

**Barack Obama  
Elementary School's  
January Students of the  
Month that displayed the  
I.B. Profile  
Trait, "Balanced"**



**Balanced**

I balance different parts of my life (mind, body, and emotions). I am interested and involved in many different things. I understand that taking care of myself is important.





# 1<sup>st</sup> GRADE





## Balanced

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# January Student of the Month

Jayden Martinez

Teacher: Mrs. Capdevila Grade: 1

## Balanced means

Playing tag and working in school.

## I show that I am balanced when I

play with my brother and do my homework.

## Goal: I want to focus on being more balanced

by learning more on my tablet.



**Jayden  
Martinez**

**Mrs.  
Capdevila**

**Grade 1**



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# January Student of the Month

Aiden Sorto  
Mrs. Koisner and Guido  
Teacher: Grade:

Balanced means when I participate in class and soccer.

I show that I am balanced when I make good choices.

Goal: I want to focus on being more balanced by practicing and learning skills in basketball.



**Aiden Sorto**

**Mrs. Guido  
&  
Ms. Kosiner**

**Grade 1**



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# January Student of the Month

Alexa Castro

Teacher: Ms. Quinones

Grade: 1

Balanced means I can play and work hard.

I show that I am balanced when I have fun but also finish all of my work.

Goal: I want to focus on being more balanced by getting exercise, playing with my sister more and getting a good night's sleep.



Alexa  
Castro

Ms.  
Quinones

Grade 1



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# January Student of the Month

**Chanelis Moya**

Teacher: Ms. Jovel Grade: 1st

Balanced means to make time for work and make time to play.

I show that I am balanced when I help others and help myself too.

Goal: I want to focus on being more balanced is to help my mom at home.



**Chanelis  
Moya**

**Ms. Jovel**

**Grade 1**



# 2<sup>nd</sup> GRADE





**Yunior  
Manzanares**

**Ms.  
Palacios**

**Grade 2**

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## January Student of the Month

Yunior Manzanares

Teacher: Ms. Palacios Grade: 2

Balanced means is when you play  
and work hard.

I show that I am balanced when I go to  
school and work I play with my  
big brother

Goal: I want to focus on being more  
balanced by exercising more and  
eating healthy.





**Kaiden  
Roberts**

**Ms.  
Edwards**

**Grade 2**

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# January Student of the Month

**Kaiden Roberts**

Teacher: Edwards Grade: 2nd

Balanced means to take care of our mind and body.

I show that I am balanced when I eat healthy so that I can stay strong. I eat oranges and bananas.

Goal: I want to focus on being more balanced by exercising.





**Derek  
Alvarado**

**Ms.  
Winkler**

**Grade 2**

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## January Student of the Month

**Derek Alvarado**

Teachers: Ms. Winkler Grade: 2

Balanced means I am mindful of my body. I keep myself healthy and calm.

I show that I am balanced when I follow the school rules and stay focused on my work. I take care of my mind and body. I stay calm.

Goal: I want to focus on being more balanced by finishing my work and trying something new.





# Samantha Gonzales

## Ms. Shagi & Ms. Acosta

### Grade 2

#### Balanced

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## January Student of the Month

### Samantha Gonzales

Teachers: Ms. Shagi & Ms. Acosta Grade: 2

Balanced means doing my work that is needed and finding the time to play. It also means to be involved.

