



Piccolo Eagle

Monthly Newsletter: August 2022

Quote of the Month:



“Self-Compassion – In challenging times, treating yourself as you would treat a good friend.” (Neff, 2003)

Picture of the Month:



Spring tree, Picture by student

Fun Family Ideas:

- **Scavenger Hunt: Indoor or Outdoor, look for things, like on walks, find and gather leaves or flowers or count trees or road signs.**
- **Play with bubbles**
- **Balloons - throw balloons around, or across a taped line, back and forth with each other, touch and feel the balloons**

Upcoming Events:

9/1: Back to School Night at 5:30pm

10/26: Spaghetti Dinner, 5:00pm – 8:00pm

<https://www.washoeschools.net/piccolo>



Tip of the Month:

Turn on music that transports you or makes you feel vibrant and alive. If you feel like dancing, rock on!

