



OAK HILLS EAGLEGRAM

October 14, 2019

Looking Ahead...

Oct 14-16th – Red Ribbon Week
Oct 14th – 5th Colonial Days
Oct 15th – Community Council 7pm
Oct 16th – Boo to the Flu @ 3:30pm
Oct 17-18th – Fall Break NO SCHOOL
Oct 23rd – **Picture Retakes**
Oct 24th – Vision Screening
Oct 25th – Lockdown Drill
Oct 31st – Early Out, Halloween Parade 9am
Nov 1st – NO SCHOOL – Professional Day
Nov 6th – PTA Meeting 11am
Nov 8th – Popcorn Friday
Nov 11th – Veteran's Day Assembly
Nov 12-15th – Book Fair
Nov 13th – Dudes and Donuts 8am
Nov 14th – Hearing Screening

Welcome to our weekly EagleGram Message!

We start off this Monday with **Red Ribbon Week** (October 14th – 16th). We are excited for the fun activities that have been planned, but are even more excited to help our students understand the importance of being drug free. If you'd love to help with this, please sign up using the following genius link. We are looking for help with some of our activities during lunch recess:

<https://www.signupgenius.com/go/70A0C4EAEA72AA0FC1-redribbon>

Studies have shown that children are less likely to experiment with drugs and alcohol if they have strong relationships with others, both inside and outside of the home. This year we have chosen to highlight the importance of these relationships during Red Ribbon week. We encourage you to have open discussions at home about what being drug free means to your family and ways to help build those important relationships. Students should come to school this week and look for ways to help build friendships at school. They can start by making sure that NO ONE EATS LUNCH ALONE and that during recess NO ONE PLAYS ALONE.

In addition, during this week we highly recommend having family time unplugging from technology. If your child is unplugged during this week please sign the tickets (one for each day) that your student will bring home and return to school Monday, October 21st to be entered into a drawing for awesome prizes. Students will come home with a Quiz this week that can be filled out and returned. The class who returns the most quizzes will earn a root beer float party. Let's do this! The daily activities for Red Ribbon Week are as follows:

Monday 10/14: **Team Up Against Drugs** and wear your favorite team or sport attire

**** Join us for Family Fun night starting at 5:30pm on the school field. We will have Bekah Johnson with HIGH fitness lead us in group exercise, play games (kick ball, spike ball, hoop shoot) with your family and enjoy time unplugged from technology.****

Tuesday 10/15: **Drug Free From The Inside Out** – wear your clothes inside out

**** There will be a vaping presentation in the gym from 2:30-3:25pm for 4th, 5th, and 6th graders. Parents are welcome to attend.****

Wednesday 10/16: **Drug Free From Head To Toe** – wear crazy hair and crazy socks

**** There will be a fire truck and police car on display in front of the school during lunch.**



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Below are dates and times of Prevention and Education Classes offered by Davis Behavioral Health. Most classes are free of charge. Contact Davis Behavioral Health to sign up.