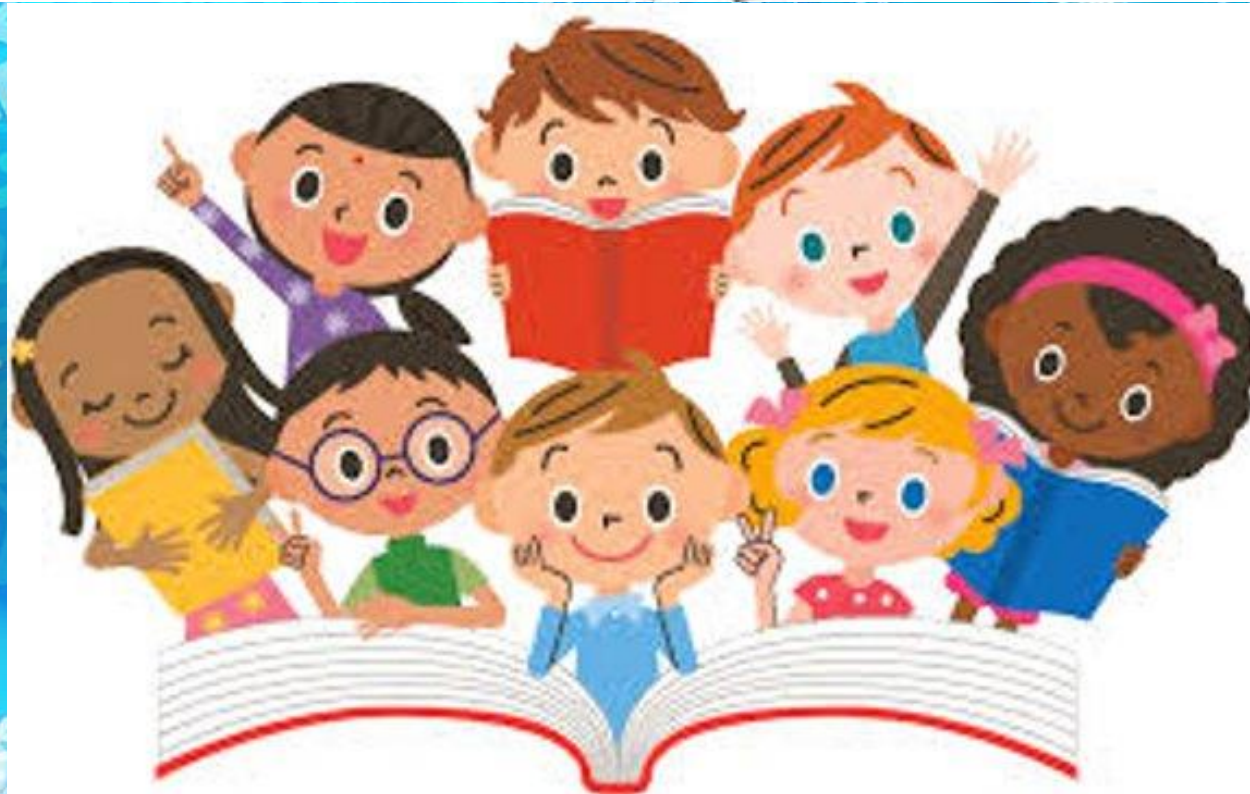
I show that I am balanced when I complete my homework right away and then find time to play.

Goal: I want to focus on being more balanced by doing more math work and less playing.





# 3<sup>rd</sup> GRADE





## Balanced

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# January Student of the Month

Lester Cortez

Teacher: Mrs. Perez

Grade: 3

My name is Lester Cortez. I am a 3rd grade student in Mrs. Perez's class. This month's student of the month character trait is balanced. I think that I am balanced because I speak two languages and can communicate in both English and Spanish. I am balanced because I can have fun and make sure I complete my work in school. I am responsible enough to know right from wrong. One future goal I have myself is to be a doctor.



**Lester  
Cortez**

**Mrs. Perez**

**Grade 3**



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# January Student of the Month

Lucas Manzanares

Teacher: Ms. Lopez

Grade: 3

I am balanced because I develop a healthy mind and I am in good friend relationships. I am nice to my friends and have a good attitude in class and at school. I also exercise to keep my body health.



**Lucas  
Manzanares**

**Ms. Lopez**

**Grade 3**



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# January Student of the Month

Carolyn AQuintanilla

Teachers: Mr. Mulvihill / Mrs. Hauser

Grade : 3

My name is Carolyn. I am a student in Mr. Mulvihill and Mrs. Hauser's class. I was chosen to be the student of the month because I am balanced. In school, I do all of my work and try my best. I go on Book Nook and I go on I Ready. I complete my classwork. With all of my hard work I still find time to play with my friends at recess. At home after I read, do my homework, or go on I Ready I play with my dolls and clean up my room after I play. All of this makes me balanced.



