

ACCLAIM Academy

Newsletter

Consideración

Consideration

La **consideración** es estar pensando en las personas y en sus sentimientos. Es pensar en cómo nuestras acciones pueden afectar a los demás y preocuparnos por sus sentimientos. Significa poner atención sobre lo que le gusta o no a la gente. Es hacer cosas que pueden causar alegría a los demás y atender tiernamente a la gente que está triste.

Soy una persona considerada. Antes de actuar, pienso cómo mis acciones afectarán a la gente.

Hago cosas bien pensadas que alegrarán a los demás.

Consideration is being thoughtful about other people and their feelings. It is thinking about how our actions affect them. When we practice **consideration** we pay attention to what other people like and don't like, and do things that bring them joy. This is one way they know they are important to us.

Andrea Jaeger

Turning pro at 14, tennis star Andrea Jaeger played her way to a number two world ranking and spot as the youngest semifinalist in US Open history. When a severe shoulder injury led her to retire, she became fully devoted to helping children. Jaeger used all her tennis winnings to establish the Little Star Foundation. Through it, she provides ill, abused, or at-risk children with specialized medical, financial, educational, camp, family and hospice programs. While a teen, Andrea passed a local hospital on her way to a tennis match. Acting with compassion, she bought toys and took them to the kids inside. "I knew then that when I grew up I wanted to help kids in hospitals." Jaeger recalls.



Paseos esta semana

5to Grado & 7mo Grado **miércoles 11/20**

6to Grado & 8vo Grado **jueves 11/21**

Comida para paseos

Padres de familia, por favor, manden con su hijo el día del paseo, un **lonche saludable**, una botella de **agua**, y una **cachucha** para protegerlos de los rayos del sol. Seguido, se pueden encontrar unas comidas saludables que se puede incluir en sus loncheras.

- fruta entera o enlatada con jugo natural
- verduras frescas
- pretzels o chips sin sabor bajos en sal
- 100% jugo o leche puro
- galletas de avena sin betún o barras de fruta natural
- tortas o tortillas con carne o queso bajo en sal, frijol o verdura.

Field Trips This Week

5th Grade & 7th Grade **Wednesday 11/20**

6th Grade & 8th Grade **Thursday 11/21**

Lunches for Field Trips

Parents, please send your child to school with a **healthy lunch**, a bottle of **water**, and a baseball **cap** or other hat to protect them from the sun. Following are some healthful foods that are appropriate for their lunches:

- whole fruit or canned fruit in natural juices
- fresh vegetables
- low salt pretzels or plain tortilla chips
- 100% juice or plain milk
- oatmeal cookies without icing or real fruit bars
- sandwiches or wraps with low salt meats or cheeses, beans or vegetables.

