



# EVERGREEN EAGLE

*"Unexpected kindness is the most powerful, least costly, and most underrated agent of human change" --Bob Kerrey*

Feb 9,  
2022

## For Your Calendar

**Feb 14:** Valentine's Day!  
**Feb 17:** Random Acts of Kindness Day  
**Feb 18:** Spirit Day - 'Career Day' theme  
**Feb 21-25:** Mid Winter Break - No School  
**Mar 13:** Daylight Savings Time  
**Mar 17:** St. Patrick's Day  
**Mar 18:** End of Second Semester  
**Mar 24-25:** K-5 Spring Conferences - Half Days  
**Mar 25:** Spirit Day - 'Sports' theme

## Counselor's Corner

Hello Evergreen Families!

For the month of February class lessons will be focusing on kindness and building character. Students are learning through videos and class activities how powerful our words can be and how they can be used to help or hurt others. Conversations at home around kindness and treating others with respect even when we are angry or upset can be extremely helpful.

For information and tips on how to help children manage their strong emotions check out the article below by clicking on the link or visiting [ahaparenting.com](https://www.ahaparenting.com)

<https://www.ahaparenting.com/read/How-Kids-Learn-to-Control-Their-Emotions>

This week I will be starting small groups with a focus on the Zones Of Regulation. If you feel your child could use extra support in learning how to regulate his/her feelings, please reach out to me or your child's teacher. 😊

Thank you,

Bethany McDermott  
School Counselor  
Evergreen Elementary  
(253) 530-1393

Hello Evergreen Families!



## Our World's Finest Chocolate Fundraiser

has kicked off with a bang! Within 24 hours of starting the fundraiser, we ran out of boxes and had to put in an order for another shipment! Way to go! We are truly amazed and full of gratitude. Thank you for all your support in helping to raise funds for our Evergreen Eagles.

As a reminder, the fundraiser will go through March 4th. Once you have collected the money for the chocolates you sold, turn it in to the main office. If you would like more boxes to sell, let the main office know. Our next shipment of candy bars will be arriving tomorrow, so keep up the incredible work!

If you have any questions, feel free to call the main office at 253-530-1306.

## What is Random Acts of Kindness Day?

Sometimes it's the smallest act that makes the biggest impact – something as simple as saying please or thank you can turn a day around and make life seem that much better.



Random Acts of Kindness Day is on February 17th! It was first created in Denver, Colorado in 1995 by a small nonprofit organization. Now it has spread across the nation and even to other countries. Random Acts of Kindness Day encourages you to get out there and be the light you want to see in the world.

Random Acts of Kindness can include just about anything, including something as simple as taking a tray of muffins to work. The idea behind this holiday is to make the world a better place by spreading a little light around and to make kindness a part of our everyday lives. Lift someone up with your words, compliment them on their appearance... even the simplest acts can help to brighten someone's day.