**Carolyn  
AQuintanilla**

**Mrs. Hauser  
&  
Mr. Mulvihill**

**Grade 3**



# 4<sup>th</sup> GRADE





# Jeremiah Varela

## Ms. Verene

### Grade: 4

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## January Student of the Month

Jeremiah Varela

Teacher: Ms. Verene

Grade : 4th

I was chosen to be the student of the month because I am balanced. I listen to my teacher Ms. Verene. I also listen to my teacher assistants Mr. Stewart and Mrs. Abrahams and I listen to Ms. Christelle who is also an assistant in my class. I am also well balanced because I listen to all of my therapist. I follow directions when I am in speech, occupational and physical therapy. I know all of my schedules to make sure I am always on time. I like to learn at school and on Zoom when my class is remote. That is why I am well balanced.





**Isabella  
Mejia**

**Mr. Cole**

**Grade: 4**

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## January Student of the Month

**Isabella Mejia**

Teacher: Mr. Cole

Grade: 4

Hello, my name is Isabella Mejia. I am a student in Mr. Cole's 4th grade class. We learned that balanced is January's Learner Profile Attribute. To be balanced you should make sure to include many things in your everyday life. Eating healthy, being organized, exercising, doing your schoolwork and most importantly getting enough rest.

When I am balanced, I feel really good. I feel like I am able to get things done and that makes me happy. Because I am organized my mind doesn't get cloudy. My mind stays clear, and I stay focused. When I am focused, I can do more things and then I don't get bored.

What does being balanced in school look like? Being balanced in school means that I come to school on time with all my supplies. It also means that I have my homework and projects ready to be handed in. I am ready to learn new things and ask questions.

What does being balanced at home look like? Being balanced at home means that I do my homework and still have time to play with my siblings. It also means that I help my mom make a healthy meal for the family. When dinner is over, I also help with the cleanup. Before I get ready for bed, I am allowed one hour of screen time. I usually play Roblox. When the hour is up, I jump in bed and try to go to sleep as fast as I can. The more sleep I get the better I will feel in the morning!

Being balanced is not always easy. Sometimes I can't do everything or finish everything because something changes in my life. When that happens, I feel a little sad, but I know I always have another day to try again.





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# January Student of the Month

Gilson Villatoro

Teacher: Mrs. Hale

Grade: 3

My name is Gilson Villatoro. I'm a third grade student of Mrs. Hale's class. This month student of the month my trait is Balance. I'm Balanced Because I balanced my mind in school to do well. I also am interested in playing soccer. I'm Balanced Because I balance my movements and body. My one future goal I have myself is be better at reading and soccer. I balance my mind and soul my movements. I look in my mind and balance my mind and head. I balance my head and brain in class and school. I'm also involved in many things. I like soccer and sports to play.



**Gilson Villatoro**

**Mrs. Hale**

**Grade 3**



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# January Student of the Month

Cristy Hernandez

Teacher: Mrs. Johnson

Grade : 4

My name is Cristy Hernandez. I am a 4th Grade student in Mrs. Johnson's class. I am so delighted that Mrs. Johnson chose me to be the student of the month.

Every day, I try very hard to be balanced. This means that I take good care of my mind and body at the same time. I do not overwork myself or become frustrated even when I am doing more than one task at a time. For example, in school, I am balanced by knowing my multiplication facts that help me solve multiplication and division problems. I sometimes stop completing my classwork to help a classmate who I see is having difficulty understanding what to do. I am always ready to learn something new from my teachers and also on my own. I make sure I have my homework done and come every day with the school supplies I need to get my work done so that I can be successful.

In addition, I can say that I am balanced at home. I complete my homework and help my mom with chores. I take care of my body and mind at home by relaxing while reading a book.

When I do that, I know that I will be a healthy and balanced child and student.



**Cristy  
Hernandez**

**Mrs.  
Johnson**

**Grade 4**



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# January Student of the Month

Teacher: Mrs. Gallagher

Grade: 4

My name is Lens Cifuentes and I am in Mrs. Gallagher's 4th grade Bilingual class. I am the student of the month because I am balanced. I am balanced because I try new things in school. I am learning Percussions. I take care of myself by doing what I need to do before Gym so I can stay healthy and safe.



