



Mountain Meadows

“Home of the Mustangs”

Happy New Year 2023

January 2023

Note from Administration- Ms. Johnson, Principal

Happy New Year, Mountain Meadows!

I hope that you and your family enjoyed winter break. We are happy to be back at school with the kids, and excited for 2023!

Monday, January 16, is a holiday with no school, as we remember and celebrate the legacy of Dr. Martin Luther King Jr.'s life and accomplishments.

One of my favorite MLK quotes is
“The time is always right to do what is right.”

We will continue to connect with each of our students everyday, teaching them the importance of being an “Upstander” and doing the right thing always.

Professional development for our certificated staff in January will include a Teacher In-Service Day on January 23, so there will be no school for students on 1/23/23.

Our staff will receive training in Social Emotional Learning and in support/strategies for Multilingual students.

Our students are progressing well in their learning. Look for their **Trimester 2 Progress reports** to be sent home on Friday, January 20. Please reach out to your child's teacher if you have any questions or concerns.

Congratulations to our very own Ryder Arnold, who competed in the 12th District PTA's Reflections Art Show and will move on to the state competition!

Friendly Reminders:

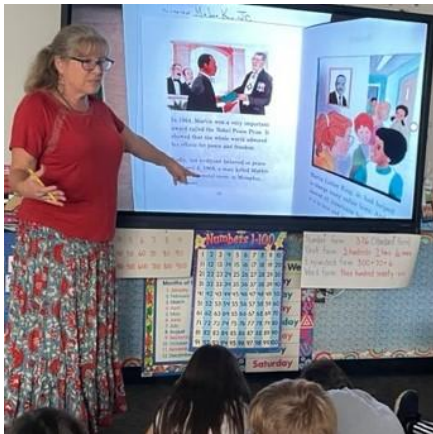
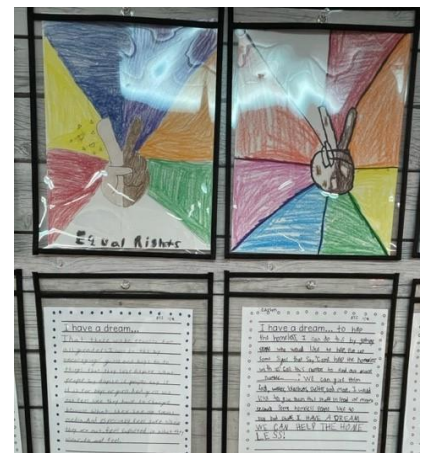
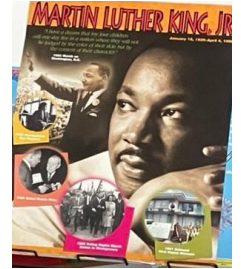
- **Attendance-** Please call the front office when your child is absent and let us know the reason for the absence. When a student is sick for over three consecutive days, a doctor's note is requested. Thank you for your support.
- We love our pets, but **pets are not allowed on campus**. This includes the parking lot, and the campus drop off/dismissal areas that are located on school property.
- **Please do not get out of your car when utilizing the morning valet drop off zone**, as this is blocking the flow of traffic. Also, **please do not drive into the Bus Zone**. Thank you for your cooperation.

Please Save the Dates:

February 13-17 PTA Book Fair in our school Library

February 15 Family Reading Night (5:00-6:30) on campus
(Book Fair will be open!)

Stay warm this month! Ms. Johnson





COUNSELOR'S CORNER

Hello Mustangs,

Happy New Year! I hope everyone had a wonderful winter break. As we start the 2023 year, students will have the opportunity to identify different strong emotions which may include stress, frustration, or anger. Using our Second Step curriculum students will:

- **learn** that it's possible to anticipate recurring situations that cause them to feel strong emotions so they can plan ways to manage those emotions in the future
- **identify signs of stress, situations that can cause them to feel stress, and strategies they can use to manage feelings**
- **practice breaking down situations** that feel big and unmanageable into smaller, more manageable pieces
- **practice identifying things that a person can or can't change** in a recurring situation that causes them to feel a strong emotion. Then they will focus on the things that can be changed to recommend something the person could think or do differently to manage their emotions in the future
- **practice identifying two changes** they could make in a recurring personal situation to manage their strong emotions.

