EAGLE CLIFFS ELEMENTARY

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

PARENT NEWSLETTER

FEBRUARY 2024

February

2nd Groundhog Day
House Spirit Day
7th Eagle Cliffs Spirit Day
Early Release
9th PTA Sucker Sales $1 (presale on the 8th)
Jersey Day
11th Super Bowl
14th Valentine's Day-wear red, white, pink and/or hearts!
Early Release
16th Hat Day $1 (House funds)
19th President's Day-No School
20th-23rd Random Acts of Kindness Week (see below)
21st Spring Photos
Early Release
26th End of Trimester 2
28th Readathon Begins!
Eagle Cliffs Spirit Day
Early Release

March

5th Report Cards Go Home!
8th Readathon Ends!
10th Daylight Savings!

Random Acts of Kindness Week

20th-Positively Post It- Wear a shirt with positive words! Leave someone a "post it" with a positive message.
21st-Spreading smiles with Spring Photos! Wear your best picture attire.
22nd-Backwards Day! Pay it backwards by doing something kind for the person behind you!
23rd-Welcome to Our House! Spread kindness at school by wearing your House color.





A Note from the Principal

Welcome to the fabulous month of February! This is the time of year to take a deep breath and appreciate all the greatness we are surrounded by each day. We truly are blessed with the most outstanding staff and students in all of Billings. Take a moment each day to choose gratitude.

As we navigate through the school year together and I reflect on things I am grateful for, I would like to take a moment to remind you about the importance of kindness and consideration when communicating with your child's teacher. It's not uncommon for a child to come home with stories that may paint a particular picture, often favoring themselves in various situations. We understand the natural instinct to protect and advocate for your child. However, it is crucial to approach any concerns or inquiries with empathy and an open mind. Teachers play a vital role in shaping your child's education and well-being. Unfortunately, they can sometimes face challenging situations, and it's essential for us, as parents, to remember the impact our words and actions can have on them. Teachers dedicate themselves to their profession, pouring their hearts and souls into creating a positive and enriching learning environment for your child. In moments of frustration or concern, I ask that you take a pause before reacting emotionally. Consider the perspective of the teacher and try to understand the context of the situation. Rather than lashing out or making demands, let's work together to foster a collaborative and respectful relationship with the school. We share a common goal – the well-being and success of your child. By approaching communication with kindness and understanding, we create a supportive community that benefits everyone involved. Eagle Cliffs teachers deserve nothing less than the utmost respect for their dedication and hard work.I ask for you cooperation and commitment to maintaining a positive and constructive partnership between home and school. Truly, the staff and I want the best for each child, so everyone will benefit from this kindness.
Mrs. Julie Hornby



February Birthdays!

Reegyn Nevaeh Tucker Jackson Scotty Ryley Addilee Issac Vivian Maya Zada Charlie Jo Hayden Natalie Jack Cooper Finnley Owen Myles Laila Wesley Zach Aurelia Aiden Sebastian Annabelle Dahlia Bill Lehney Cambrie Reade Grayson Gavyn Mason Imani Eli Eloise Rustin Trinity Mrs. Petersen Mrs. Truscott and Mr. Goudy

Kindness Challenge!

This month's school focus is KINDNESS. Students have the opportunity to earn kindness tickets when completing a square on the Kindness Card. Parents and staff can sign a sure once a task is complete. When all squares on the kindness card are full, students turn it into the office for a House keychain. Spread KINDNESS all around this month!



REGISTRATION BEGINS FEBRUARY 1, 2024
WELCOME TO BILLINGS PUBLIC SCHOOLS!

We are excited to help you register your new Kindergartener for school. This process is completed fully online.

Locate the enrollment page by logging onto www.billingsschools.org. Choose **ENROLL TODAY!** at the top of the homepage, then click on the teal box **"Click Here for Pre-Registering grades K-5"**

The information you fill out is an enrollment request. **Please be sure to select the 2024-2025 school year.** After you submit this brief form, you will receive an email that contains instructions on how to set up a PowerSchool for Parents account and then proceed with the online enrollment forms.

Next, you will need to provide the school office with the following prior to the first day of school:

- A copy of your child's **BIRTH CERTIFICATE**
- Your child's **IMMUNIZATION RECORDS** from a healthcare provider
- A **PROOF OF ADDRESS** for your residence, where you and your child reside (A utility bill dated within the last 30 days or a rental/lease/purchase agreement in a parent or guardian's name only)
- If applicable, any pertinent legal documents re: parenting plans

A Kindergarten Screening will be offered in May. More information coming soon!

Eagle Cliffs Elementary School office hours:
Monday-Friday 7:30 am-3:30 pm through June 5, 2024.
The office is closed for the summer and reopens in mid-August.
2024-2025 school year: September 3-June 13

From the Nurse -Heart Health Month

You may think of heart disease as a problem for adults, not for your young children. But, the CDC says obesity affects 1 out of every 5 U.S. children. Diet and exercise habits started in childhood can start a lifetime of heart health . . . or a lifetime of heart damage. A balanced diet is important for children and teens, not just to prevent heart disease, but also to encourage healthy growth and development. Many daily choices that children and teens make affect their heart disease risk. Here are some choices you can encourage your children and teens to make that will help protect their hearts:

Get about 60 minutes of moderate to vigorous physical activity most days of the week in childhood. This can be broken up throughout the day into 2 or more periods of activity.