Davis Behavioral Health Prevention & Education Classes 2019 - 2020

CLASS	START DATES	TIME	WEEKS	LOCATION
Emotional Wellness Classes				
Managing Emotions – Kids 6yrs – 11yrs FREE	Thursday, September 5 Thursday, November 7 Thursday, January 9 Thursday, February 20 Thursday, April 9	5:00 – 5:55pm	6 weeks	Davis Behavioral Health 934 S. Main St. Layton Children and Youth Clinic Sea Glass Room
Managing Emotions – Youth 12yrs – 17yrs FREE	Thursday, September 5 Thursday, November 7 Thursday, January 9 Thursday, February 20 Thursday, April 9	4:00 - 4:55pm	6 weeks	Davis Behavioral Health 934 S. Main St. Layton Children and Youth Clinic Sea Glass Room
Managing Emotions – Men \$80	Monday, June 3 Monday, August 5 Monday, October 7	5:30-7:00pm	8 Weeks	Davis Behavioral Health 934 S. Main St. Layton Adult Clinic - Sycamore Room
Managing Emotions – Women FREE	Thursday, August 22 Thursday, November 7	6:30-8:00pm	8 Weeks	Davis Behavioral Health 934 S. Main St. Layton Adult Clinic - Dogwood Room
Learning to Breathe \$50	Tuesday, September 24 (Teens 13-17) Wednesday, September 25 (Young Adults 18-21)	4:30 – 5:45pm 4:30 – 5:45pm	6 Weeks	Davis Mindfulness Center 476 Heritage Park Blvd. #120 Layton
Mindfulness Based Stress Reduction <i>Registration required</i> \$250	Wednesday, September 18 (Men Only Class) Monday, September 23 Tuesday, October 22	6:30 – 9:00PM 9:30 – Noon 6:30 – 9:00PM	8 Weeks	Davis Mindfulness Center 476 Heritage Park Blvd. #120 Layton
Family Classes				
Survivor Skills for Families Parenting Class for families with Children ages 7-17 FREE	Monday, September 9 Monday, October 21 Monday, January 27 Monday, March 16	6:00-8:00pm	6 weeks	Cook Elementary East Layton Elementary Foxboro Elementary Snow Horse Elementary
Strengthening Families Parenting Class for Families w/ Children ages 10-14 FREE	Monday, September 9 Monday, October 28 Monday, January 27 Monday, April 6	6:00-8:30pm	7 weeks	Bountiful Elementary Crestview Elementary Farmington Elementary Sunset Elementary
Parenting Classes				
Love and Logic (Parent of children ages 6-15) FREE For Adults only, no childcare provided	Thursday, September 5 Wednesday, September 25 Thursday, November 7 Wednesday, January 15 Thursday, February 20 Wednesday, April 8 Thursday, June 4	6:30-8:00pm	6 weeks	Centerville Elementary Kays Creek Elementary Canyon Creek Elementary Mountain View El Sand Springs Elementary Wasatch Elementary Davis Behavioral Health
Emotion Coaching For Adults only, no childcare provided	Thursday, September 5 Thursday, November 7 Thursday, January 9 Thursday, February 20 Thursday, April 9	5:00-6:00pm	6 weeks	Davis Behavioral Health



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Davis Behavioral Health Prevention & Education Classes 2019 - 2020

CLASS	START DATES	TIME	WEEKS	LOCATION
Emotion Coaching For Adults only, no childcare provided	Thursday, September 5 Thursday, November 7 Thursday, January 9 Thursday, February 20 Thursday, April 9	7:00-8:00pm	6 weeks	Burton Elementary Eagle Bay Elementary Ellison Park Elementary South Weber Elementary Tolman Elementary
Incredible Years (Parents of children ages 2-8) FREE	Tuesday, September 17 Wednesday, September 18 Wednesday, January 8 Tuesday, February 4	6:30-8:30pm 9:30 – 11:30am	12 weeks	Endeavour Elementary Lakeside Elementary Meadowbrook Elementary Family Enrichment Center
Relationship Classes				
Fearless Marriage FREE	Thursday, September 19 Thursday, November 7 Thursday, January 9 Thursday, February 6 Thursday, March 5 Thursday, April 9 Thursday, May 7	6:00 – 8:00 Dinner served at 5:30	4 Weeks	Doxey Elementary Heritage Elementary Kaysville Elementary Knowlton Elementary Lincoln Elementary Orchard Elementary Windridge Elementary
Avoiding Falling for a Jerk /Jerkette FREE		6:00 – 8:00pm	4 Weeks	Davis Behavioral Health 934 S. Main St. Layton Board Room
Couple – LINKS FREE		5:30 - 8:00pm	4 Weeks	Davis Behavioral Health 934 S. Main St. Layton Board Room



Practice for the Oak Hills Holiday Choir will begin on Tuesday, October 15th promptly at 7:30am! Practices will be held every Tuesday and Thursday morning (Halloween, Fall break, and Thanksgiving holiday EXCLUDED) from 7:30-8:45am. Please be on time – we will start right at 7:30am. Our choir performances will be on December 11th & 12th in the evening at the school, and one performance on December 13th (off-site at a care center -- details to follow).

Students must be in 2nd-6th grades to participate. The cost of choir is \$15/student, which will be used for a t-shirt, cost of music, and decorations.

We have a special request of parents – please attend at least one practice to help with “crowd control.” No skills necessary, other than being able to help kids stay focused. 😊

We are excited for another fun season of singing! Any questions, call Savannah at (801) 440-1137 or Bekka (801) 660-5645.



