



## *Senkow Scoop*



### *Upcoming Events*

*January 15<sup>th</sup> - 6:30 p.m. Home and School Meeting*

*Upper Darby Municipal Library*

*January 19<sup>th</sup> - UD Arts and Foundation Gala at 3:00 p.m.*

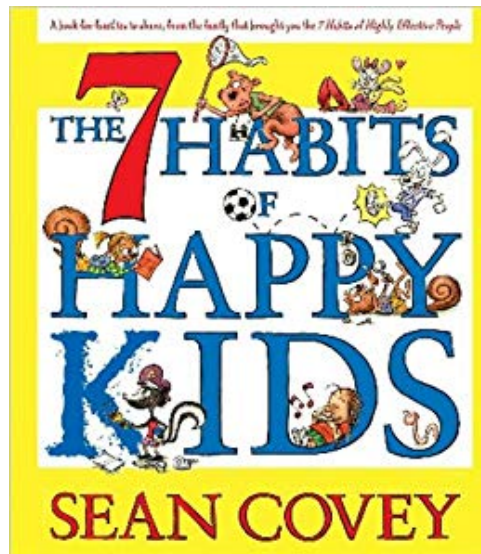
*January 21<sup>st</sup> - Martin Luther King holiday, school closed*

*January 31<sup>st</sup> - Progress Report cards distributed*

## Student of the Month



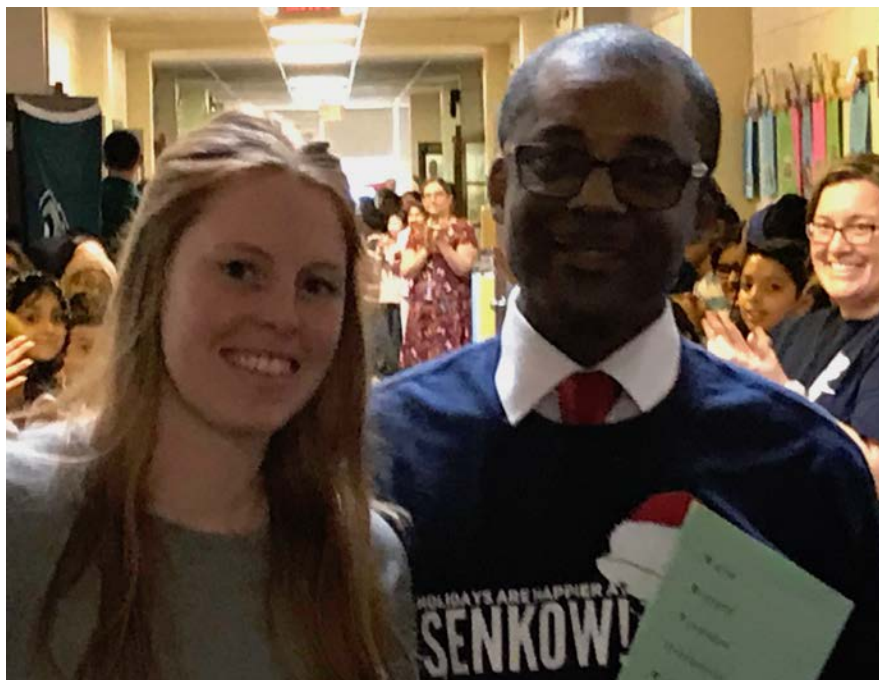
Congratulations to this month's student of the month recipients. All of these students showed "Friendship and Cooperation" to others. The theme for next month is "Kindness." Our next Student of the Month assembly will be on Thursday, January 31 at 8:45 a.m.



Sean Covey uses beautifully illustrated stories to bring his family's successful philosophy to the youngest child. Each story comes with a parent corner with discussion questions and suggestions for 'baby' steps, or things kids can do in the real world to build good habits. This book is a great resource for parents and teachers!



## *Saying Goodbye!*



Dr. Tony Watson and Miss Emily Heppler take their final walk through the halls of Senkow Elementary. Dr. Watson has been Senkow's principal for the past several years. He has led our school with a caring and kind heart! Miss Heppler has been a teacher at Senkow for the past 4 years. We will certainly miss Miss Heppler's kindness and positive outlook. Good luck to both of you as you begin your next journey.

