



It is good to see the sunshine and the warmer weather! We are hopeful that this will bring more opportunities for our students to be outside playing during recess time. Remember that the time changes on Sunday March 9th and we will “Spring into Spring”



PreK and Kindergarten registration.

Doe= Monday April 7th from 9-10am

Laurel = Monday April 7th from 1-2pm

MCE = Wednesday April 9th from 1:00-2:30pm

RCE = Tuesday April 8th from 1:00-2:30pm

Parent Teacher Conferences will be held at all schools on Tuesday March 11th from 3:30-6:30

Important Dates:

- * ACT State Day for all Juniors = March 25th (unless changed due to weather)
- * Easter Break = April 18—21
- * JCHS Senior Prom = Saturday April 26th
- * TCAP Testing Window 3rd—8th grade = April 14— May 6
- * EOC Testing Window Spring JCHS = April 14—May 6
- * Presidential Academic Excellence Awards = May 5th at 6:30
- * Graduation = May 16th at 7:00pm

Cook Center Resources to support Mental Health and Wellness:

We are pleased to share that we are offering new resources to support mental health and wellness. [ParentGuidance.org](https://parentguidance.org) is free to all staff, parents, and families in our district. [ParentGuidance.org](https://parentguidance.org) is a free and confidential service developed by licensed therapists that provides trusted and specialized courses, professional support, and a safe community to learn how to support our children and get answers to mental health questions.

Our hope is that [ParentGuidance.org](https://parentguidance.org) will give concerned parents a place to go for answers to support and help their children struggling with depression, anxiety, self-harm, bullying, grief and family strife, just to name a few, as well as provide tools to form stronger bonds between parents and their children. There are over 50 e-courses, free to families, which are led by licensed therapists as well as an ask-a-therapist section on the website.

Additionally, our district will be able to join regularly scheduled webinars referred to as our Mental Health Series. This series will be held throughout the school year to educate parents and staff on topics our district has selected, such as: Your Child's Anxiety, Helping Your Child Succeed – Three Parenting Styles, and Social Media: Protecting Your Child. Watch for flyers on each event topic to pre-register. The March calendar for the Mental Health Series can be found on our website and Facebook page. These sessions are offered at 7 and 9 PM so that parents can choose the time that works best.

Monthly, parents can anonymously join an Ask a Therapist LIVE, one-hour workshop with a licensed therapist who has expertise in youth mental health. The therapist will directly answer parents' questions during the session, starting at 8 PM. You will need to register at the following link for this session: https://us02web.zoom.us/webinar/register/WN_UxP4DPfbSEWsn1J_ggEc3A#/registration.

We hope this will be a valuable resource!



Important Phone Numbers:

National Suicide and Crisis Lifeline

855-CRISIS-1 (855-274-7471).

Action Coalition

(423) 727-0780

As always please feel free to come to us with any questions, comments, or concerns.

Think Spring!!