



Title I Newsletter

Week of January 25, 2021

Reminder from the Title I Team

FREE Book Coupon

Hello Parents and Families!

It has been our pleasure celebrating you this month! We hope you learned more about Federal & Title Programs and had the opportunity to explore and use your parent resources.

Parents, as we wrap up National Parent Engagement Month, we want to again let you know how much we value and appreciate all the work that you do to support us in ensuring your child's academic success!

As our last shout out to you for this month, we want to invite you to select 2 **FREE** books for your student! Use the information below to request your student's 2 **FREE** books!

NOVEMBER 11... PARENT ENGAGEMENT MONTH

If you haven't redeemed your coupon already, this is your last chance. Don't miss it! The deadline to order is Friday, January 29, 2021. Please contact me if you need the coupon resent to you.



12 Tips to Manage Stress

1. Breathe mindfully (4-7-8)
2. Stay in the present moment
3. Identify triggers (feeling buttons)
4. Establish routines (sleep hygiene)
5. Get plenty of exercise (especially outside)
6. Laugh – distract self by doing things you enjoy
7. Do repetitive tasks
8. Practice yoga or meditate
9. Notice self-talk – change to helpful thoughts
10. Find ways to process emotions (journal, draw, listen to music, etc.)
11. Spend time with people who care about you
12. Take a shower or bath (liquid hug)

Learning Targets

1st Grade

- I can ask and answer questions about key details in a text.
- I can decode regularly spelled one-syllable words.

2nd Grade

- I can identify words with inconsistent but common spelling-sound correspondences.
- I can read with accuracy and fluency to support comprehension.



Click [here](#) to visit the Clairemont Title I Resource webpage. There you can find daily tips and school success ideas.

Contact Info

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Click here to visit the Clairemont Title I webpage - [Clairemont Title I Webpage](#)