

FIRST FRYDAYS

Levi Fry's Parent Newsletter
Arriving on the First Friday of Each Month



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MARCH MINDFULNESS

Our theme for the month of March is Mindfulness, which may be a term that not everyone is familiar with. [Mindful.org](https://www.mindful.org) describes mindfulness as "the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us". That's kind of a fancy way of saying to pay attention to our thoughts and emotions, and to be aware of how they impact the world around us.

Mindfulness is a good way for students to deal with stress in an effective and healthy way. The ability to stop, take a few deep breaths, and remain aware in a situation that might be stressful or chaotic is something that will help our students throughout their lives. And it's something that anyone can do and that's easy to practice!

Here are a few ways to help your student (and yourselves!) practice being more mindful. See the Mindful March calendar from Actions for Happiness on the last page of the newsletter for other simple ways to practice mindfulness.

Guided Meditation

In addition to helping focus and concentration, meditation has also been linked to boosting self-esteem, lowering high blood pressure, and keeping a balanced immune system. For our teens who can't get away from their screens, there are many guided meditation apps and videos online.



Keeping a Journal

Journals give teens a space to track thoughts, worries, emotions, goals, and more, without fearing judgment from others. It helps relax and also helps a teen get to know themselves a little better.

Exercise

Some favorite ways that teens like to keep moving include taking walks outside, yoga, and running. Again there are apps that can help learn different yoga poses and track progress towards running/walking goals.



Puzzles

Puzzles, such as jigsaw, sudoku, crossword or word searches, are all a great way to relax while also stimulating thinking skills. This is also an activity the whole family can do together!

Break from Electronics

Ok, electronics have their place in the world and even have many tools that can help with mindfulness. But every now and then it's important to take a break, even if for just 20 minutes, to refocus on the world around us.



MARDI GRAS PARTY

Laissez les bons temps rouler! And the good times were indeed rolling on February 16 during Levi Fry's Mardi Gras party! The event, which was part of our campus PBIS (Positive Behavioral Interventions and Supports) plan, celebrated students' positive behavior with an afternoon of fun. In addition to serving as a positive behavioral support, the event was also a campus fundraiser that will help allow us to do similar activities in the future.

Check out all the fun that took place in the pictures below!



LEVI FRY INTERMEDIATE

Texas Public Schools Forward, Together

MAR 06 - 10

• *Monday*

Mismatch Monday

Let's mix things up a little bit. Be creative!

• *Tuesday*

Texan Tuesday

Wear your best cowboy gear!
Open House
5:30-7:00

• *Wednesday*

Career Day

Dress up in your dream job outfit

• *Friday*

Hero vs Villain

Dress up as your favorite hero or villain

• *Thursday*

Sports Day

Represent your favorite Texas sports team.

**ALL COSTUMES MUST
BE SCHOOL
APPROPRIATE**

Scholastic Book Fair



UPCOMING DATES TO REMEMBER

See below for what's coming in March:

March 4...	Saturday School
March 7...	Open House at Levi Fry
March 7 - 8...	5th Grade TELPAS
March 9...	5th Grade Social Studies CBA
March 6-10...	Texas Public School Week Scholastic Book Fair @ Levi Fry
March 13 - 17...	Spring Break (No School)
March 20...	7th Grade Registration @ Blocker Middle School from 5:30 - 6:30 p.m.
March 20-24...	Blocker Counselors @ Fry
March 22...	Report Cards sent home
March 24...	NEHS Meeting @ 4:15 p.m.
March 25...	Saturday School
March 31...	3rd Nine Weeks FunFest

SPRING BREAK

Spring Break is almost here! And if you're like us, it leaves you worrying about what our students might get into with all that free time on their hands. Here are some ideas to keep your kiddo busy (and out of trouble) during the week of Spring Break:

- Find an organization, such as the Food Bank or Animal Resource Center, where your student can volunteer.
- Make a schedule with your student of things to accomplish, such as researching colleges/careers, upcoming projects for school, or playing sports.
- We live in Texas, so no matter what your students are doing outside, remind them to **STAY HYDRATED!**

Levi Fry Administration

Felica Garrett, Principal

Dottie Williams, 5th Grade Asst. Principal

Andrew Lockhart, 6th Grade Asst. Principal

Sami Johnson, 5th Grade Counselor

Holly Bankston, 6th Grade Counselor

Neil Treble, SEL Counselor



Follow us on Facebook!

**School Attendance
can dip in the spring**

**Make a plan and
address the #springslump!**



#SchoolEveryday

Mindful March 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



6

If you find yourself rushing, make an effort to slow down



7

Take three calm breaths at regular intervals during your day

1

Set an intention to live with awareness and kindness

2

Notice three things you find beautiful in the outside world

3

Start today by appreciating your body and that you're alive

4

Notice how you speak to yourself and choose to use kind words

5

Bring to mind people you care about and send love to them

8

Eat mindfully. Appreciate the taste, texture and smell of your food

9

Take a full breath in and out before you reply to others

10

Get outside and notice how the weather feels on your face

11

Stay fully present while drinking your cup of tea or coffee

12

Listen deeply to someone and really hear what they are saying

13

Pause to watch the sky or clouds for a few minutes today

14

Find ways to enjoy any chores or tasks that you do

15

Stop. Breathe. Notice. Repeat regularly

16

Get really absorbed with an interesting or creative activity

17

Look around and spot three things you find unusual or pleasant

18

Have a 'no plans' day and notice how that feels

19

Cultivate a feeling of loving-kindness towards others today

20

Focus on what makes you and others happy today dayofhappiness.net

21

Listen to a piece of music without doing anything else

22

Notice something that is going well, even if today feels difficult

23

Tune into your feelings, without judging or trying to change them

24

Appreciate your hands and all the things they enable you to do

25

Focus your attention on the good things you take for granted

26

Choose to spend less time looking at screens today

27

Appreciate nature around you, wherever you are

28

Notice when you're tired and take a break as soon as possible

29

Choose a different route today and see what you notice

30

Mentally scan your body and notice what it is feeling

31

Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together