

Cougar Going-Ons:

Jan. 5th – Christmas Break Ends

Jan. 6th - 9:15am PTA Meeting

Jan. 12th – 16th Kindness Week, wear yellow or a kindness shirt

Jan. 13th – Acadience Testing

Jan. 19th – No School, Martin Luther King Day,

Jan. 23rd – Beach Day, Uncrustables for lunch; Bring a beach towel and wear a Hawaiian shirt

A Note from Principal Hull

Welcome Back Students,

Happy New Year! I hope your winter break was filled with rest, relaxation, and wonderful memories with your loved ones. We are energized and ready for a fantastic second half of the school year!

Kindness Week is Coming

One of the highlights of January is our upcoming Kindness Week. We believe that small acts of service and encouraging words create a culture where every student feels safe and valued. Keep an eye out for more details soon.

Acadience Testing: January 13th

To help us better support your child's academic growth, we will be conducting our Acadience Reading and Math testing on Monday, January 13th. These assessments provide our teachers with valuable data to tailor instruction to each student's needs. You can help your student do their best by ensuring they:

- Get a good night's sleep.
- Eat a healthy breakfast.
- Arrive at school on time.

New This Winter: Sledding at Recess!

We are thrilled to announce a new seasonal activity! On days when we have sufficient snow coverage, sledding will be available during lunch recess. We want to make the most of our beautiful Utah winters and keep our students active.

The Details:

- Who: Any student who wishes to participate.
- Requirement: Students must be wearing a coat to participate.
- Equipment: Please **do not** send sleds from home. To ensure safety and fairness, we will provide the sleds, and the activity will be fully supervised by our recess aides.

Thank you for your continued support of our students and staff. Let's make this January a month of hard work, kindness, and—hopefully—a little bit of snowy fun!

Warmly,

Paula Hull

COOL COUGAR SKILLS

In January we are reminding students about:

Resiliency- to make resilience easy for kids to understand, you can teach them the "**B.A.C.K.**" method.

The B.A.C.K. Method (How to Bounce Back)

B – Breathe First When you're upset, your brain is like a shaken-up soda bottle. If you "open" it right away, it messes everything up!

A – Add "Yet"

When something is hard, your brain might say, "I can't do this!" or "I'm not good at this!"

C – Choose a Tiny Step

Big problems look like giant mountains. You don't have to jump to the top; you just need to take one tiny step.

K – Know Your Team

Remember you have help.

---Please check the lost and found in the foyer at school to see if any items belong to your student.

--We invite you to bring anything that is at least 60% metal to the school and leave it in our metal bin on the North side of the building. We cannot accept fridges or freezers. They cost us money when we take them to recycle.