Since many kids trade being active for sitting in front of the television or a computer, keep screen time to less than 2 hours per day.

Don't expose your kids to cigarette smoke. Ban smoking in your house and car. Don't take your kids to places where people smoke cigarettes. If you smoke, quitting smoking can help you and your kids.

Remember you are the most important role model for your kids. Your children/teens will learn their best heart healthy choices by watching you.

What Am I Sick With?



Many germs can cause a person to feel sick. Colds, flu, Respiratory Syncytial Virus (RSV) and COVID-19 can have similar signs and symptoms. **If you feel sick, contact your health care provider or urgent care.**

What to Know	Cold	Flu	COVID-19	RSV
HOW IT STARTS	Starts slowly	Starts quickly	Starts 2-14 days after exposure	Starts 3-8 days after exposure
HEADACHE	Uncommon	Common	Sometimes	Common
FEVER	Uncommon	Common	Common	Common
BODY ACHES/PAINS	Sometimes	Common	Common	Uncommon
CHILLS	Uncommon	Common	Common	Common
TIREDNESS/WEAKNESS	Sometimes	Common	Common	Common
RUNNY/STUFFY NOSE	Common	Sometimes	Sometimes	Common
SNEEZING	Common	Sometimes	Uncommon	Common
SORE/SCRATCHY THROAT	Common	Sometimes	Common	Common
CHEST DISCOMFORT/ COUGH	Common	Common	Common	Common
SHORTNESS OF BREATH/ DIFFICULTY BREATHING	Sometimes	Sometimes	Common	Common
NEW LOSS OF TASTE/SMELL	Uncommon	Uncommon	Common	Uncommon
DIARRHEA/ VOMITING	Uncommon	Sometimes	Sometimes	Uncommon
HAVING NO SYMPTOMS	Uncommon	Uncommon	Sometimes	Uncommon
IS THERE A TEST TO SEE IF I AM POSITIVE?	No	Yes	Yes	Yes
AVAILABLE TREATMENTS	No (OTC* items are available for comfort)	Yes	Yes	Antibody treatment available for infants and some young children. (OTC* items are available for comfort)
VACCINATIONS	No	Yes	Yes	Yes

Attendance is Key

At Eagle Cliffs we pride ourselves on having one of the highest attendance rates in district. The outstanding learning opportunities provided each day are essential to student success! Be concerned if your child has missed more than 10 days of school as this loss of learning is difficult to make up. Please, please, when your child is healthy, make sure he/she is present. Avoid medicating a child for a fever or cold then send him/her to school. It only makes things worse for the entire classroom and

Readathon-Iditaread

This year's readathon theme goes along with the Iditarod which will begin on March 2nd. We will use the Read-a-Thon app again this year. More Information to come!

Wednesday, February 28- "Knock our socks off with reading!" Wear silly socks.
Thursday, February 29- "Warm up to reading" Wear sweats.
Friday, March 1- "Light the way with a good book" Bring a flashlight.
Saturday, March 2- The Iditarod race begins.
Monday, March 4- "Read my Shirt" wear a shirt with a positive message, or wear a shirt with as many words as possible.
Tuesday, March 5- "Reading is better with a buddy." Students may bring a stuffed animal
Wednesday, March 6- "Wrap up with a book"- Students may bring a blanket.
Thursday, March 7- "Hats off to reading" Wear a hat.
Friday, March 8- "Red Lantern day" Students should wear red...to celebrate all they "read."

PTA Updates

Wednesday, Feb. 7th - PTA Meeting @ 6:30.
Friday, Feb. 9th- Popcorn Sale (Pre-Sale on Feb. 8th)
Wednesday, Feb. 21st -PTA Food Night at Wendy's

Counselor's Corner

For those of you who do not know me, I am Mrs. Salazar, the school counselor. Here is a update as to what has been going on in the classroom the past month, In January, the focus of classroom lessons was on acceptance of self and others. As classes, we discussed how important it is to focus on our strengths as well as others. We talked about how important it is to build others up, not knock them down. Another topic I discussed was Growth Mindset vs. Fixed Mindset. In order for us to grow and strengthen our brains, we need to challenge ourselves and keep on trying even when it gets hard. We need a positive attitude and persevere through difficult times. Positive self talk is an important motivator to help keep us going and achieve our goals.

In February, I will be facilitating lessons about self compassion and kindness to others. I will be teaching students that it's just as important to be a friend to yourself as it is to others. We will discuss what makes a good friend as well as how to keep our friendships healthy. In order for us to have friends, we must first be a friend. Communication is key in a good relationship. It keeps the bond between people strong.

Being an Appropriate Role Model

Please remember to always be a great role model at drop off and pick up (and other times!) Passing cars (cutting in line) to get a better spot, being unkind to the postmaster or other parents, using profanity or the middle finger sends a pretty strong message to everyone around you. As adults, it is our responsibility to do what is right. We need you to be that person!

Jersey Day-Feb. 9th

Jersey Day is February 9th. Students and staff can wear a jersey and donate money for BackPack Meals. This program is currently feeding approximately 900 students each week! Please donate to this program.