



OAK HILLS EAGLEGRAM

Week of April 27th, 2018

PTA News

May 4th is **Cotton Candy Friday**. Cotton Candy will be 50 cents per bag.

The **Fitness Club** has begun. There will be a special and super fun fitness activity available during lunch recess on Tuesdays and Fridays. Come join us! Students of all ages and fitness abilities are invited to join in - everyone is welcome, including parents!

Please respond to Grace Stevenson with your **Field Day** volunteer availability, more information will be coming, but we need lots of volunteers, so email Grace at stevenson.grace@gmail.com and let her know you would like to help.



Week of April 30th – May 4th

Monday: Chicken Nuggets

Tuesday: Roast Turkey

Wednesday: Pizza

Thursday: BBQ Rib Patty

Friday: Grilled Cheese

From the Administration

Teacher Appreciation week which was held last week was a great success! Emily Yates and her team made the week a dream for teachers. They had activities, food, and prizes planned every day for the teachers here at Oak Hills. They even made the faculty room look and feel special. Teachers felt the love from our parents and community. Thank you for making Oak Hills a wonderful place to work. We appreciate you!

End of level testing is here! Please check with your teacher to see the dates and times he or she has planned for testing. It is important that students come to school on time and prepared to show what they have learned! If you can prevent early check out or appointments during the school day that would be greatly appreciated. Additionally, it can really make a difference if your child is getting enough sleep and a good breakfast. Thank you for helping your child be successful during testing.

Looking Ahead...

Smith's Cards - Please reconnect your Smith's Fresh Value Card to Oak Hills Elementary. This can be done online at www.smithsfoodanddrug.com. You will need to login and then scroll to the bottom and choose "Smiths Inspiring Donations" you can then choose Oak Hills Elementary - PTA UF194. A very small amount of cards are linked to Oak Hills.

School registration - If you or anyone you know is moving, please contact the office and let us know as we are planning for the upcoming school year. If you know of anyone moving into our school boundaries, please have them contact the school office as soon as possible.

Counselor Corner - Mindful Schools Week #14

I have been teaching the Mindful Schools Curriculum to your students since January. I hope that they have shared mindfulness at home. We will be holding a **Parent Mindfulness Open House on Wednesday, May 2nd at 3:30pm right after school in the gym**. We invite parents to attend. At this workshop we will be providing more information about stress physiology, the benefits of mindfulness practice, and practical applications you can use at home.

Today was our 14th mindfulness lesson. We learned about Mindful Eating. Mindful Eating is about bringing awareness, through the five senses, to the daily act of eating. This usually means slowing down the process of eating!

❖ Invite your child to teach you how to do Mindful Eating, perhaps using a small piece of fruit. Practice this with them.

❖ Use Mindful Eating yourself and with your child at various mealtimes. Having a mindful meal as a family (or at least bringing mindfulness to the first few bites of a meal) can be a time to share this practice together.

Please see the attached flyers for information on **First Aid Mental Health Training** and a series on important topics such as **digital safety and healthy relationships**.

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Davis School District Hosts

YOUTH MENTAL HEALTH FIRST AID Training

Similar to 'First Aid' and CPR, 'Mental Health First Aid' teaches individuals how to help youth experiencing mental health challenges or crises.

WHO: Any Davis School District Employee
NO FEE for the training- re-licensure points awarded
Paid substitutes are available
Lunch is provided (on full day courses)
Participants given certification as a "Mental Health First Aider"
Community members welcome for no charge (sub pay only applicable to DSD employees)

WHAT: Training on Youth Mental Health First Aid in Davis School District
Register at aware.usu.edu

WHEN: Choose from **ONE** of the following trainings:
April 16, 2018 8am-4pm
Davis School District Kendall Building, PDC East
70 E 100 N Farmington, UT 84025

May 15, 2018 8am-4pm
Davis School District Kendall Building, PDC East
70 E 100 N Farmington, UT 84025

West Point Junior High School (both days mandatory for completion) 2:30pm-6:30pm
April 20th and April 27th (stipends paid to DSD employees upon completion of course)
2775 W 550 N, West Point UT 84015

Syracuse High School (both days mandatory for completion) 3pm-7pm
April 19th and April 26th (stipends paid to DSD employees upon completion of course)
665 S 2000 W Syracuse, UT 84075

WHY: Mental health challenges – such as depression, anxiety, psychosis and substance use – are shockingly common in the United States. In fact, more than one in five American adults will have a mental health problem in any given year. The National Council for Behavioral Health certifies individuals throughout the nation, including Davis School District, to provide Mental Health First Aid courses to prepare their communities with the knowledge and skills to help individuals who are developing a mental health problem or experiencing a mental health crisis. Identified on SAMHSA's National Registry of Evidence-Based Programs and Practices, the training helps the public better identify, understand and respond to signs of mental illnesses. For more information on Mental Health First Aid, visit www.mentalhealthfirstaid.org.

Contact: Christy Hutchinson, Prevention Coordinator DSD
801-402-5159, chutchinson@dsdmail.net

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Week of April 27th, 2018

LET'S TALK: COMMUNITY PREVENTION & RESILIENCE SERIES

FREE

6-8 PM
Thursday
Evenings

WEBER STATE UNIVERSITY, DAVIS
(2750 University Park Blvd. in Layton)

For adults and youth ages 10+

Free parking

No registration necessary

April 12

**Talk Saves
Lives**

Mindfulness

May 10

Digital Safety

How Electronics
Affect the Brain

June 14

**Healthy
Relationships**

Emotion Coaching



For more information, contact: AngieS@DBHUtah.org | (801) 773-7060



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