



HAUPPAUGE PUBLIC SCHOOLS

Forest Brook Elementary

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MICHAEL CAULIN

Principal



January 2024

Dear Forest Brook Student, Staff and Families,

I am excited to announce that our Book of the Month for January 2024 is... "Big Feelings" by Alexandra Penfold! This delightful and heartwarming picture book is a perfect addition to our school's reading collection, aimed at helping our young readers navigate the complex world of emotions.

"Big Feelings" takes us on a journey with a diverse group of children as they experience a range of emotions, from joy and excitement to frustration and sadness. Alexandra Penfold skillfully weaves a narrative that not only captures the essence of each emotion but also encourages empathy and understanding among our young readers.

The vibrant illustrations by Suzanne Kaufman bring the characters and their feelings to life, creating a visually engaging experience for children of all ages. The book provides a wonderful opportunity for parents, teachers, and students to open up conversations about emotions, fostering a supportive and inclusive environment within our school community. As we delve into the pages of "Big Feelings," we invite our students to explore and express their own emotions. The book serves as a valuable resource for building emotional intelligence and resilience, helping children develop the skills they need to navigate the ups and downs of daily life.

We hope you enjoy this heartwarming and insightful journey through "Big Feelings" and that it sparks meaningful conversations about emotions, empathy, and the importance of understanding one another. Let's make this Book of the Month a memorable and enriching experience for our entire school community!

Happy reading and Happy New Year!

Michael Caulin
Principal