


# Quarterly Wellness Newsletter

A snapshot of Wellness in MSD



## This season at MSD



This year has started with a flurry of success! MHS has implemented a new advisory structure and has included student voice into its programming.

MMS will be piloting a new advisory structure in the spring as well to align with practices at MHS.


In the elementary grades, teachers completed the Devereaux Student Strength Assessment to help them better deliver instruction to their individual learners.

## Skill Building with Aperture

What is Self-Awareness?

Self-Awareness is a realistic understanding of our own strengths and weaknesses.

To help our students be successful, we can help them become more aware of their strengths and skills so they can be better prepared to call upon them in the future.



## Community Resources

Check out all of the wonderful opportunities at the Merrimack Town Library!

<https://www.merrimacklibrary.org/>

## Dates to know

National Cookie Day  
December 4th

Winter Break:  
December 25th - 29th

NH Primary: January 23rd

## Storybook Spotlight

Check out some great books you can read to your kids about gratitude:

Bear says Thanks  
by Karma Wilson

A Little Thankful Spot  
by Diane Alber

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