



Stratton Sentinel

February 2024

Monthly Newsletter

LETTER FROM THE PRINCIPAL

Dear Stratton Families,

We hope this newsletter finds you well as we dive into the second month of the year. As we begin our slow descent to the end of the school year, students and teachers are diligently working on learning goals and academic standards to prepare them for next year.

We look forward to a month filled with kindness, scientific exploration, and school spirit. Thank you for your continued support in making Stratton Elementary a vibrant and engaging learning community.

Warm Regards,
Kyle Rudd, Principal

WHAT'S IN THIS MONTH'S ISSUE:

- Letter from the Principal
- School News & Events
- PTA News & Events
- Counselors Corner
- Calendar

STRATTON SECOND CUP OF COFFEE

(SCHOOL ACCOUNTABILITY
COMMITTEE)

Join Principal Rudd for
coffee and conversation.

Discuss such topics as
School Budget,
Improvement Plans,
Academic Achievement,
etc.

Friday, February 16th
8-9 am School Annex

School News & Events

Talent Show Auditions

Wednesday, Feb 7th 2:50-5:00 pm

The Stratton Elementary School Talent Show is an annual Stratton tradition. Here are some helpful tips and info before auditions

- Students should choose an appropriate school act to perform.
- Acts should last about 2-5 minutes.
- If students are singing, they must sing to the accompaniment (karaoke version) of the song.

Remember While we want to showcase as many student talents as we can, not all students that audition will get to perform.

GOOD LUCK

"Scientific Spectacle: A Discovery Day!"

Wednesday, Feb 28th
(during school)

StudentsGet ready for an awesome day filled with science activities! We're making up for our postponed Science Night, so every student gets a chance to have fun while learning cool stuff!



No School

Monday, Feb 19th-
Presidents Day



Fieldtrips

Wed 21st- 5th grade to
Challenger Learning Center
9:00 am-2:00 pm

Thurs 29th- Battle of the Books
@ Tesla 8:15 am-12:30 pm

CUB SCOUTS Monday, 5th 6-7pm

PACK 24

FEBRUARY MEETINGS Monday, 12th 6-7 pm



School News & Events

After School Clubs



MUSICAL PRACTICE

Monday & Thursday
2:50-4:00 pm



VAPA

4TH-5TH GRADES

Mon-Thurs 3:00-4:00 pm
M/W Band & Dance
T/Th Orchestra & Theater



BASKETBALL GAMES

4TH-5TH GRADES

3:00-5:00 PM

Tuesday 6th, 13th, 23rd
Thursday 1st, 8th, 15th, 22nd, 29th

YEARBOOK CLUB

5TH GRADE

Friday 9th & 23rd
2:50-3:50 pm

Sports Club

1st & 2nd Grades

Mondays 2:50-3:30 pm



Sports Challenge

3rd-5th Grades

Tuesdays & Thursdays
2:50-3:50 pm by invitation

BATTLE OF THE BOOKS

4TH-5TH GRADES

Tuesdays 2:50-3:50 pm
Thursdays (during lunch)



RAK

Random Acts of
Kindness

Family Night
Wednesday, Feb 21st
5:30-7:00 pm

To celebrate Random Acts of Kindness (RAK) Week, we invite you to participate in RAK Family Night. Experience various rotations/stations featuring details and engaging activities related to our tier 1 social-emotional learning curriculum, "Kindness in the Classroom."

School News & Events

Attendance Matters



Tardy Letters for 3rd, 4th, & 5th Grades

We understand that the topic might be a little concerning, but we want to assure you that this lunch detention will not affect your child's recess time. Instead, it's an opportunity for us to have a chat during lunch about why being on time is so important and how it impacts both their class and their personal learning experience.

We've noticed that sometimes our amazing students struggle with getting up and ready on time. If that's the case, we'll be discussing helpful strategies during lunch, such as laying out things the night before. We're all about finding solutions together!

If there's a bigger challenge that your child is facing, please know that we're here to help. There might be resources and support we can offer to make mornings a bit smoother.

In any case, we want to emphasize the importance of being on time, especially at school. Your cooperation and support mean the world to us, and we're grateful to work together to ensure a positive and punctual school experience for your child.

