

Quarterly Wellness Newsletter

A snapshot of Wellness in MSD



This season at MSD

This winter has progressed in Merrimack with many wonderful student opportunities and activities!



All three of our schools worked incredibly hard on their holiday concert series and allowed students to shine in an area beyond their academics. Additionally, MMS will be completing the first iteration of the Devereaux Student Strength Assessment to be able to best teach to all learners.

Skill Building with Aperture

The acronym SMART identifies key characteristics of a good goal:

- Specific
- Measurable
- Achievable
- Relevant
- Time-Limited

Helping children develop a habit of making SMART goals will help them be more successful.



Community Resources

Check out all of the wonderful opportunities at the Merrimack branch of the YMCA!

<https://nmymca.org/locations/merrimack-branch/>

Dates to know

Voting Day:
January 23rd

Teacher Workshop Day: -
January 26th

February Break:
2/26/24 - 3/1/24

Storybook Spotlight

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

[The Girl Who Never Made Mistakes](#)

[A Little Spot Of Flexible Thinking](#)

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