



General News



Pershing Hill Elementary



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Pershing Hill Elementary
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Follow us on Twitter:
@PershingHillES



Please visit our website
at:

<https://www.aacps.org/Page/4838>

From the Principal

Happy New Year! I hope everyone had a great break! I am optimistic that 2021 will bring better outcomes for all of us. The promise of the COVID19 vaccine lets us at least dream about a return to normalcy in the near future.

We will continue to work hard for our students and their families. I encourage everyone to take care of their mental and physical health over the next few months. This has been a trying time for all of us, but we will get through it, together.

If you need assistance, please contact your child's counselor. There are several sources available to assist families. We will work with families to ensure their privacy regarding their mental health needs. The first step to getting help is to ask for it.

Sincerely,

Christopher Wooleyhand, Ph.D.

Ft. Meade Resiliency Services



The goal of Fort Meade's resiliency campus is building strong, healthy service members, families, and civilians. The mission is accomplished through a combination of military and civilian agencies that work together to enhance and strengthen all things spiritual, emotional, social, family and physical within individuals.

For more information on the range of supports provided, please visit:

<https://ftmeaderesiliency.org/#/>

Counselors Corner

Happy New Year! The Pershing Hill Counseling Department wishes you and your families a year of health, and happiness! We are kicking off January with a month of Growth Mindset classroom counseling lessons.

Children with a growth mindset believe their abilities can improve! Don't forget to praise the efforts your child has made, not just the outcome. Discussing what children learned from their failures can help build a growth mindset.

Visit Us!

Check out the Counseling Department's Google Site! It is full of information, resources and fun activities for the whole family! Visit us at [PHES Counseling Department Google Site](#).

Join Us!

Are you interested in learning practical ways to support your child through Virtual Learning? Join our School Counselors for Coffee with the Counselors at 9am on Thursday, January 7th via our [Google Meet Link](#).



[Google Meet Link](#)

Thursday, January 7th at 9AM


Looking for a Resource?

The Pershing Hill Counseling Department has a variety of resources for students and families regarding mental and behavioral health. If you are interested in a referral, please reach out to the counseling department.

Contact us!


Mrs. Natalicchio at enatalicchio@aacps.org or Google Voice 301 971-2980

Ms. Ernst at jernst@aacps.org or Google Voice 443-961-5129

Follow us on Twitter! 
[@CounselorNat](#) & [@counselorernst](#)

The Great Kindness Challenge!

Pershing Hill Elementary School invites you to join us, in the 2021 Great Kindness Challenge! Students will receive more information regarding the challenge in their Google Classrooms.



The Great Kindness Challenge
VIRTUAL CLASSROOM EDITION

Your Kindness Matters

We challenge you to complete as many acts of kindness as you can.

Have fun and smile big knowing that you are changing the world for good!

Kind Acts

- Smile at 25 people
- Place a nice note on a family member's pillow
- Sincerely compliment 5 people
- Pick up 10 pieces of trash in your neighborhood
- Bond with your classmates with a [Scavenger House Hunt](#) game
- Be kind to yourself & eat a healthy snack
- Learn something new about your teacher
- Be kind to yourself & create an [I Am](#) poster
- Draw a picture & give it to someone
- Leave a flower on someone's doorstep
- Be kind to yourself & take a [Breather Break](#)
- Cut out & decorate a [Happy Heart](#) & place in a window
- Entertain someone with a happy dance
- Be kind to yourself & do 10 one-minute exercises
- List 10 things you are grateful for
- Make & display a thank you sign for essential workers
- Show appreciation to a counselor or mentor
- Make a wish for a child in another country
- Write a note of friendship for [The Great Toy Giveaway](#)
- Send a thank you to your superintendent
- Make & deliver a happy card to a senior friend
- Learn something new about a different culture
- Write a thank you note to your mail carrier
- Invent a kind handshake with a family member
- Donate toys, clothes or books to a charity or someone in need
- Make & display 10 positive notes around your house
- Read a book to a younger child
- Call or video chat your grandparent or esteemed elder
- Step up for someone in need
- Make & display a KINDNESS MATTERS sign
- Say "hi" or cheer someone up who looks sad
- Decorate a kindness rock & randomly place it
- Make 10 messages of love & hope for [Linked By Love](#)
- Pat yourself on the back
- Embrace your family with a big hug
- Take a family walk and look for [Happy Hearts](#)
- Learn to say "hello" in a new language
- Show appreciation to your principal creatively
- Be kind to the earth & make a cardboard creation
- Make a friendship gift for someone new to you
- Recycle your trash
- Go a whole day without complaining & use only positive words for the entire day
- Find something you have in common with a classmate
- Tell a current or past teacher how they've inspired you
- Prepare a healthy meal or snack for a loved one
- Say "sorry" to someone you may have hurt
- Tell a joke & make someone laugh
- Bond with your classmates & play a [Virtual Game of Tag](#)
- Raise funds for a cause you care about
- Create your own kind act

#GreatKindnessChallenge
GreatKindnessChallenge.org ♥ KidsforPeaceGlobal.org

(Your Name Here)

FREE APP!

PHES January 2021 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Newsletter online Winter Break	2
3	4 Students return from break	5	6	7 Coffee with the Counselors 9:00am	8	9
10	11	12	13	14	15	16
17	18 MLK Day- schools closed	19 Newsletter items due	20	21	22	23
24 The Great Kindness Challenge Week	25	26	27	28 2-hour early dismissal End of 2 nd MP	29 2-hour early dismissal	30/31