



# Monquarter Memo

Phone: 278-6000  
Website: <http://BCS.nbed.nb.ca/>

Twitter: @BathMonquartiers

## Upcoming:

**TEENS AND DRUGS**  
your questions answered!  
**WEBINAR**

presented by Portage

Join our team of experts as they guide you through your kids' relationship to drugs and alcohol. Hear one family's first-hand experience during our live testimonial followed by an interactive Q&A.

January, 11<sup>th</sup> 7:00 p.m. REGISTER

January, 13<sup>th</sup> 7:00 p.m. REGISTER

\*After registering, you will receive a confirmation email containing information about joining the webinar.



Visit the **Portage Atlantic** Facebook page (@PortageAtlantic) to find the information and links to register.

Or, if viewing our newsletter electronically, you may use the following links:

To register for MONDAY ➡ [CLICK HERE](#)

To register for WEDNESDAY ➡ [CLICK HERE](#)

### Reminders

Things students need every day:

- at least two **clean** masks
- a clean water bottle
- warm, dry clothes for outdoor recess and/or Phys. Ed.

## Character Strong

Children are faced with many opportunities and challenges as they enter a fast-changing world, and we want to do everything we can to encourage and empower their success.

We are excited to share that we will be using a program called Character Strong this year. It is all about helping schools weave simple, powerful, relatable content into everything happening at school and beyond! It includes lessons and activities to help teach a wide variety of traits that we know help make students more successful in their academics and in their lives outside of school.

### PERSEVERANCE

Try this activity at home!

#### That's Puzzling

Putting together a jigsaw puzzle can be a terrific way to sharpen your ability to persevere. Put a 300-piece jigsaw puzzle on the table and invite family members to meet and connect the pieces. How long will it take? Set a timer as a goal-setting tool if you find yourself getting frustrated and tempted to leave the table too quickly. When you finish, try a 500-piece puzzle.

If you don't have a puzzle at home or nearby, work with your child to draw one, cut it up, mix up the pieces, and recreate it together.

