

HABITS toHOME

Check out our Facebook or Youtube page to see our latest Habit to Home video featuring our very own WMES Students!



Habit Breakdown

This month we are focusing on Habit 1: Be Proactive.

I am in charge of my life. I am responsible for my choices and behaviors. I can choose how I react to other people or situations.

Ask your student what these statements mean:

- ★ Choose Your Weather
- ★ Circle of Control
- ★ Stop and Think

How do you model proactive behavior?



Community Leader Spotlight



During our first Habit assembly, Manpreet from the Claresholm Shell was recognized for his kindness to the students and staff of West Meadow Elementary. Over the last few years, he has donated countless treats and goodies to our staff and students and we are so thankful to have such wonderful leaders in our community.

Read more about Manpreet here:
https://www.shell.ca/en_ca/sustainability/communities/shell-heroes.html

Books that feature Habit #1:

First Day Jitters by Julie Danneberg

Inch by Inch by Leo Lionni

Officer Buckle & Gloria by Peggy Rathmann

Tops & Bottoms (adapted) by Janet Stevens

Being Proactive after school can look like...

Remembering to pack all of your equipment for hockey - and double checking, just in case!

Drinking an appropriate amount of water and eating healthy snacks while participating in physical activities.