EAGLE CLIFFS ELEMENTARY

Mission: To foster Successful Open-Minded Achieving Respectful learners
Vision: Soar With Us Towards Lifelong Learning

PARENT NEWSLETTER

JANUARY 2024

January

1st	New Year's Day
2nd	School Resumes
3rd	Early Release Eagle Spirit Day
5th	House Spirit Day Hat Day $1
10th	Early Release Eagle Spirit Day PTA Mtg 6:30 pm
11th	Sucker Presale $1
12th	House Spirit Day
15th	No School-PIR Day Martin Luther King, Jr. Day
17th	Early Release Eagle Spirit Day PTA Food Night
19th	Hat Day $1
24th	Early Release Eagle Spirit Day
19th	House Spirit Day Hat Day $
26th	Hat Day $1
31st	Early Release Eagle Spirit Day

TAX CREDIT

https://drive.google.com/file/d/1VdMGUG0fFqmndiQnclKfCKDOSbQ_gYZp/view?usp=sharing

GDA and Crosswalk (pm)

We are in need of a GDA (lunch/recess aide) from10:40-12:40 and a Crosswalk Guard from 2:15-3:30.
Apply online at Billings Public Schools and give the school a call to learn more.

Lost and Found

Please check the Lost and Found as it is filled with all sorts of great things! You never know if one of the items could belong to your child.



A Note from the Principal

Welcome back to school and to 2024! My hope is that your holiday season was spent with family and friends making and cherishing memories of 2023. Here's to a new year of health, healing and happiness.

As we kick off another year of learning and growing together, I've been thinking about what makes our school special. One thing we can all work on is being more understanding and forgiving, especially with our younger students. Our school is a great place where you not only learn academics, but also the social side of life like how to get along with others. It's about more than just lessons; it's about becoming good people too. With that, I love the idea of giving each other grace. Students are here to learn, and making mistakes is a big part of that. Sometimes, a child might say something that hurts another student's feelings. In those moments, it's important to stop and think. Did they mean to be mean, or did they just not realize what they were saying? Was the comment impulsive because reacting with unkind words is all the student knows? The best we can do is help children understand and learn from the wrong. As parents, you play a big role in this. Talk to your kids about these moments. Ask them questions that make them think about what they said and how it might have affected someone else. This way, we're helping them make better choices in the future.

From a personal perspective, these moments matter. My own daughter had a tragic experience when she became an amputee at age 13. She is now an adult, and over the years kids have approached her and asked curious questions like, "Are you a robot?" or "Where did you get your leg?" It's not to be mean; they're just curious. Most parents handle these situations well, turning them into chances to teach and build understanding. Your role as a guide in these conversations is so important. By helping your child through their curiosity, you're assisting in making our school community a place where everyone feels included, and questions are answered with kindness and compassion. Growing up is all about learning what's right and wrong, and school is a safe place for this to happen.

As we start this new year, let's focus on being accepting, understanding, and caring. Together, we can make our school a place where mistakes are part of growing up, and we all become better people through it.Thanks for always supporting us and working together to make our school a safe place to learn and grow!

Mrs. Julie Hornby



The Amazing Shake

Soon our 5th graders will be participating in The Amazing Shake! Each student will write and present a passion speech which will be scored by judges with a rubric. From there 20 students will advance to the next round called "Work the Room". Five students will move forward to Round 3 which will take place at Rocky. One finalist will be chosen to participate in the city wide competition this spring with 5th graders from other schools across the district! Mr. Corcoran will soon kick off this great event. Ask your 5th grader for more details this month!

January Birthdays!

Jex Xander Amara Elias Evni Quentin Parker Ellie Mae Coriana Kellen Dylan Emi Piper Mieke Amira JJ Titus Maxi Cahill Harley Addy Max Dominic Chloe Tucker William Tatum Trevor Gabby Elliott Emmett Preslea Avah. Olivia Lily Paisley Rally Josh Cooper Jack Rynn Mrs. Munger & Mrs. Highfill

Steps for Helping Your Child Set Effective Goals

By Ashley Cullins

Science says 92 percent of people don't achieve their goals. Perhaps, most of them have never learned how to effectively set their goals. You can help your child learn the skill of goal-setting, which is critical for developing grit and just simply getting what you want out of life. Other reasons WHY your child should learn goal-setting include;

