

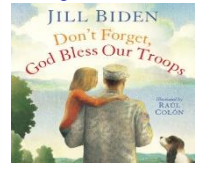


APRIL 2021

MILITARY CHILD MONTH

April is designated as Month of the Military Child – a time to honor the sacrifices made by military families worldwide, with an emphasis on the experience of the military child. It is a time set aside to recognize and acknowledge the challenges these kids overcome and the unique situations in which they live. Some spectacular things about being a **military child** are meeting new people, traveling to different places in the world, starting a new life and journey, getting the ability to go help your parents and go to their promotions.

Why do we Purple Up? We wear purple to show support and solidarity with our military students! Wearing **purple** is a visible way to show support and thank **military** youth for their strength and sacrifices. **Purple** indicates that all branches of the **military** are supported. Air Force blue, Army green, Navy blue, Marine red, and Coast Guard blue all are thought to combine together as a single color, **purple!**



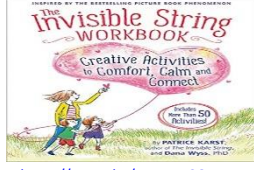
<https://youtu.be/JucO3noSMj0>



<https://youtu.be/IO5vVoMRjd0>



<https://youtu.be/SLZFncfOUQw>



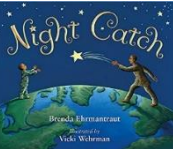
<https://youtu.be/gjNwqtr8QWw>



<https://youtu.be/GcH3voF1Csg>



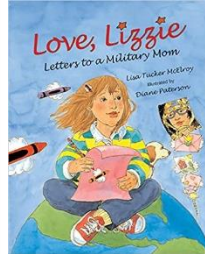
<https://youtu.be/atk03iVVIg>



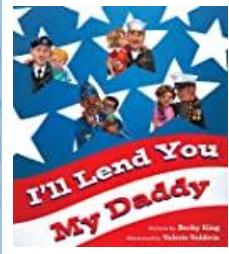
<https://youtu.be/Pz7M3zZbB58>



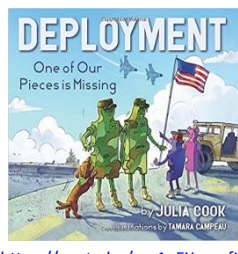
<https://youtu.be/IA-iBGRICE>



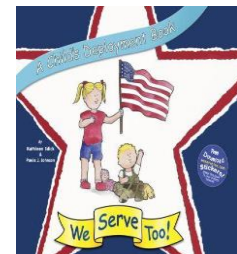
<https://youtu.be/OeXglOPu1g0>



<https://youtu.be/H3YYD7S5XXE>



https://youtu.be/ma1nEX_mafi



https://youtu.be/ij_JdmrRdt8

THE OFFICIAL FLOWER OF THE MILITARY CHILD IS THE DANDELION. WHY?

Dandelions put down roots almost anywhere and it's almost impossible to destroy. It's an unpretentious plant, yet good looking. It's a survivor in a broad range of climates.

Military children bloom everywhere the winds carry them. They are hardy and upright. Their roots are strong, cultivated deeply in the culture of the Armed forces... planted swiftly and surely. They're ready to fly in the breezes that take them to new adventures, new lands, and new friends.

Military children are well-rounded, culturally aware, tolerant, and extremely resilient. They have learned from an early age that home is where their hearts are, that a good friend can be found in every corner of the world.

They learn that to survive means to adapt, that the door that closes one chapter of their life opens up to a new and exciting adventure full of new friends and new experiences.

April 15th for Military Kids" is a day for Department of Defense Education Activity communities to wear purple to show support and thank military children for their strength and sacrifices. Purple Up! Day will be celebrated on **Thursday, April 15, 2021**.

World Autism Awareness Day (WAAD), on April 2nd each year shines a bright light on a growing global health crisis

April 22nd, National Earth Day campaigns around the globe promote ways to save the Earth.

Each year on the fourth Thursday in April, National Take Our Daughters and Sons to Work Day encourages parents to take their children to work

A LITTLE SPOT OF ANXIETY

A Little Spot of Anxiety read aloud for children is a story about calming your worries. <https://youtu.be/9c1SEuzriLI>
https://youtu.be/j1_sXDbEKPs

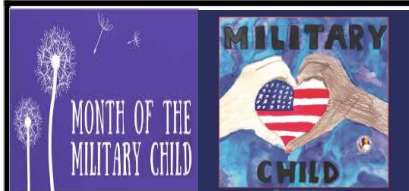
Test Anxiety - Ways how anxiety represents and tips to help dealing with it-
https://www.youtube.com/watch?v=sDYx9qM_ygg

10 Breathing Practices for Kids:
<https://kiddingaroundyoga.com/blog/kids-breathing-pranayam-teach>

Brainpop-Mindfulness - Annie and Moby- Annie explains to Moby what is mindfulness and how to practice it <https://youtu.be/vQ8aMTidvx8>

Brainpop-Mindfulness Activity with Tim and Moby - Time helps Moby do some mindfulness exercises to help him relax (consider having your students follow along) <https://youtu.be/OZpZOD6h6kU>

5 Tips for Coping with Test Anxiety (for kids!)
 Today, we will be talking all about Test Anxiety. You'll learn what test anxiety is, how it affects you, and also FIVE helpful ways of coping!
https://youtu.be/sDYx9qM_ygg



Every Wednesday throughout the month of April staff and students will Purple Up in honor and recognition of RBB military children! Thank YOU RBB students for sharing your military parents and for the many positive attributes you contribute to this learning community!



MCEC supports all military-connected children by educating, advocating, and collaborating to resolve education challenges associated with the military lifestyle. <https://www.militarychild.org>

IS

STAAR
 State of Texas Assessments of Academic Readiness

Ms. A. Ramos, RBB Counselor 830-778-4114

STAAR testing creating stress? You are not alone! Testing anxiety is very real. Ms. Ramos will be talking to students about how to deal with test anxiety with our STAAR tester.

Your school counselor is here to help you deal with any additional stress or anxiety that be may be triggered with the transitions that come with end of the school year or new beginnings. Ask to speak to your school counselor to help you!