

FOLDER BACK OPTIONS

UPCHARGE
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Conversions & Measurement

Unit Conversions

English to Metric

Area	English Unit	Metric Unit
square foot	0.093 square meters	
square mile	2.6 square kilometers	
square inch	6.45 square centimeters	
square yard	0.84 square meters	
acre	0.405 hectares	
hectare	2.47 acres	
hectare	2.47 acres	
hectare	2.47 acres	
hectare	2.47 acres	

Metric to English

Area	Metric Unit	English Unit
square centimeter	0.155 square inches	
square meter	1.55 square feet	
square kilometer	0.386 square miles	
square centimeter	0.39 square inches	
square meter	1.1 square yards	
square kilometer	0.386 square miles	

Character

Caring Caring and concern for others are at the root of the Golden Rule — "Treat others as you want them to treat you."

Honesty Be honest with yourself and with others in every interaction. Honesty and integrity are the core values that make respect, courage, and trustworthiness possible.

Actions Your actions — not your intentions or words — are what define your character. Often, these become acts of courage, such as taking a stand against injustice, prejudice, cruelty, and inhumane behaviors.

Responsibility Your sense of responsibility is what compels you to do the right thing, follow through on your promises, and be accountable for your actions. Personal rights are only possible when accompanied by responsibility.

Acceptance Character demands that we accept others' differences and appreciate how diversity strengthens our society.

Citizenship People of strong moral character don't sit on the sidelines. Contribute your fair share — participate fully as a concerned student, volunteer, and voter.

Trustworthiness Trust can't be granted; it can only be earned. Deliver on your promises. Act honestly at every turn.

Empathy When you empathize with others, you go beyond kindness and caring; you truly begin to see the world from someone else's perspective.

Respect Respect for yourself and for others is an integral component of character. Without respect, caring and empathy are empty expressions. Respect is what enables us to accept and appreciate others' differences.

Anti-Bullying & Internet Safety

Anti-Bullying
Bullying is a form of abuse. Have you ever been teased or bullied by a bully? You're not alone. Many students are bullied every year. Bullying hurts everyone, even the bullies! Bullies can have a hard time finishing school, and some even spend time in jail later in life.

Internet Safety
The Internet is a real life place with real life dangers. Be smart and use steps to keep yourself safe online.

Be Smart! Everything you post online stays online forever! It can be copied, saved, and distributed by anyone. Think before you post images or words you might regret!

Be Respectful! When online, people sometimes forget they are communicating with other people and not with their computer screen. They might say or do things online they would never say or do in person. These people are called cyberbullies. Don't use or do anything that you wouldn't say or do to someone face to face. Be kind, courteous, and respectful to others.

Be Secure! The online world is not a game. It is real life. Be smart and use steps to keep yourself safe online.

Healthy Living

Guide to Daily Food Choices

Eating right and getting plenty of exercise at this age will help you form healthy, lifelong eating habits.

GRAINS	VEGETABLES	FRUITS	DAIRY	PROTEIN
1/2 cup whole-grain cereal, 1 slice whole-grain bread, 1/2 cup pasta, 1 slice whole-grain toast, 1/2 cup rice, 1 slice whole-grain bread, 1/2 cup pasta, 1 slice whole-grain toast, 1/2 cup rice.	1/2 cup cooked beans, 1/2 cup cooked lentils, 1/2 cup cooked chickpeas, 1/2 cup cooked kidney beans, 1/2 cup cooked black beans, 1/2 cup cooked garbanzo beans.	1/2 cup fresh fruit, 1/2 cup dried fruit, 1/2 cup fresh fruit, 1/2 cup dried fruit.	1/2 cup milk, 1/2 cup yogurt, 1/2 cup cheese, 1/2 cup milk, 1/2 cup yogurt, 1/2 cup cheese.	1/2 cup meat, 1/2 cup eggs, 1/2 cup nuts, 1/2 cup seeds, 1/2 cup meat, 1/2 cup eggs, 1/2 cup nuts, 1/2 cup seeds.

Get plenty of exercise Only exercise is as important as diet in being healthy.

Limit fats, oils, and sweets Cookies, candy, and donuts are fun to eat, but they are not good for you.

Bullying

What is Bullying? It is an intentional act meant to hurt another person emotionally or physically, and it's not OK.

Types of Bullying
Physical Bullying: hitting, kicking, pinching, pulling hair, or damaging someone else's things or examples of bullying. Being someone's personal messenger (OC, mem, etc.) is not OK.
Verbal Bullying: teasing, name-calling, spreading rumors, making mean jokes, threats, or other verbal attacks. Making someone feel bad or afraid. The old adage, "sticks and stones may break my bones but words will never hurt me." is not true. Verbal attacks can be just as harmful as physical ones. If you're worried about someone saying something to you, don't let it be true to you.
Social Bullying: Examples of social bullying include excluding someone from a group, spreading rumors, or making someone feel bad or afraid. If you're worried about someone saying something to you, don't let it be true to you.
Cyberbullying: Using the Internet or electronic devices to harass, threaten, or embarrass another person. Sending mean or insulting text messages or emails or the examples in one online chat room or social media site.

DO YOU BULLY?

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Bullying

FACT AND FICTION: Substances and your body

Home is where the heart is. Your body is your home. It home you can't move out of, trade, or replace. Unlike a home made of lumber and nails, what you do in your home can't be repaired. It stays with you forever. The consumption of alcohol, tobacco, and other drugs makes your home your enemy. They can begin to break, burn down, and fall into dangerous, surprising quickly. Since substances can make a person feel good for a little, they can make a user forget the damage they are doing to the careful and smart body with which they are gifted.

Alcohol Alcohol is a legal intoxicant that is arguably the most dangerous drug on the planet. Each year, more people are injured or die from alcohol-related incidents or diseases than from any other drug.

Illegal Drugs... ...are dangerous to you and those around you. Illegal drugs can cause serious damage to your brain, heart, and lungs, and they can lead to addiction. They can also lead to death. If you are using illegal drugs, you are putting your life and the lives of others in danger. If you are using illegal drugs, you are putting your life and the lives of others in danger. If you are using illegal drugs, you are putting your life and the lives of others in danger.

Smoking ...can bring on chronic and serious, even life-threatening, lung disease and can cause weight gain and increase the risk of diabetes, even if taken in moderation.

Tobacco ...can lead you to be addicted to the food and lack of sunlight has to be bad for your body. But it's not a game. It's a real life danger. It's a real life danger. It's a real life danger.

"Addiction" Defined: ...is a condition in which a person has a compulsive need to use a substance, even if it causes harm to themselves or others.

2025 Annual Calendar

January	SMTWTFSS	1 2 3 4	5 6 7 8 9 10 11	12 13 14 15 16 17 18 19	20 21 22 23 24 25 26 27 28 29 30 31
February	SMTWTFSS	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28			
March	SMTWTFSS	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31			
April	SMTWTFSS	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30			
May	SMTWTFSS	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31			
June	SMTWTFSS	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30			
July	SMTWTFSS	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31			
August	SMTWTFSS	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31			
September	SMTWTFSS	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30			
October	SMTWTFSS	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31			
November	SMTWTFSS	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30			
December	SMTWTFSS	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31			

2024 Academic Calendar

July	SMTWTFSS	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
August	SMTWTFSS	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
September	SMTWTFSS	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
October	SMTWTFSS	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
November	SMTWTFSS	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
December	SMTWTFSS	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
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June	SMTWTFSS	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
July	SMTWTFSS	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

AMERICAN SIGN LANGUAGE

Hand signs for A through Z.

ALPHABET

Hand signs for A through Z with corresponding letters and illustrations.

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