



January  
2026

# Together We Grow

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## This Month at KES

This month's Sources of Strength:

**Grades K-3:** During the month of January these grades will begin/continue learning about how to regulate or handle their emotions by using the Regulation Railroad.

**Grade 4:** This month 4<sup>th</sup> graders will learn about how to navigate different transitions that may happen in their life. They will also be able to identify family support who make them feel cared for, loved, and connected.

**Grade 5:** This month 5<sup>th</sup> graders will discuss how to use healthy activities for handling emotions. They will also discuss how to learn from failures and be resilient.

## Connection Point

Brains are amazing and they grow stronger with practice. Responsibility means doing what needs to be done and owning our choices. It builds confidence and smooths days at school and at home, like starting work and returning materials at school, and getting ready and cleaning up at home. If you want to help your child, pick one daily job for two weeks, teach it when calm, add a picture cue, give one short prompt, then notice effort.

@The Responsive Counselor

## Guiding Words

**For Caregivers:** I provide structure, model responsibility, and praise progress.

**For Students:** I own my choices, try my best, and make it right if I need to.

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Happy  
New Year!

## LET'S CONNECT!

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