TIME
TO LEARN



SAFETY
FIRST

KISS & GO LANE

The Kiss and Go lane is a pull-through only. Pull to the right lane as far up as you can to drop off or pick up students. Please do so safely and quickly. **DO NOT PARK OR EXIT YOUR VEHICLES.**

The left lane is used for exiting the Kiss and Go area. **DO NOT** let students out or pick up while in the left lane.

EMPLOYEE PARKING AREA

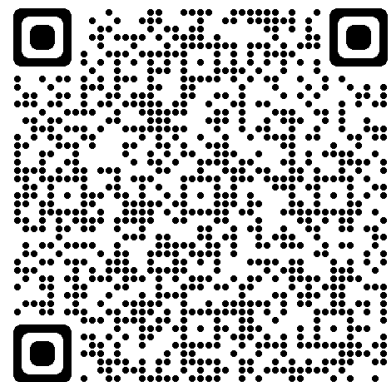
*The employee parking area is for buses and Hop, Skip, Drive student pick up only.



SCHOOL BREAKFAST & LUNCH MENUS

Please scan the QR Code for Breakfast and lunch menus.

Menus are subject to change based on availability.



PTA News & Events

STRATTON PTA BOARD

EMAIL- THESTRATTONPTA@OUTLOOK.COM

PRESIDENT- ZENIA NATTEL

VICE PRESIDENT- MARIUS NIELSEN

SECRETARY- VICTORIA SHEARON

TREASURER- RACHAEL HARTSON



PTA MEETING & POTLUCK

Tuesday February 13th
6-7 pm in the Stratton Gym
or via WebEx

EASY WAYS TO SUPPORT PTA

(Click on the titles below for more information.)

Collect Box Tops for Education
and Earn Cash for our School!



**KING SOOPERS
COMMUNITY REWARDS**

Maximize Your Contributions with
King Soopers Community Rewards

TEAM
PTA



TEAM
PTA



Helping Kids & Teens Manage Emotions

Being able to manage our own emotions seems like a simple task at first glance, but it's actually quite complex, especially for growing children and teenagers. It involves understanding feelings, managing stress, using coping strategies at the appropriate times, problem-solving through challenges, and knowing when to ask for help. This can be a lot for growing children and teens. They don't always know exactly how to manage those feelings, which is why it is so critical for adults to provide support along the way.

Some helpful tips to remember:

- Emotions are the driving force behind behaviors. A child or teen is not going to say, "Excuse me, I'm struggling with my feelings right now." They might act out, though. It essentially means the same thing.
- Children and teens still have growing brains, which means their ability to regulate themselves and manage their emotions isn't fully developed yet. The best way to develop these skills is to teach, model, and practice them together.
- Teach and practice skills for managing emotions when kids and teens are calm, not when they are already overwhelmed or upset. Learners need practice with these skills if we want them to use them when they need them the most.
- Calm-down strategies are unique for every individual. Try a variety of strategies together (such as reading, exercising, deep breathing, and coloring). Then, discuss what worked best.
- If a child or teen is overwhelmed or upset, encourage them to use their calm-down strategies by co-regulating. This means engaging in the calm-down technique right alongside them (Example: "Let's color together.").
- If a child is calm, try problem-solving together. When possible, try to problem-solve with kids and teens, not for them. This can help them build independence.
- For more information, visit: <https://www.thepathway2success.com/6-simple-ways-to-help-kids-manage-big-emotions/>

