



# OAK HILLS EAGLEGRAM

Week of May 11<sup>th</sup>, 2018

## PTA News

**Fitness Club** is every Tuesday & Friday at lunch recess. Encourage your student to participate in the fun fitness activities. Everyone is welcome!

**Happy Day** will be May 25<sup>th</sup>. Happy Day is a lunch recess activity celebrating the finishing of our 2018 SAGE testing.

**Field Day** will be May 31<sup>st</sup>. We need many volunteers to make Field Day amazing. Please email Grace Stevenson [stevenson.grace@gmail.com](mailto:stevenson.grace@gmail.com) to sign up!

Our last **Spirit Friday** is next week on May 18<sup>th</sup>. Wear any Oak Hills shirt and get a special treat!



Week of May 14<sup>th</sup> - May 18<sup>th</sup>

**Monday:** Chicken Smackers  
**Tuesday:** Pot Pie  
**Wednesday:** Orange Chicken  
**Thursday:** Nachos  
**Friday:** Pizza Round



The school will be open on Tuesdays during the summer from 10am-2pm.

There will be an open position in the kitchen next year. If interested, please call the office.

## From the Administration

We had our last PTA meeting this week. Rebecca Gallacher has been an amazing PTA president and has surrounded herself with wonderfully talented parents who have made this year successful. Our PTA volunteers enrich the lives of our students by sponsoring many worthwhile programs and activities. Without them we wouldn't have the take home library, Teacher Appreciation Week, Red Ribbon Week, book fairs, parent morning activities like Sweets with Somebody Special, the Fun Run, countless hours of volunteering in classrooms, Christmas Choir, the yearly musical, and so much more. They also pay for and run the Mountain Man Rendezvous and Colonial Day. I cannot thank Rebecca, Terra Lechtenberg, Suzanne Bryson, and the rest of the Board and volunteers enough. You all contribute so positively to our school.

End of Level testing is well underway. Please help your children do their best by making sure they get a good night's sleep, a good breakfast, and are to school on time. Please also be sure to have your students here each day. Thank you.

## Looking Ahead...

Please check the **LOST & FOUND** for any items that may belong to your students. There are three tables in the middle hallway full of personal belongings. Also, we have several sets of keys and cell phones - if you are missing any of these items, please check with us in the office.

**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 #16

Today was our sixteenth and final mindfulness lesson. We reviewed the skills students have learned over the past sixteen weeks and prepared them to continue using mindfulness in the classroom and in their daily lives.

❖ Continue using Mindfulness personally and with your child, integrating small moments of mindfulness into your daily life.

We'd love to hear your feedback about the Mindful Schools program. Please visit: <http://www.dbhprevention.org/parent>

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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On May 15th, join us for "ThroughPlay in Nature," a *free* multimedia presentation on the benefits of nature play for child and adult development. We will weave together developmental science, current research on play in nature, and the creative arts of photography, film, design, and live music.



**Kevin Rathunde & Russ Isabella**  
University of Utah

**Hill Field Elementary**

Media Center, 2nd Floor  
Light refreshments served

**May 15th**  
6:30 - 7:30 pm

*"Of all the paths you  
take in life, make sure a  
few of them are dirt."  
- John Muir*

"Once the emotions  
have been aroused - a  
sense of the beautiful ...  
then we wish for  
knowledge about the  
object of our emotional  
response." Rachel Carson

Distribution of these materials is in no way an endorsement of services, activities, and/or products by the Davis School District. For more information see: [ThroughPlay.org/Nature](http://ThroughPlay.org/Nature)

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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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## 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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