

January 2026

Principal
Magdelyn Noboa-Roach

Assistant Principals
Laura Pagoada India Scott

Parent Engagement Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	JANUARY IS MENTAL WELLNESS MONTH			1 NO SCHOOL	2 NO SCHOOL	3
4	5 BACK TO SCHOOL	6	7	8	9	10
	 DPAC Meeting 7pm	DLT 2:30pm-4:30pm	Wellness Wednesdays 8:30AM in Room 204 Self-Regulation Meditation Phonics Parent Workshop 2:30pm in the Auditorium		Kindergarten 011 NYC KIDS RISE Save for College Program Registration Drive 1:20 PM in room 204	
11	12	13	14	15	16	17
What is Mental Wellness? Mental wellness is an internal resource that helps us think, feel, connect, and function. It is an active process that helps us to build resilience, grow, and flourish. Mental wellness is a resource because it is dynamic, renewable, and positive. Mental wellness is not only "mental" but has several dimensions: THINKING: Mental Dimension FEELING: Emotional Dimension CONNECTING: Social Dimension FUNCTIONING: Psychological Dimension	Mindful Mondays 8:30AM in Room 204 Mandalas Safety Meeting 9 am SOARing Assemblies	D8 Parent Workshop: Balancing the Joys & Stresses of Caregivers 6pm Register Here	PC PD 9am-12pm D8 Special Education Parent Series 1pm Register Here CEC Meeting 6pm MS 101, 2750 Lafayette Avenue Zoom Link	 GET INVOLVED MEETING 8:30 AM SLT 2:30 PM in room 202		One Blood Donation CAN SAVE 3 LIVES 29,000 units of red blood cells are needed daily - Nearly 5,000 units of platelets are needed daily - Nearly 6,500 units of plasma are needed daily
18	19 NO SCHOOL	20	21	22	23	24
Pathways to Mental Wellness MENTAL/INTERNAL: Self & Values, Health & Wellness, Mindset, Resilience, Empowering, Growth & Movement, Mindful, Rest & Relaxation, Support, Learning & Growth, Connection & Community PHYSICAL/EXTERNAL: Activity & Exercise, School Success, Safety & Well-being, Growth & Movement, Rest & Relaxation, Mindful, Support, Learning & Growth, Connection & Community	 Presidents' Council 6pm Meeting ID: 8992912120 passcode:888888	 2:30 PM in Room 204	Wellness Wednesdays 8:30AM in Room 204 Self-Regulation Breathing	Family Fitness Fun Night 2:30pm rm 204	Kindergarten 012 NYC KIDS RISE Save for College Program Registration Drive 1:20 PM in room 204	1 PINT OF BLOOD RED CELLS PLATELETS PLASMA OR CRYO-PRECIPITATE
25	26	27	28	29	30	31
Mental Illness/Health vs. Mental Wellness/Well-being Pathogenic: Clinical Care, Stigma, Isolating, Scientific & Objective Salutogenic: Self Care, Empowering, Shared Humanity, Personal & Subjective Not a simple continuum from mental illness to wellness Mental illness and wellness can co-exist Mental wellness can mitigate mental distress	Mindful Mondays 8:30AM in Room 204 Zendoodles Chew & Chat Asian Cooking Workshop 12pm-2pm rm 204		Winter Wonderland Dance Grades 1&2 3:30-5:30pm in the Annex	Winter Wonderland Dance Grades 3-4 3:30-5:30pm in the Annex	Kindergarten 012 NYC KIDS RISE Save for College Program Registration Drive 1:20 PM in room 204	National Blood Donor Month Give blood! American Red Cross

For more information contact
your Parent Coordinator, Abena Roman at
ARoman23@schools.nyc.gov



Please see the District 8
Parent Engagement
Calendar for more
Workshops and Events

Follow us on:
Class Dojo
Instagram: PS69journeyprep



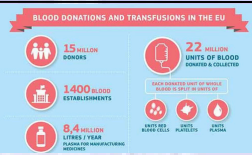
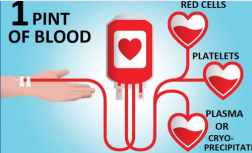
Enero 2026

