



**BRAVE
BOUNDARIES**



News & Updates

January 2026: Winter Activities & Safe Adults

Teacher's Corner

We hope you had a wonderful and restful holiday season! As we step into a brand-new year, we wish you joy, energy, and inspiration in all you do.

Remember to take time for yourself—whether that means setting small self-care goals like pausing for a mindful moment, staying hydrated during the day, or carving out a few minutes for something that makes you smile.

This fresh start is a great opportunity to celebrate the progress your young learners have already made and to set gentle, achievable intentions for the months ahead.

Thank you for the heart, patience, and creativity you bring into your classroom every day. Here's to a happy, healthy New Year and an amazing start with your K-2 learners!



Safety Tips for Students

Know Your Safe Adults

Safe adults are people who make you feel comfortable, listen to you, and help keep you safe—like parents, teachers, counselors, or trusted family members.

If You Feel Worried, Speak Up

If something troubles you at school, at home, or with friends, tell a safe adult right away. They're there to help and protect you.

No Unsafe Secrets

If anyone asks you to keep a secret that feels uncomfortable or confusing, tell a safe adult immediately.

You Can Have More Than One

It's great to have a few trusted adults. If one isn't available, you can always reach out to another for help or comfort.

Remember!
If a student
discloses, **STOP** and
contact DCS
immediately at
800-800-5556

And the winner is...



Drumroll, please! We're excited to announce that our giveaway winner is Tammy Dougan, a 2nd grade teacher at Cedar Hall!

Tammy brings the magic to the classroom every day, and now it's her turn to be celebrated.

Congratulations, Tammy—we hope this prize adds a little extra sparkle to your school year!

Thank you to everyone who participated!



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Story & Activity



Lawson the Safety Parrot's Super-Fast Sled Rules

Lawson the Safety Parrot—bright red feathers, blue wingtips, maximum silliness—LOVES winter. One snowy day, he zoomed over the sledding hill shouting, "Squawk! Safety first!"

"Like what?" Mia asked.

Lawson flapped dramatically. "Rule #1: Dress warm and wear a helmet. Frozen brains are NO fun. Trust me—I tried it once."

"Rule #2: Check the hill! No rocks, no sticks, no surprise snowmen."

"Rule #3: Sit forward and hold on tight. Standing up is for flamingos. You are NOT a flamingo."

"Ready... set... SLEEEEEED!" he squawked.

The kids zoomed down safely while Lawson flapped behind like a goofy feathery snowball. "Safety makes every adventure better!" Lawson cheered—then immediately slid into a snowbank. "I meant to do that. Squawk!"



Safe or Not Safe? - Ice Safety Edition

How it works:

The teacher reads winter scenarios aloud.

Students show their answer with MOVEMENT and call out "Safe!" or "Not Safe!"

Movements:

Safe = March in place like a proud penguin

Not Safe = Freeze like an icicle (arms straight, no wiggling!)

Example Scenarios:

"You see a frozen pond and decide to walk on it without an adult."

Students: Freeze like icicles! — "Not Safe!"

"You see ice on the sidewalk and walk slowly like a penguin to keep from slipping."

Students: Penguin march! — "Safe!"

"You tell a grown-up if you see a friend getting close to ice."

Students: Penguin march! — "Safe!"

"You run across an icy patch on the playground because it looks fun to slide."

Students: Freeze like icicles! — "Not Safe!"

"You tell a teacher if you notice a slippery spot near the school entrance."

Students: Penguin march! — "Safe!"

