





Mrs. Nelson's Monthly Newsletter

MAY 2022



DAILY Morning Routine

<p><u>Pledge of Allegiance</u> I PLEDGE ALLEGIANCE TO THE FLAG OF THE UNITED STATES OF AMERICA AND TO THE REPUBLIC FOR WHICH IT STANDS, ONE NATION UNDER GOD, INDIVISIBLE, WITH LIBERTY AND JUSTICE FOR ALL.</p> 	<p><u>Juramento a la bandera</u> YO PROMETO LEALTAD A LA BANDERA DE LOS ESTADOS UNIDOS DE AMERICA, Y A LA REPUBLICA QUE REPRESENTA, UNA NACION ANTE DIOS, INDIVISIBLE, CON LIBERTAD Y JUSTICIA PARA TODOS.</p> 
<p>PLEDGE TO THE TEXAS FLAG</p> <p>HONOR THE TEXAS FLAG; I PLEDGE ALLEGIANCE TO THEE, TEXAS, ONE STATE UNDER GOD, ONE AND INDIVISIBLE.</p> 	<p>JURAMENTO A LA BANDERA DE TEXAS</p> <p>HONRA A LA BANDERA DE TEXAS; TE JURO LEALTAD A TI, TEXAS, UN ESTADO ANTE DIOS, ÚNICO E INDIVISIBLE</p> 

This is the day that the Lord has made. I will rejoice and be glad in it. Thank you for the goodness and love. Thank you for my family, teachers, leaders, and my beautiful country. Bless them and keep them safe. Bless EXCELLENCE IN LEADERSHIP ACADEMY. Give me the strength, wisdom, and favor to do my best throughout the day. Make me a leader that will change the world. Prepare me and help me soar with excellence. AMEN

Este es el dia que hizo el SENOR. Me regocijare y me alegrare en el. Gracias por tu bondad y amor. Gracias por mi familia, maestros, lideres, y me hermoso pais. Bendicelos y mantenlos a salvo. Bendice EXCELLENCE IN LEADERSHIP ACADEMY. Dame la fuerza, la sabiduria y el favor para hacer todo lo possible durante el dia. Hazme un lider que cambie el mundo. Preparame y ayudame a ascender con excelencia. AMEN.



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CHARACTER TRAIT

HONESTY-

Being truthful in what I say and do



I WILLS

1. Tell the truth.
2. Play by the rules.
3. Not exaggerate the facts.
4. Admit when I am wrong.
5. Not take things that don't belong to me.

**SOCIAL EMOTIONAL LEARNING
COMPETENCY**

Relationship skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.



Meaningful May 2022

SUNDAY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1 Do something kind for someone you really care about

2 Focus on what you can do rather than what you can't do

3 Take a step towards an important goal, however small

4 Send your friend a photo from a time you enjoyed together

5 Let someone know how much they mean to you and why

6 Look for people doing good and reasons to be cheerful

7 Make a list of what matters most to you and why

8 Set yourself a kindness mission to help others today

9 What values are important to you? Find ways to use them today

10 Be grateful for the little things, even in difficult times

11 Look around for things that bring you a sense of awe and wonder

12 Listen to a favourite piece of music and remember what it means to you

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

16 Show your gratitude to people who are helping to make things better

17 Find a way to make what you do today meaningful

18 Send a hand-written note to someone you care about

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

21 Look up at the sky. Remember we are all part of something bigger

22 Find a way to help a project or charity you care about

23 Recall three things you've done that you are proud of

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why

26 Remember an event in your life that was really meaningful

27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

30 Share a quote you find inspiring to give others a boost

31 Find three reasons to be hopeful about the future