Principal Magdelyn Noboa-Roach

Subdirectores Laura Pagoada
India Scott

Calendario de participación de los padres



Domingo	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
 JANUARY IS MENTAL WELLNESS MONTH				1 NO HAY ESCUELA <i>Feliz año nuevo</i> 2026	2 NO HAY ESCUELA	3 
	4 	5 REGRESO A LA ESCUELA  <u>Reunión del DPAC 7 p.m.</u>	6 <u>DLT 14:30-16:30</u>	7 <i>Miércoles de bienestar</i> 8:30 AM en la habitación 204 <i>Meditación de autorregulación</i>  14:30 horas en el Auditorio	8	9 <i>Jardín de infancia 011</i> NYC KIDS RISE™ Save for College Program <i>Campaña de inscripción</i> 13:20 en la habitación 204
11 What is Mental Wellness? Mental wellness is an internal resource that helps us think, feel, connect, and function. It is an active process that helps us to build resilience, grow, and flourish. Mental wellness is a resource because it is dynamic, malleable, and positive. Mental wellness is not only "mental" but has several dimensions:  THINKING Mental Dimension  CONNECTING Social Dimension  FEELING Affective Dimension  FUNCTIONING Psychological Dimension	12 <i>Lunes conscientes</i> 8:30 AM en la habitación 204 <i>Mandalas</i> Reunión de seguridad 9 am Conjuntos SOARing	13 <u>Taller para padres del DB: Cómo equilibrar las alegrías y el estrés de los cuidadores 6:00 p.m. Regístrese aquí</u>	14 PC PD de 9 a. m. a 12 p. m. <u>Serie para padres de educación especial DB 1pm Regístrese aquí</u> <u>Reunión del CEC 6pm MS 101, 2750 Lafayette Avenue Enlace de Zoom</u>	15  REUNIÓN 8:30 AM  14:30 en la habitación 202	16	17 One Blood Donation  CAN SAVE 3 LIVES • 29,000 units of red blood cells are needed daily • Nearly 5,000 units of platelets are needed daily • Nearly 6,500 units of plasma are needed daily
18 Pathways to Mental Wellness MENTAL/INTERNAL  Life Experiences Learning & Identity  Belonging Feeling safe, connected, and supported  Meaning Purpose, goals, and values  Autonomy, Control & Choice PHYSICAL/EXTERNAL  Activity & Exercise  Social Interaction Quality & Nature of Relationships  Care & Support Physical, emotional, and social support  Connection & Healing Mental health and well-being	19  <u>Reunión del Consejo de Presidentes a las 18:00 h. ID: 8992912120. Código de acceso: 888888</u>	20  14:30 en la sala 204	21 <i>Miércoles de bienestar</i> 8:30 AM en la habitación 204 <i>Respiración autorregulada</i>	22 Noche de diversión y fitness familiar  2:30 pm sala 204	23 <i>Jardín de infancia 012</i> NYC KIDS RISE™ Save for College Program <i>Campaña de inscripción</i> 13:20 en la habitación 204	24 
25 Mental Illness/Health vs. Mental Wellness/Well-being Pathogenic Clinical Care Stigma Scientific & Objective Salutogenic Self Care Empowering Shared Humanity Personal & Subjective Not a simple continuum from mental illness to wellness Mental illness and wellness can co-exist Mental wellness can mitigate mental illness	26 <i>Lunes conscientes</i> 8:30 AM en la habitación 204 <i>Zendoodles</i> <i>Masticar y charlar</i> Taller de cocina asiática 12:00 p. m. a 2:00 p. m., sala 204	27	28 Danza del País de las Maravillas Invernal Grados 1 y 2 3:30-5:30pm en el Anexo	29 Danza del País de las Maravillas Invernal Grados 3-4 3:30-5:30pm en el Anexo	30 <i>Jardín de infancia 012</i> NYC KIDS RISE™ Save for College Program <i>Campaña de inscripción</i> 13:20 en la habitación 204	31 National Blood Donor Month <i>Give blood!</i> 