



# OAK HILLS EAGLEGRAM

Week of April 20<sup>th</sup>, 2018

## PTA News

**Teacher Appreciation Week** was a HUGE success! Thank you to Committee Chair Emily Yates and her amazing committee - MaryAnn Duke, Lexie Lake, Elissa Smith, Brooke Baty, Erika Wolfgramm, Cecilee Price-Huish, Marlo Hansen, Shelly Neilson, Amber McMillan, Meredith Richards, Jennifer Tooley, Amy Pilkington, Meggan Gonzalez and Becca Morley.

Also, a very special **THANK YOU** to all of the room parents for the absolutely wonderful door decorations - the decorated doors have really added a festive look to the school this week. We love our Oak Hills teachers, they are the best!

Congratulations to the **Constitution Bowl Team!** Our Oak Hills team made it all the way to round 5. Way to go Team!

**COTTON CANDY FRIDAY** will be May 4<sup>th</sup> (May the force be with you). Bags of cotton candy will be 50 cents.



Week of April 16<sup>th</sup>-20<sup>th</sup>

- Monday:** Hamburger
- Tuesday:** Chili
- Wednesday:** Orange Chicken
- Thursday:** Deli Sandwich
- Friday:** Ramblin' Taco

## From the Administration

Every springtime we can expect changes regarding schools and this year is no exception. I have loved being at Oak Hills, and now it is time to move on. I have been reassigned to Heritage Elementary in Layton. Mike Page will be the new principal beginning on July 1<sup>st</sup>. He is currently the assistant principal/intern at Woods Cross and Hill Field Elementaries and is very excited to be coming to Oak Hills. I know as he is here he will grow to love everything as I have. I will miss all of the students, faculty, staff, and parents. Thank you for the support and love I've felt while serving here. Oak Hills will always have a place in my heart.

## Looking Ahead...

We are following the **EARLY OUT** schedule on Thursday, April 26<sup>th</sup>.

**Smith's Cards** - Please reconnect your Smith's Fresh Value Card to Oak Hills Elementary. This can be done online at [www.smithsfoodanddrug.com](http://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 #13

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 May 2<sup>nd</sup> 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 thirteenth mindfulness lesson. We learned about **Mindful Walking**, which is a way of practicing mindfulness while moving. We slow down our walking to practice noticing sensations in the feet, legs, and body while walking.

- ❖ Invite your child to teach you how to do **Mindful Walking**. Practice with them for a few minutes.
- ❖ Practice **Mindful Walking**.

A guided recording of **Mindful Walking** is available at: <http://www.mindfulschools.org/resources/explore-mindful-resources/> (scroll to the bottom of the page)

Please see the attached flyers for information on the bus schedule for early out day on Thursday, 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](http://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 20<sup>th</sup> and April 27<sup>th</sup> (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 19<sup>th</sup> and April 26<sup>th</sup> (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](http://www.mentalhealthfirstaid.org).

Contact: Christy Hutchinson, Prevention Coordinator DSD  
801-402-5159, [chutchinson@dsdmail.net](mailto:chutchinson@dsdmail.net)

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*Davis School District*

Established 1911

Reid P. Newey, Superintendent

*Learning First!*

## ATTENTION PRESCHOOL AND KINDERGARTEN PARENTS:

On Thursday, **April 26, 2018** elementary schools will be on an early out schedule.

If your student rides a school bus, time will need to be adjusted. We have included a guide to help you know when you should expect your student to be picked up and/or dropped off from school on that day.

*To figure out your students pick-up or drop-off time, please use their normal Monday thru Thursday pick-up or drop-off time* and one of the following applicable adjustments to get the approximate times:

AM Preschool/Kindergarten take home: 35-50 minutes earlier drop-off

PM Preschool/Kindergarten take in to school: 70-85 minutes earlier pick-up

PM Preschool/Kindergarten take home: 2 hours earlier drop-off

Thank you,

Transportation  
801-402-7500

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## 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](mailto:AngieS@DBHUtah.org) | (801) 773-7060



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