*it teaches them to take responsibility for their own behaviors and learning

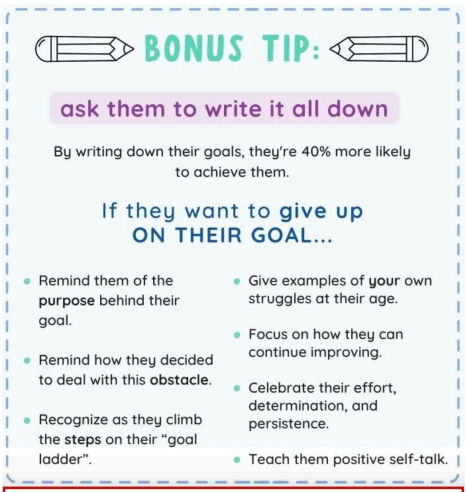
*it promotes a "can-do" attitude

* it forms a powerful lifelong habit

So how do you teach your kids to set their own goals? Before you continue, be sure to check out this popular **2024 Goal-Setting Kits** to help your child or teen learn how to set goals while having fun!

Here are **four** *research-based* steps for helping your child set effective goals, track progress, and stay motivated in the process.





A Note from the Nurse

Tis the season to be jolly...and to get sick-ugh! Don't let illness ruin your fun holiday plans! This a great time of year to review these important illness prevention tactics with your family:

1)Wash your hands with soap and water frequently!!! Research has proven that hand washing is a great way to prevent the spread of many different types of illnesses. Hand sanitizer is great too but hand washing is better so double up and do both!

2)Get a flu shot!!! Not only is getting Influenza just plain miserable, it can be deadly. The Center for Disease Control estimates that influenza may cause as many as 79,000 deaths annually.

3)Don't neglect the importance of Vitamin D. Ever wonder why we always have more illness during the winter months? Did you know that Vitamin D plays an important role in your body in many ways, including mental health and immune system function? Not only the location of Montana but also the fact that we spend a lot more time indoors and are not exposed to adequate sunlight in the winter months contributes to low vitamin D levels. Ask your family Health Care Provider if you have questions about your vitamin D levels or adequate supplementation for yourself and your family.

4) Amidst the craziness of the season, try to take care of yourself with adequate sleep, good nutrition, and exercise.

5) And last but not least- watch some funny cat videos!

Make time for something that makes you laugh. Believe it or not, research shows that laughter may have a positive affect on your immune system and overall health.

Cold Weather Reminder

Recess is a "go" each day unless the wind chill is below 0. Students need to be dressed for the cold weather; coat, hat, gloves, boots, snow pants. Even if we do not go outside, there may be a chance we have to evacuate. We would always want everyone to be prepared.

Did You Know? Reading Matters!

Reading for 6 minutes a day reduces stress by 68%.

Read 20 minutes a day and you'll read 1,800,000 words per year!

Children in homes and classrooms with libraries (20 books+) read 50% more and achieve 3 more years of schooling than those without.

Shout Out!



*Our PTA is so amazing! On the day prior to break, not only did they provide students with popcorn and ice cream via The Polar Express, they treated the staff to the most delicious luncheon! (Thanks for tall who donated to these events!)

*Mrs. Small for the outstanding Holiday program!

*Church of Nazarene for providing gifts for Eagle Cliffs families and for always bringing the staff treats!

House Council for entertaining with a dance right before break.





Mrs. Miller for being recognized as an outstanding teacher. Q2, Western Security Bank and City Brew honored her with a $500 check for the classroom and a gift card to City Brew.

Sick Child Guidelines

We would like to remind parents of the Sick Child Guidelines for School District #2.

-Fever of 100 or greater (students should be kept home for at least 24 hours after the fever is gone. (Fever should be gone without taking a fever-reducing medication)

-Vomiting and diarrhea (students should be without vomiting or diarrhea for 24 hours before they return to school)

-Rashes covering multiple parts of the body or involve more than one family member may need to be seen by a physician before returning to school.

If your child will be home ill, please call the school at 281-6210 to let us know. If we are not available, you can leave a message on the voicemail. Thank you for your help in keeping our students healthy.



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https://billingsschoolsorg.finalsite.com/our-schools/elementary-schools/eagle-cliffs