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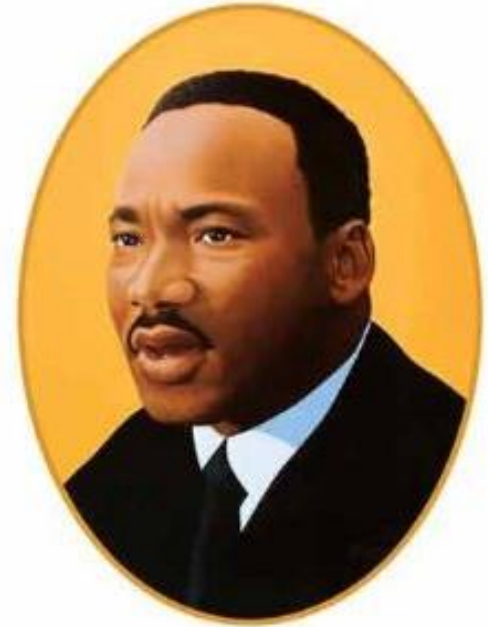
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Dr. Martin Luther King, Jr Speech Contest

Davis School District invites all students at Oak Hills Elementary to enter the 2019-20 Dr. Martin Luther King, Jr. Speech Contest. It is an opportunity for our students to reflect on the legacy of Dr. King and what they can do to make a positive difference.

Oak Hills will select one student from each category to participate in the District contest on November 19 and 20.

To enter the contest, students must:



1. Select a one to three minute excerpt from one of Dr. King's speeches
2. Memorize the excerpt and be prepared to present it
3. Provide one copy of the excerpt to the judges
4. Fill out a Rules and Acknowledgement sheet available in the office
5. Turn in the Rules and Acknowledgement sheet to the office by October 21

Categories:	District Prizes:
K-2nd grades	1st place: \$100
3rd-4th grades	2nd place: \$75
5th-6th grades	3rd place: \$50

The Oak Hills Elementary contest will be held during lunch recess in the SEM Portable (middle portable on the west side) on Tuesday, October 22.

Follow Us On...



@oakhillseagles



@OakHillsElementary

#oakhillsrocks

Did you know?

Please visit our website for updated information or feel free to call the office if you have any questions.

<https://oakhills.davis.k12.ut.us/>



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Reflections...

Oak Hills students get your creative juices flowing and participate in this year PTA Reflections art competition! This years theme is "LOOK WITHIN"



Reflections is an annual PTA local, state, and national fine arts competition. All grades and all abilities are welcome to participate! Students reflect on the theme for this year and create an original work of art in the categories of Dance Choreography, Film Production, Literature, Music Composition, Photography or Visual Arts (2D or 3D). The possibilities are limitless! Their works of art are judged at the school and winners have the opportunity to move on to the regional, state, and national competition. Last year we had so many amazing entries and several that went on to the regional level!

Entries are due to at the school by FRIDAY, OCTOBER 25, 2019!!

Entry forms and official rules can be found at <http://www.utahpta.org/reflections> or on the reflections trifold that will be by the front office. Or you can email Kristene Eddings at keddings320@gmail.com with any questions. We look forward to seeing all the creative talent that comes from Oak Hills students!

Follow Us On...



@oakhillseagles



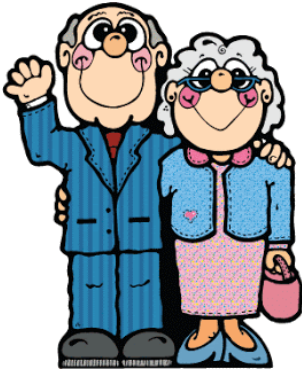
@OakHillsElementary

#oakhillsrocks



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**Are you 55 or older? Our school needs you.
Become a Davis County RSVP Volunteer
(Retired and Senior Volunteer Program)**



- RSVP volunteers focus on improving literacy success for all students
- Reinforces classroom core curriculum by providing one-on-one tutoring to students that are struggling to keep up
- Helps increase children's self-esteem as they begin to grasp subjects that have been difficult for them
- Enhances learning by reviewing class lessons in a more personalized, flexible format geared toward individual student's learning ability
- Hours of service are flexible according to the school's need and the volunteer's desire

**To join, contact- Melissa Utermoehlen | Volunteer Coordinator
RSVP | Retired and Senior Volunteer Program
Davis County Senior-Services
42 South State Street Clearfield, Utah 84015
Office (801) 525-5052 | mutermoehlen@co.davis.ut.us**