Ask your child to tell you about a situation at home that causes them to feel strong emotions, like anger or stress. Ask them what they could change about the situation to better manage their emotions. Talk about what you can do to help them implement the change. Please feel free to remind your students the resources and "To-Go-To" persons they have at school if they are experiencing a strong emotion. For example, you can remind them that they can ask to talk to the school counselor, school principal, teacher, and other trusting adults. Our main goal is to help support students when they are experiencing a challenging emotion and help guide them through the use of positive strategies.

Please feel free to explore the following resources:

<https://sites.google.com/mrpk.org/musd-wellness-center/social-emotional-learning/self-management>



Home Link

Unit 2: Emotion Management

Grade 5



What Is My Child Learning?

Unit Themes

Your child is learning to anticipate recurring situations that cause them to feel strong emotions like stress, frustration, or anger. Fifth graders practice looking at what makes a situation upsetting for them. Then they learn to identify a change they can make to handle the situation better in the future.

Why is it important?

Research shows that children who learn the skills in this unit are more likely to:

- **Develop stronger coping skills**
- **Be better problem-solvers**
- **Make better decisions**
- **Build stronger relationships**



Practice at Home

What to Look For

Notice and praise your child when they handle a situation more easily than they have in the past. For example, if your child is ready for school on time after days of being late. You can say, **I notice you've made some changes. Good job planning ahead so you could be on time today.**

Try This!

Discuss: Take turns talking about how you know when you're feeling stress. Describe situations that cause you to feel this way.

Practice: When your child seems stressed, ask how they're feeling and if there's anything they could do differently to feel better the next time they experience a similar situation.

Thank you,
Cristina Naranjo



Health Office

REMINDERS...

- Please return any clothing that your student may have borrowed from the Health Office.
- Students should be 24 hour fever free without any medications before returning to school
- COVID tests are still available. Please feel free to stop by the office if you need any.



Thank you! -Nurse Julie

Attendance

Attendance Phone Calls: When your student is absent, please call the Attendance Line at:

(805) 378-6306 Ext: 9905. In the message, please give a reason for the absence.

Thank you for your support !

SAFETY

Parents please remind your students to use the crosswalk when arriving to and leaving campus. Safety is top priority.



Student Council

Our Student Council students continue to help maintain our school community a safe and fun place. Every month student council meets to sign-up for jobs which allows them to help other students and school staff. Our students are committed to helping in any way they can from helping our Kinder students put away their play equipment, from greeting students each morning as they come to school, and making sure they acknowledge students during award assemblies. We APPRECIATE their hard work and kindness !

PTA

Online yearbook store is now OPEN! If you would like to order please click on the link below. All orders are due by Friday, April 28, 2023.

[Yearbooks](#)

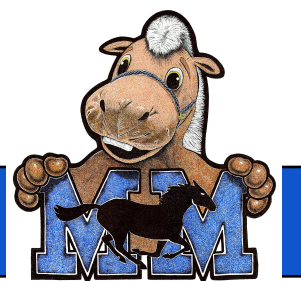
Thank you for your continued support !





Happy Birthday:

Zoey Kailani Rodgers, Ella Rose Roberts, Giselle Yaretzi Villanueva, Gilberto Jr Lozano, Ronan Eric Maher, Samantha Marin, Paul Francisco Johnson, Aaliyah Mya Velador, Sawyer Lorensen Aukerman, Reese Elizabeth Brown, Joseph Alfred Hinojosa, Kaylie Marie Rodriguez, Indio Vincent Uranda, Keats River Weinzettl, Alexander Gonzalez, Jacob Joseph Blaney, James Daniel Ruiz, Dania Ashraf Fares, Fletcher James-Lawson Molinets, Maverick Carter Fenton, Erwin Bajardo, Hudson Everett Earhart, Sebastian Mendoza, Joshua Edward Martinez, Jackson Stryker Beaumont, Derek Luis Venegas, Ryder Richard Arnold, Amna Akhundzadah



Upcoming Events at Mountain Meadows

Date	Event
January 11, 2023	PTA Meeting via Google Meets 5: 30 p.m.
January 16, 2023	M.L.K. Day- No School
January 17, 2023	8:30 a.m. Principal Chat
January 20, 2023	Tri 2 Progress Reports go home
January 23, 2023	Teacher Inservice- No School
January 27, 2023	Spirit Day- Look Alike Day

Go Mustangs !