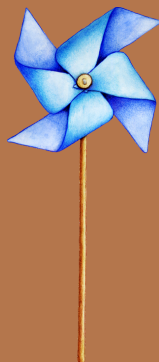


6 Strategies to Help Kids & Teens Manage Emotions



LISTEN

Ask about their feelings and help them feel heard



CO-REGULATE

Practice calming strategies right alongside them



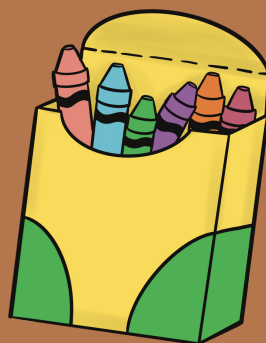
GIVE SPACE

Allow time and space for them to get back on track



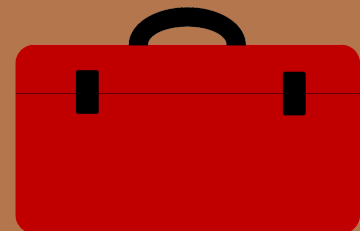
DISTRACT

Talk about favorite hobbies to give mental separation for a few minutes



DRAW or WRITE

Draw or write to express feelings, thoughts, and needs



PROBLEM-SOLVE

Come up with solutions for the challenge together

February 2024



SUN	MON	TUE	WED	THUS	FRI	SAT
				1 Muscial Practice 2:50-4:00pm Battle of the Books Durning Lunch VAPA Orchestra & Theater 3:00-4:00pm @ Mann Basketball Game @ Freedom 3:00-5:00 pm	2	3
4	5 Musical Practice 2:50-4:00 pm VAPA Band & Dance 3:00-4:00 pm @ Mann Sports Club 1st & 2nd 2:50-3:30pm Cub Scouts pack 24 Meeting 6:00-7:00 pm School Counselor's Week	6 Battle of the Books 2:50-3:50 pm VAPA Orchestra & Theater 3:00-4:00 pm @ Mann Basketball Game @ McAuliffe 3:00-5:00 pm Sports Challenge 3rd -5th 2:50-3:50 pm	7 VAPA Band & Dance 3:00-4:00 pm @ Mann Talent Show Auditions 2:50-5:00 pm	8 Muscial Practice 2:50-4:00pm Battle of the Books Durning Lunch VAPA Orchestra & Theater 3:00-4:00pm @ Mann Sports Challenge 3rd -5th 2:50-3:50 pm Basketball Game @ Audubon 3:00-5:00 pm	9 Yearbook Club 2:50-3:50 pm	10
11	12 Musical Practice 2:50-4:00 pm VAPA Band & Dance 3:00-4:00 pm @ Mann Sports Club 1st & 2nd 2:50-3:30pm Cub Scouts pack 24 Meeting 6:00-7:00 pm Random Act of Kindness Week	13 Battle of the Books 2:50-3:50 pm VAPA Orchestra & Theater 3:00-4:00 pm @ Mann Sports Challenge 3rd -5th 2:50-3:50 pm Basketball Game @ Home vs Henry 3:00-5:00 pm PTA Meeting 6:00-7:00 pm in the library or via WebEx	14 Valentine's Day  VAPA Band & Dance 3:00-4:00 pm @ Mann	15 Solar Cars (in school) 4th & 5th Grades Musical Practice 2:50-4:00 pm Battle of the Books Durning Lunch VAPA Orchestra & Theater 3:00-4:00 pm @ Mann Sports Challenge 3rd -5th 2:50-3:50 pm Basketball Game @ Howbert 3:00-5:00 pm	16 Second Cup of Coffee SAC Meeting 8:00-9:00 am Annex	17
18	19 No School / District Closed 	20 Battle of the Books 2:50-3:50 pm VAPA Orchestra & Theater 3:00-4:00 pm @ Mann Sports Challenge 3rd -5th 2:50-3:50 pm Basketball Game @ Scott 3:00-5:00 pm	21 5th Grade Fieldtrip to Challenger 9:00 am -2:00 pm VAPA Band & Dance 3:00-4:00 pm @ Mann RAK Family Night 5:30-7:00 pm	22 Musical Practice 2:50-4:00 pm Battle of the Books Durning Lunch VAPA Orchestra & Theater 3:00-4:00 pm @ Mann Sports Challenge 3rd -5th 2:50-3:50 pm Basketball Game @ Home vs Edison 3:00-5:00 pm	23 Yearbook Club 2:50-3:50 pm	24
25	26 Musical Practice 2:50-4:00 pm VAPA Band & Dance 3:00-4:00 pm @ Mann Sports Club 1st & 2nd 2:50-3:30pm	27 Battle of the Books 2:50-3:50 pm VAPA Orchestra & Theater 3:00-4:00 pm @ Mann Sports Challenge 3rd -5th 2:50-3:50 pm	28 "Scientific Spectacle: A Discovery Day!" (during school) VAPA Band & Dance 3:00-4:00 pm @ Mann	29 Battle of the Books Disrtict Meet @ Tesla 8:15 am-12:30 pm Musical Practice 2:50-4:00 pm VAPA Orchestra & Theater 3:00-4:00 pm @ Mann Sports Challenge 3rd -5th 2:50-3:50 pm Basketball Game @ Home vs Steele 3:00-5:00 pm		