

Eastbrook South News



February 2022



Announcements

- **Presidents Day** is considered a Flex Day. If there are no snow days between now and that day, we will not have school that day. If we have a snow day before that date, we will use it as a makeup day.
- We will begin our **chocolate fundraiser** at the end of this month. Student will bring home chocolate to sell after parents sign for permission. Watch for more details to come home.
- Help us honor our **counselor, Mrs. Madigan**, this month. She has done a great job supporting our students this year.

February

| | | | | |
|----------------|----------------|----------------|--------------|----------------|
| | 1 RED | 2 WHITE | 3 BLACK | 4 RED |
| 7 WHITE | 8 BLACK | 9 RED | 10 WHITE | 11 BLACK |
| 14 RED | 15 WHITE | 16 BLACK | 17 RED | 18 WHITE |
| 21 PRES DAY | 22 BLACK | 23 RED | 24 WHITE | 25 BLACK |
| 28 RED | MAR 1 WHITE | MAR 2 BLACK | MAR 3 RED | MAR 4 WHITE |

Dates to Remember

FEB 7-11 Counselors Week

FEB 16 - The Big Idea
(Free Groceries) @ 4:00 - 5:00pm

PTO @ 7pm (virtual)

FEB 21 - Presidents Day
(Flex Day)

FEB 25 - Math Day at ESE w/Mr.
Garver's HS class (Grades 3-5)

FEB 28 - Chocolate Fundraiser
Kick Off



A Note from Mrs. Dalton



Gratitude - A Matter of the Heart

We have begun phase two of construction, so many changes have taken place within the building. During times of change and when things are not normal, we have a choice to focus on the challenges or on the things for which we are grateful. Since our word this year is gratitude, we continue to focus on gratitude and how it affects our mental and physical health. In honor of Valentines, this month's gratitude focus is on how it affects the heart.

Researchers found that patients in the tested group who were the most grateful slept better, were less depressed, had less fatigue, and were more self-confident. They also had less chronic inflammation, which damages the inner lining of blood vessel walls. That makes heart disease more likely.