

# JANUARY

# 2019

## REFRESH AND RESET!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <i>New Year's Day-School Closed</i>	2 School Back in Session Welcome Back!	3 1. Set your goal and make a plan!	4	5
6	7	8	9 Talk about it! Share your goal with others!	10	11	12
13	14	15	16 Track your progress	17	18	19
20	21 <i>Martin Luther King Jr. Day-School Closed</i>	22	23 Stick to it!	24	25 <b>COHORT SPIRIT DAY!</b>	26 Family Bowling @ Bowlmor Lanes 11-1pm
27	28 <b>Professional Development- No Students</b>	29	30	31 January Birthdays Celebration	<b>Cohort Spirit Day: Jersey Day!</b> Wear your favorite sports jersey/outfit	

**Vocabulary: Attitude, Determination, Goal, Resolution, Self-Care**