



## Counselor Corner

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**Classroom Lessons:** Last month we learned about managing our emotions and our bodies using self-regulation skills. This month we will be having a career day where we will be discussing the numerous career options available and how each students' interests can help guide them. In many classes, we will also learn what it means to be a good citizen. **Counseling:** If your student could use individual or group counseling in any area related to their social, emotional or behavioral well-being, please turn in a referral form or contact me directly. Referral forms for counseling are available in the front office. **Resources:** Help for the holidays will be available this year. There is a limited number available, so please contact Ms. Watson as soon as possible if you have not received this help in the past and could use it this year. Students from pre-k - 12 without insurance of any kind are eligible for free dental care, please let us know if your student falls in this category and needs dental care. If your student needs help getting glasses, there are some options available, please let us know.



### Parking Lot

Please do not park in the designated drop off areas. We have had many close calls this year when people park in the area in front of our main doors. This means no parking in the crosswalk or directly across the crosswalk on the west side of the main parking lot. Thank you for keeping all of our students safe!



### Family Night

All families are welcome to assist at our Family Night on Thursday, Nov. 30th from 6:30-7:30pm to help paint large music note cutouts to decorate our music portable building. This community art project is on the scale of last year's Paw Mosaics and we will be using similar materials. Come dressed to paint and help beautify our school! PTA will be doing a drawing at every Family Night this year. It just might be your lucky night, but you must be present to win!

No district employee or student shall be subjected to discrimination in employment or any district program or activity on the basis of age, color, disability, gender, gender identity, genetic information, national origin, pregnancy, race, religion, sexual orientation, or veteran status. The district is committed to providing equal access and equal opportunity in its programs, services and employment including its policies, complaint processes, program accessibility, district facility use, accommodations and other Equal Employment Opportunity matters. The district also provides equal access to district facilities for all youth groups listed in Title 36 of the United State Codes, including scouting groups. The following person has been designated to handle inquiries and complaints regarding unlawful discrimination, harassment, and retaliation: Whitney Banks, Compliance and Investigations, 440 East 100 South, Salt Lake City, UT 84111, 801-578-8251. You may also contact the Office for Civil Rights, Denver, CO, 303-844-5695.

## Principal's Message

### Parent-Teacher Conferences

Thank you so much for attending your child's conference. It is critical that we work as a team to ensure your student's success. I encourage you to continue to stay in contact with your child's teacher, particularly if there are any concerns. Call before or after school, send a message in your child's planner, or leave a message with someone in the office and we'll pass it on to the teacher. The teacher can then make an appointment to keep current on your child's progress. We ask that you don't come during their instructional time. This time is dedicated to teaching and focusing on your child and the other students in the class.

Parents are always welcome to make an appointment to talk to me in the office. Sometimes, it is more efficient and effective to meet with me, the teacher, and anyone else needed, all at the same time. Making an appointment helps to get everyone together at one time.

### It's that time of the year...

As the cold weather settles in we see an increase in the incidence of illness. As a reminder, we are working to decrease our student absences and tardies. Please keep your child(ren) home only if they are running a fever or if they are vomiting. Otherwise, we want them to be in school so they don't miss critical instruction. If a student misses 3 days of school, that is equal to 18 hours of instruction that is missed! We want your child to experience all kinds of success! Success is much more difficult for your student if they are frequently absent. We also discourage taking vacations on school days. Although we value family time, it is difficult for your student to catch up when they are not in class. Too many absences and the student can be enough behind to cause them lots of frustration and anxiety when they return to school.

Illnesses in our school can spread very quickly to other students and to our teachers and staff. It is important to teach your student to wash their hands frequently. We encourage students to wash before and after recess and lunch and of course, after they use the restroom! Please call the school when your child has is absent for any reason. If your child has been seen a doctor and been diagnosed with strep throat, pink eye, the flu or any illness, we ask that you bring a note from your doctor. This helps us so much in working to keep illnesses and our absences to a minimum. Thanks for your support!

It's not only children who grow. Parents do, too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can't tell my children to reach for the sun. All I can do is reach for it, myself.

~Joyce Maynard



## November

**Coming Events:**

2	PTA at 6:00PM
3	Tiger Hunt
7	Presentation to SLCS Board at 6:30PM
8	Mobile Food Truck
22-24	Thanksgiving Recess
30	Parent Meeting at 5:30PM Family Night at 6:30PM

## WALKATHON

Thanks to our PTA for organizing the Walk-A-Thon and to everyone that participated! It was a huge success!

## family

### Family Engagement

We recognize that between 75%-85% of a child's waking hours are spent outside of school. We also recognize that family engagement in the educational development of children improves achievement.

Research shows that three aspects of character developed at home are especially useful for successful learning, which are:

1. Self-Regulation-the ability to regulate emotions and remain resilient: not subject to temper tantrums and able to survive reasonable set backs.
2. Empathy-being able to imagine things from another person's perspective: to understand where they are coming from.
3. Persistence-sticking to things even when they are difficult.

## RECYCLE WITH US

FOR A CLEAN EARTH, FOR A BRIGHTER FUTURE.



You'll be helping us earn cash and supplies while keeping our Earth clean and green!

