

Conejos Connections January 2024, Issue #35

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Principal - Mrs. Heidi Dudley Dean of Students - Mrs. Christine Aguilar

AIM - Accept. Identify. Move.

As we begin the second semester of the 2023-2024 school year we might notice an increase in emotions from our children. Handling emotions mindfully is a key strategy in support our children's emotional needs. Next time your child is feeling extra emotions, ask them to notice where they are feeling it in their body and how it feels. When the time is right offer them paper and crayons and ask them to remember those feeling and draw them or put them into words, "I feel happy and this is how it looks...s" Any emotion is okay - anger, pain, hurt, excited - it's what we do with the emotion and how we process it that matters.

Community Educational Involvement

Are you interested in being involved this semester?

- One way is by supporting the Science Fair. Make sure to check out the flyer from your PTA that has specific information.
- Are you interested in being involved, but need support from home? Talk with your students about our recent Expectations Assembly. At our assembly we discussed various spaces throughout the school and how students can support Chamiza being the best school - all based on the choices they make!

In February we will host an Attendance Spirit Week. From being twins to wild hair and tacky socks - we hope to see all of you each day and all of you showing your Chamiza Spirit! Below are some helpful tips from our Attendance Team on how to support great attendance!

- Start with getting things ready the night before and identify a consistent location at home to keep all clothing, supplies, etc. for the next day
- Having a supplemental resource/plan for reducing technology with kids before bed
- Include the idea that students need 10-12 hours of sleep a night
- Suggest a reasonable hour (8 o'clock K-3 and 9 o'clock 4-5) to have students go to sleep
- Suggest reading a physical book prior to going to lights out
- Create a timeline for steps to get to sleep and a timeline for getting ready in the morning
- Understand that your child needs more time to get ready than adults and plan accordingly

Thoughts from the Principal

Happy 2024!!

The new year is always something exciting. It's always a fresh start. So often we have resolutions to address areas of our lives that we want to improve on. According to Today, "One-third of U.S. adult citizens plan to make New Year's resolutions or set a goal for 2024. Adults under 30 (52%) are the most likely to do so, followed by 30- to 44-year-olds (44%). Fewer 45 -to 64-year-olds (27%) and people 65 and older (18%) will set New Year's resolutions." However...did you know that multiple studies show less than 10% of resolutions are completed? Think about how we can support our students (and ourselves) in setting realistic goals. Let's be SMART about it. When you set a SMART goal, you set a goal that is specific, measurable, attainable, relevant and time-bound. To help make them attainable create small checkpoints. Instead of getting 100% on all tests, what about increasing our score by 5% in the first week of school? If your family struggles with attendance, instead of saying we're going to have 100% attendance, try setting the goal, for the first week of school we're going to have 100% attendance. Then set a goal for the second week of school. Little steps add up and it's what makes us successful in our goals. I hope you all had a wonderful break and are ready to concur the 2nd semester!

~Principal Dudley

Upcoming Calendar Events

1/10- Students return from Winter Break
1/15 - Martin Luther King Day, No School
1/16 - Instructional Council @ 3:25 p.m.
1/16-3/16 - Access Testing Window
1/23 - 3rd Grade Field trip to Los Padillas
1/23 - Sandia Science Night @ 6:00 p.m.
Jan PTA Meeting will be held in early Feb

Chamiza Mission Statement

At Chamiza Elementary, our mission is to instill the love of learning to create lifelong learners who are academically, socially, and emotionally strong and who know how to advocate for themselves. We achieve this through purposeful communication, consistent teaching, and providing life experiences that help our students grow.