**Lens Cifuentes**

**Mrs. Gallagher**

**Grade 4**



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# January Student of the Month

Jeily Gonzalez

Teachers: Ms. Strachan/Mrs. Whitney

Grade : 4

Hello, my name is Jeily Gonzalez. I am a student in Ms. Strachan and Mrs. Whitney's fourth grade class. This month the Student of the Month learner profile is Balanced. To me, being balanced means that you are able to be in many different activities, spend time with your friends and family, but can still be organized, and get all the important things done.

I am balanced because I do all my work in the classroom, I complete all my homework, I participate in band, and I make sure I spend time with my friends and family. I am happy that my teachers chose me to be the Student of the Month because I work hard everyday.



**Jeily  
Gonzalez**

**Mrs.  
Strachan  
&  
Ms. Whitney**

**Grade: 4**



# 5th Grade





# Justin Garcia

## Mrs. Donnangelo Grade 5

### Balanced

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## January Student of the Month

Justin Garcia

Teachers: Mrs. Donnangelo

Grade : 5

I can balance three aspects of my life to develop my well-being. I understand that my development includes my mind and body. Such as the physical, emotional, and intellectual parts of me. When I balance all those parts, then I will be balanced.

To stay physical, I will have to exercise at least four times a week. I can run, do sit-ups, and stretch. Going to the park to run around and do at least two laps is another way to stay in shape. I can also start a diet to eat healthy foods.

To balance the emotional part of me, I should try to let people understand my feelings and always be happy and positive. To stay emotional, I need to socialize and stay attached and connected with people.

I am very curious and like to research things. Learning is important. It helps me develop the intellectual part of me. Another way to stay intellectually balanced is to think before I act and respond to challenges.

I can help someone to be balanced. For example, I can go to the gym with a friend to encourage him to stay in shape. When I get older, I can be their trainer. To help someone to learn how to think in a smart way, I can study at school or at home. To help someone stay emotional I can be someone like their therapist. I can listen and help them come up with ways to deal with problems. I can talk seriously with them.

This is a variety of ways we can balance our well-being!





**Daylin  
Benitez**

**Mrs. Muhammad  
&  
Ms. Vogelfang**

**Grade 5**

### Balanced

I balance different parts of my life (mind, body, and emotions). I am interested and involved in many different things. I understand that taking care of myself is important.



## January Student of the Month

Daylin Benitez

Teachers: Mrs. Muhammad & Ms. Vogelfang

Grade : 5

Hello! My name is Daylin Benitez. I am a student in Mrs. Muhammad and Ms. Vogelfang's 5th grade class. I was chosen student of the month for the IB trait balanced.

Balanced is when you can control different parts of your body like your emotions, physical health, and your thinking. To control some of these parts of your body you can go running, tell someone how you feel, doing your homework.

I am balanced because I always tell someone that I trust about my feelings, I always do my homework when I get home and I always have a side of fruits and veggies when I am eating. I always have time for homework because I know that it will help me with my thinking. I always have a side of vegetables and fruits because I know that this will help my physical health. These are some ways I am Balanced.

When I get older I want to stay balanced. How you ask. Well, I can always have a side of fruit and vegetables and I can start going to the Gym and this will help my physical health. For my intellectual health I can all ways read books and do my work I have to do for my job, and for my emotional health, I can always tell my parents or people I trust.

Being balanced is not easy. Sometimes it is tough to be balanced. I sometimes do things wrong or get a question wrong, but this does not stop me from being balanced. Are you balanced? How are you balanced?