# The 7 Habits® Tree

AND REMEMBER TO TAKE CARE OF YOURSELF

Habit 7

SHARPEN THE SAW  
Balance Feels Best

THEN PLAY WELL WITH OTHERS

Habit 6

SYNERGIZE  
Together Is Better

Habit 5

SEEK FIRST TO UNDERSTAND,  
THEN TO BE UNDERSTOOD  
Listen Before You Talk

Habit 4

THINK WIN-WIN  
Everyone Can Win

START WITH YOU

Habit 3

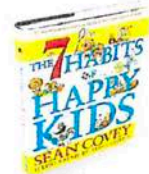
PUT FIRST THINGS FIRST  
Work First, Then Play

Habit 2

BEGIN WITH THE END IN MIND  
Have a Plan

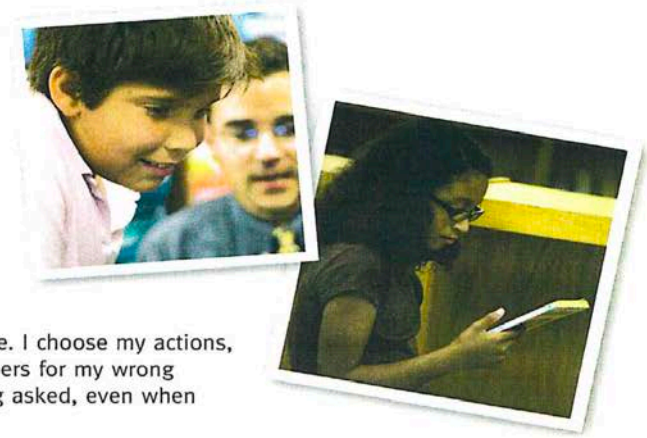
Habit 1

BE PROACTIVE  
You're in Charge





## Habits 1–7



### **Habit 1: Be Proactive®**

I am a responsible person. I take initiative. I choose my actions, attitudes, and moods. I do not blame others for my wrong actions. I do the right thing without being asked, even when no one is looking.

### **Habit 2: Begin With the End in Mind®**

I plan ahead and set goals. I do things that have meaning and make a difference. I am an important part of my classroom and contribute to my school's mission and vision. I look for ways to be a good citizen.

### **Habit 3: Put First Things First®**

I spend my time on things that are most important. This means I say no to things I know I should not do. I set priorities, make a schedule, and follow my plan. I am disciplined and organized.

### **Habit 4: Think Win-Win®**

I balance courage for getting what I want with consideration for what others want. When conflicts arise, I look for a win-win solution.

### **Habit 5: Seek First to Understand, Then to Be Understood®**

I listen to other people's ideas and feelings. I try to see things from their viewpoint (paradigm). I listen to others without interrupting. I listen with my ears, my eyes, and my heart. I am confident in voicing my ideas.

### **Habit 6: Synergize®**

I value other people's strengths and learn from them. I get along well with others, even people who are different than me. I work well in groups. I seek out other people's ideas because I know that by teaming with others, we can create better solutions than what any one of us could alone. I look for Third Alternatives.

### **Habit 7: Sharpen the Saw®**

I eat right, exercise, and get enough sleep (body). I learn in lots of ways and lots of places, not just at school (brain). I spend time with family and friends (heart). I take time to find meaningful ways to help people (soul). I balance all four parts of myself.

*Senkow's mission statement: Walter M. Senkow Elementary is committed to fostering a respectful community of learners, to strive for continuous improvement and growth.*



The Great Kindness Challenge is one week dedicated to creating a culture of kindness and compassion on campuses worldwide. Senkow Elementary School is proudly participating in this proactive and positive kindness initiative during the week of January 28th - February 1st. All students will receive The Great Kindness Challenge checklist. Please encourage your child to complete as many acts of kindness as possible. Together, let's show the world that kindness matters at Senkow!



“When given the choice between being right or being kind . . . choose kind.”

R.J. Palacio