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UPCHARGE

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Conversions & Measurement

Unit Conversions

English to Metric

English	Metric
1 foot = 12 inches	1 foot = 0.3048 meters
1 yard = 3 feet	1 yard = 0.9144 meters
1 mile = 1,760 yards	1 mile = 1.6093 kilometers
1 inch = 2.54 centimeters	1 centimeter = 0.3937 inches
1 pound = 16 ounces	1 pound = 0.4536 kilograms
1 ounce = 28.35 grams	1 gram = 0.0353 ounces
1 quart = 2 pints	1 quart = 0.9464 liters
1 pint = 2 cups	1 cup = 0.2447 liters
1 gallon = 4 quarts	1 gallon = 3.7854 liters

Metric

Metric to English

Metric	English
1 meter = 1.0936 yards	1 meter = 39.37 inches
1 kilometer = 0.6214 miles	1 kilometer = 1,093.6 yards
1 gram = 0.0353 ounces	1 gram = 28.35 milligrams
1 kilogram = 2.2046 pounds	1 kilogram = 1,000 grams
1 liter = 1.0567 quarts	1 liter = 33.814 fluid ounces
1 milliliter = 0.0338 fluid ounces	1 milliliter = 0.0010567 quarts

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: Honesty is 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 actions 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: Acceptance is the ability to accept others as they are, with all their differences. It is the foundation of respect, tolerance, and understanding.

Citizenship: Citizenship is the responsibility of a citizen to contribute to the well-being of the community. It involves voting, obeying laws, and participating in civic activities.

Trustworthiness: Trust is a gift that can only be earned. It is the foundation of all relationships. Trustworthiness is the ability to be reliable, honest, and responsible.

Empathy: Empathy is the ability to understand and share the feelings of others. It is the foundation of compassion and kindness.

Respect: Respect is the treatment of others as they deserve to be treated. It is the foundation of all human interactions. Respect is the ability to value and appreciate differences.

Anti-Bullying & Internet Safety

Anti-Bullying

What is Bullying?
Bullying is a form of abuse. It is when someone uses their power to hurt or harm another person. Bullying can be physical, verbal, or social. It is often repeated and causes fear or distress.

Types of Bullying:
Physical: Hitting, kicking, pushing, or any other physical harm.
Verbal: Name-calling, teasing, or any other words that hurt.
Social: Spreading rumors, excluding someone, or any other actions that harm someone's social life.

How to Stop Bullying:
1. Tell an adult (teacher, parent, or principal).
2. Don't fight back.
3. Be confident and walk away.
4. Seek support from friends.

Internet Safety

Be Smart:
Think before you post. Don't post anything you wouldn't want your parents or teachers to see. Don't post anything that is mean or hurtful.

Be Safe:
Don't give out personal information (name, address, phone number, etc.). Don't meet anyone you met online. Use strong passwords.

Be Responsible:
Don't use the internet to bully or harass others. Report any cyberbullying to an adult.

Healthy Living

Guide to Daily Food Choices

Each of these food groups provides some, but not all, of the nutrients your body needs to grow and be healthy. Don't forget to eat from all five food groups every day.

- Grains:** Bread, rice, pasta, cereal, etc.
- Vegetables:** Broccoli, carrots, spinach, etc.
- Fruits:** Apples, bananas, oranges, etc.
- Protein:** Meat, fish, eggs, beans, etc.
- Dairy:** Milk, cheese, yogurt, etc.

Limit fat, oil, salt, and sweets.
These foods are not bad, but they should be eaten in moderation. Too much can lead to health problems.

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Guide to Daily Food Choices

Bullying

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FACTS AND FICTIONS: Substances and your body

Alcohol: Alcohol is a drug that affects the brain and body. It can cause liver damage, heart disease, and other health problems. It is illegal for minors to drink.

Tobacco: Tobacco is a drug that causes cancer and other health problems. It is illegal for minors to smoke.

Drugs: Drugs are substances that affect the brain and body. Some are legal (like aspirin), but many are illegal (like marijuana, cocaine, etc.).

2026

Month	Days	Weeks
January	1-31	5
February	1-28	4
March	1-31	5
April	1-30	4
May	1-31	5
June	1-30	4
July	1-31	5
August	1-31	5
September	1-30	4
October	1-31	5
November	1-30	4
December	1-31	5

2025

Month	Days	Weeks
January	1-31	5
February	1-28	4
March	1-31	5
April	1-30	4
May	1-31	5
June	1-30	4
July	1-31	5
August	1-31	5
September	1-30	4
October	1-31	5
November	1-30	4
December	1-31	5

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Annual Calendar

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Academic Calendar

AMERICAN SIGN LANGUAGE

Hand signs for letters A through Z.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

ALPHABET

Alphabet with illustrations of animals and objects.

Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj Kk Ll Mm Nn Oo Pp Qq Rr Ss Tt Uu Vv Ww Xx Yy Zz

Reference Information

Useful information for students.

- Parts of Speech:** Noun, Verb, Adjective, etc.
- Math:** Addition, Subtraction, Multiplication, Division.
- Science:** Plants, Animals, Earth.
- History:** Important events and dates.

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Alphabet

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