring up and make new trees." - Amelia Earhart

February's Focus:

Career: What are career clusters?

Character Word:
Kindness

