



ROADMAP

For Families



February is Black History Month

Since 1976, every U.S. president has officially designated the month of February as Black History Month, which is an annual celebration of achievements by Black Americans and a time for recognizing the central role of African Americans in U.S. history. This year's Black History Month theme is "Black Health and Wellness." Explore the legacy of Black scholars and medical practitioners in Western medicine by clicking [here](#).

February Character Trait: Respect

Respect Each Other

Being respectful is more than just using good manners. It means treating people the way you want to be treated. Keep these ideas in mind to help your whole family focus on respect.

Use Peaceful Tones

It's a fact that shouting often leads to more shouting. Ask your children to speak in a normal tone to show respect for the person to whom they are talking, and for everyone around them. If they start yelling, speak to them in a whisper. They'll likely lower their voice to match your volume. Or if they shout from another room, wait until they come to you so they learn that you don't respond to yelling.

Accept Different Opinions

With your children, role-play ways to respect opinions that are different from their own. They might start a sentence with "That's one way to look at it, but I think..." or "A lot of people would agree with you. In my opinion..." If a conversation gets heated, they could simply say, "Let's agree to disagree and talk about something else."





Cultivating Wellness



As Presidents' Week approaches, we want to express our gratitude for everyone who has helped keep our students safe, healthy, connected and learning. We thank:

- Our students and families who are persevering through hard times.
- Our teachers who have gone above and beyond to help make school a welcoming place where students can learn.
- Our administrators who have pulled double duty during substitute shortages, and filled in for their colleagues.
- Our many, many healers and helpers - the support staff and community volunteers who provide the extra hands and attention our children need.

May the upcoming days off be restful and healing.

- If your family or your child need support, please fill out our help form [here](#).
- Presidents' Week break is **February 21 to February 25**. Click [here](#) for local camps, and [here](#) for kid-friendly free activities in the community.
- As long as your child is healthy, please encourage showing up to class when school is in session. Every day of school is an important opportunity for students to learn as well as connect to peers and their teachers. Click [here](#) to see new COVID protocols.

Thank you for partnering with us to help your child learn, thrive and succeed.



Cultivating Grit and a Growth Mindset

Join us at our next Parent University to learn how you can help your child view challenges as a way of progressing toward desired outcomes. Learn practical tools for helping kids develop lifelong skills of learning from mistakes and being excited to try new things.

Wednesday, February 16, 6:00 - 7:00 PM on Zoom

Click [here](#) to register

This monthly newsletter is produced by Ojai Unified School District's Student and Family Support Coordinator. For information, please contact Alexandra Mejia-Holdsworth at amejia@ojaiusd.org or click [here](#).