



Greetings from

TITLE I

[www.mrsd.org/title1](http://www.mrsd.org/title1)



Classes held in person

633 Old Homestead Highway, Swanzey

Wednesday evenings

5:30-7:00

WINTER CLASS

2/28 For parents of 0-1 year olds

SPRING CLASSES

3/13 For parents of 3-4 year olds

3/27 For parents of 2-3 year olds

4/10 For parents of 1-2 year olds

5/1 For parents of 0-1 year olds

5/15 For parents of 4-5 year olds

To register online for these free classes, please scan this QR code:



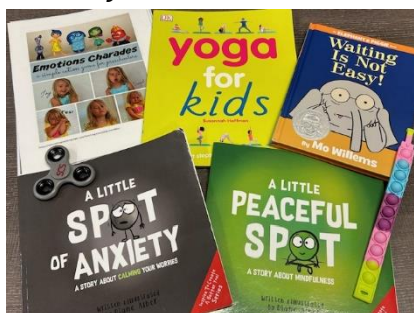
For more information, please call **357-2042** or email:

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## Title I Learning Kits

Try them at home!



Here are the contents of our "Relax" kit, just one of many topics of kits that you can borrow directly from our Parent Center or from your primary school libraries. Here is a link where you can see a list of all our kits: <https://www.mrsd.org/Page/224>



As promised in the previous newsletter, here is another grounding technique to practice in order to help prevent anxiety and bring you back to a place of focus and calm.

## FINGER BREATHING

Starting from the base of one thumb, using the index finger from your other hand, slowly trace up your thumb for about 5 counts while inhaling, and slowly down the other side of your thumb for about 5 counts while exhaling. Continue up and down each finger in this manner. Then, you can start backwards from the pinky towards the thumb. Repeat 1-3 times.

