

P.S. 130 SEL NEWSLETTER

January 2024



**MS. MAEVE FROM GROWNYC
CAME TO P.S. 130 TO TEACH
OUR STUDENTS ABOUT THE
IMPORTANCE OF RECYCLING
AND COMPOSTING!**

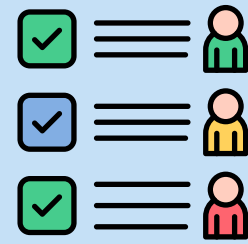


JANUARY BOOK OF THE MONTH



January's Book of the Month is *A Thousand White Butterflies*, by Jessica Betancourt Perez and Karen Lynn Williams. The main themes of the book are family, friendship, immigration and finding joy in nature. January is the first month of the year and its name is derived from the Latin word "ianua" which means door. January is thought of as a time to open doors that lead us to new possibilities and new beginnings.

ATTENDANCE UPDATES



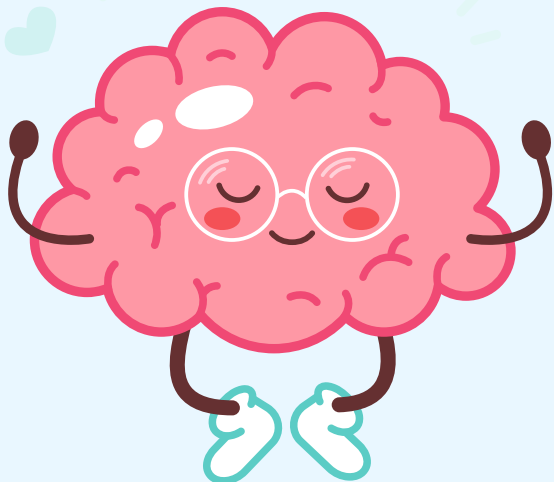
P.S. 130'S YTD ATTENDANCE: 94%
CHRONICALLY ABSENT STUDENTS: 21%

TIPS FOR STAYING HEALTHY THIS WINTER



- BE SURE TO GET ENOUGH REST
- EAT A WELL-BALANCED DIET
- PRACTICE GOOD HAND HYGIENE
- EXERCISE
- STAY HYDRATED

MIND UP NEWS



**OVER THE NEXT FEW MONTHS
STUDENTS WILL BEGIN TO
EXPERIENCE MINDFULNESS
THROUGH THE SENSES**