**Teacher:**

**Mr.  
Jacobs**

# PHYSICAL EDUCATION





# **Physical Education Students of the Month**

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**1st Grade: Kimberly Ortega**

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**2nd Grade: Rosibel Fuentes**

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**3rd Grade: Dereck Lopez**

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**4th Grade: Jacob Sanchez**

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**5th Grade: Joel Aparicio**



**Teacher:**

**Mrs.  
Chester**





•**Grade 1- Frank Orozco**

(Ms. Quinones)

•**Grade 2 – Jonathan Ulloa**

•(Mrs. Winkler)

•**Grade 3- Ashley Benitez**

(Mrs. Lopez)

•**Grade 4- Axel Hernandez**

(Mrs. Strachan & Ms. Whitney)

**Grade 5- Carla**  
**Aguilar**(Mrs. Donnangelo)







**Teacher:**

**Mr. Taylor**





# **Music Students of the Month**

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**1st – Addison Diaz**

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**2nd – Maximiliano Grajales**

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**3rd – Elsy Avelar**

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**4th – Matthew Yanes**

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**5th – Valerie Jaramillo**





**Foreign  
Language at  
the  
Elementary  
School  
(FLES)**

**Teacher:**

**Ms.  
Moran**



• **Grade 1- Antony Iscoa**  
(Ms. Quinones)

• **Grade 2 – Alexandra Aguilar Mancía**  
(Ms. Edwards)

• **Grade 3- Melissa Alvarado Cruz**  
(Mrs. Perez)

• **Grade 4- Juakeem Humphrey**  
(Mrs. Johnson)

• **Grade 5- Keylee Gonzalez Barrientos**  
(Mrs. Muhammad & Ms. Vogelfang)

**¡Qué guay!**

How cool! (¡Keh gwahy!)

Jan.

**¡Magnífico!**

Magnificent! (¡Mahg-nee-fee-koh!)

Jan.

**¡Bien hecho!**

Well done! (¡Bee-en eh-choh!)

Jan.





**Teacher:**  
**Mrs. Randazzo**



**Christopher Lopez**  
**First Grade- Mrs. Jovel**

**Balanced**

**Communicator**

**Inquirer**

**Risktaker**



**Ms. Randazzo's**  
**Students of the**  
**Month**  
**Media/Computers**



Balanced

Yarleny  
Cifuentes

January



2nd GRADE

Ms. Randazzo's  
Students of the  
Month

Media/Computers

Caring

(Ms. Edwards)

Inquirer

Risktaker





3rd Grade

January

Dereck Lopez Rivera

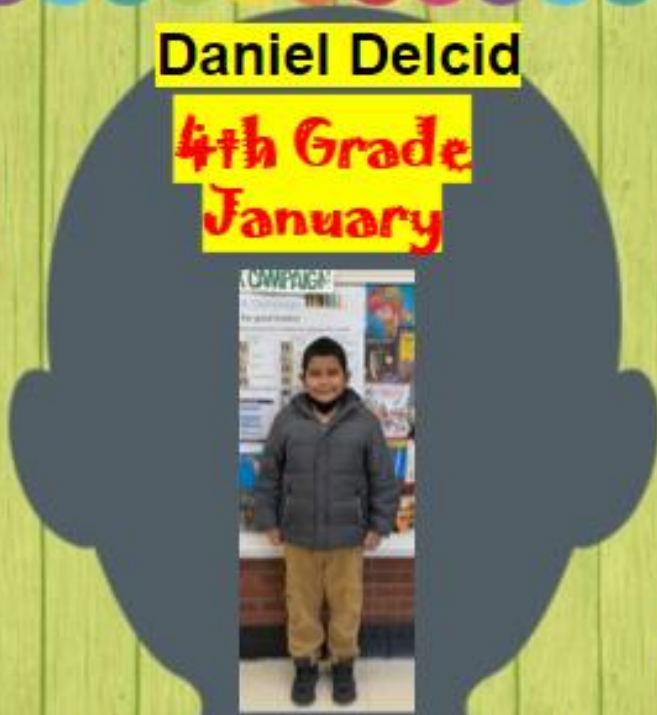


Ms. Randazzo's  
Student of the  
Month

Media/Computers

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**Daniel Delcid**

**4th Grade  
January**



**Ms. Randazzo's  
Student of the  
Month  
Media/Computers**

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**Balanced**

**Inquirer**



**Ilce Cruz**

**5th Grade  
January**

**Communicator**

**Thinker**

**Ms. Randazzo's  
Student of the  
Month  
Media/Computers**

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