










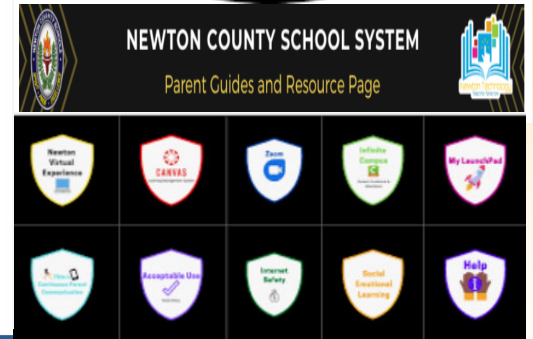


January NEW YEAR'S GOALS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 What's your word or theme of the year?	2 How many books do you want to read this year?	3 What's a new habit you'd like to make?	4 What's an old habit you'd like to break?	5 What were you the most proud of last year?	6 
7 	8 What's the biggest thing you want to do this year?	9 What do you want to do more of this year?	10 What do you want to do less of this year?	11 What risks do you want to take?	12 What's a new thing you'd like to learn this year?	13 
14 	15 What's a new place you'd like to visit?	16 What's something you'd like to change in your school?	17 What's something you'd like to change in your neighborhood?	18 What's one way to have more fun this year?	19 What's one change you can make to take better care of yourself?	20 
21 	22 What do you want to be different about this year?	23 What do you want to be the same about this year?	24 What old traditions would you like to keep this year?	25 What new traditions would you like to make?	26 What's a new food you'd like to try this year?	
28 	29 What do you want to do this summer?	30 What do you want to do by the end of the year?	31 What's one way you can make a positive impact in your school or classroom this year?			 WE ARE TEACHERS



TIPS FOR SUCCESS

- Establish a routine
- Get enough sleep
- Start with a healthy breakfast
- Get organized
- Connect with friends in your child's grade or class

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PTA®**

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**SUPER FUN
THINGS
TO DO
WITH KIDS
TODAY**

Family Guides

Cousins Middle School

Parents and Families,
Don't forget to check out our 2022-2023 Parent
Resource Page to access fun and educational
activities to do with your child.

and educational

JANUARY Activity Calendars and Parents
Make a Difference are ready!

<https://cousinsms.newtoncountyschools.org/home>

Contact Tawanna Griffin-
griffin.tawanna@newton.k12.ga.us