



CRESCENT ELEMENTARY
DEN DISPATCH

CRESCENT ELEMENTARY
Principal Camie Montague
Phone: 801.826.8200
<http://crescent.canyons.org>

February 2020



Principal's Message

One of the most important qualities you can develop, is the value of integrity. Having integrity means being totally honest and truthful in every part of your life. When we are doing computer time, school work or taking a test this gives us an opportunity to show what "we" know. Doing our own work, staying on the expected websites, doing our best work, not giving answers to friends can help us grow and learn. Teachers are able to assess academic gaps and reteach what students need to know. Remember to ask questions, use critical thinking strategies, follow directions, share when it's your turn to talk, be respectful and allow others to learn. Do it the "Cub Way" by being honest in everything you do and be a good example to other cubs!

Principal Camie Montague

Our new Website is live!



Crescent Elementary School

11100 South 230 East, Sandy, UT 84070
801-826-8200



You can access our website at
<https://crescent.canyonsdistrict.org>

There are some great features on the new site! At the top left corner there is a translate button. All content can be translated. If we do not have your language translation please email me directly and we will have it translated. We will be posting timely information on the website. Access direct links to skyward, Reflex, Core5, iReady, Peach Jar and our daily Lunch Menu! Thank you Marci Weatherspoon!! for taking on this daunting project! Nicely Done!

PTA needs your help!

Our PTA is amazing ! We have had great support from our parents in our community. Parent participation is a big part of what makes Crescent such a great school. Our PTA sponsors and funds all field trips, Watch DOGS, Room Parents, Conquering Cub Program, Teacher and Staff Appreciation, Run Club, Safety Patrol supplies, Book Fairs, Hearing and Vision Screening volunteers, Box Tops program, Reflections, Classic Skate Night, Spelling Bee, and a whole lot more!

Crescent PTA is in desperate need of PTA volunteers for our 2020-2021 board. The commitment is a meeting once a month-meetings are usually an hour. Positions would also include organizing other volunteers/activities throughout the year. This is a great opportunity to be involved with the wonderful things happening at Crescent. Please consider volunteering. We are also in need of a PTA President. Please contact the school if you are interested.

PLEASE! PLEASE! PLEASE! PLEASE! PLEASE! PLEASE! PLEASE! PLEASE! PLEASE! PLEASE! PLEASE! PLEASE!

Pizza Party for EVERYONE!

We reset all students in Core5 to see if they are retaining what they have learned this year. We have 72 days left which is approximately 15 weeks in this school year. All students are eligible to win the pizza party.

In order to win the Pizza party students have to:

- Collect their own data
- Complete 900 minutes and Pass off 75 units
- OR
- Test out of their grade level



P	K Skills				1st Skills				2nd Skills			3rd Skills		4th Skills		5th Skills	
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18

PARENT TEACHER CONFERENCE ONLINE SCHEDULING

Spring Parent/Teacher Conferences and PTA Book Fair will be held Wed., February 26, 2020 and Thurs., February 27, 2020 by appointment.

- All teachers are here both nights except SpEd. Teacher, Mrs. Barton, is available only on Wed., 2/26/19.
- School Social Worker, Ms. Ferreira, is available only on Thursday, 2/27/20 for drop by visits.
- School Psychologist, Mr. Wimer, is here Wed., 2/26/20 @ 4:00-7:00 PM and Thurs., 2/27/20 @ 3:00-6:00 PM for drop by visits.

Please make your appointment by 8:00 AM, Monday February 17, 2019.

Parent Conference Instructions – Skyward

Login to your Skyward Family Access

If you have more than 1 student in Canyons School District Schools, choose All Students

1. On the left side click the Conferences tab
2. Click All Conferences next to the student's name you wish to schedule a conference for
3. Click Select a Time
4. Choose the time you want and click Select next to that time (Status for that time slot must be open or select option will not appear)
5. A window appears showing the appointment information, Click Save
6. You will receive a confirmation e-mail. You will also receive a reminder e-mail five days before and two days before your scheduled appointment.

School Carnival Fundraiser, Friday April 24th

Save the date our 2nd Annual Carnival 5K and fun run is coming up!

We are looking for help with ideas, games, business sponsored prizes, help with classroom baskets and people to help us put the baskets together. Last year we had a blast!!! Please reach out to the office or your classroom teacher if you would like to help!

We are looking to have a dunk tank this year, several kid and adult games golf, fishing, name that tune. To participate in all activities and games tickets will need to be purchased. We are really looking forward to this event!

Social Emotion Health

Canyons Responsive Services is putting together monthly articles about "Mental Wellness. Attached is this month's article on Bringing Mindfulness Into Your Family. If you have questions or concerns, please reach out to our new social worker Lily Ferreira.

Attendance

Please make it a priority to have your children at school and on time every day. The level of instruction and interaction cannot be replaced with reading a book or worksheet. When students miss school, they miss not only academics, but friend and social changes. Reminder notices for attendance will be sent out after 10 and 15 days of absentee, excused or unexcused. Please contact us with extenuating circumstances.

Resilient Kids

We are working on a school-wide process for student to be more resilient. The steps for students are:

- 🐾 Change tone of their voice
- 🐾 Look the other student in the eye
- 🐾 Say "STOP [touching, name calling, poking me] or I'll report it!"
- 🐾 If it happens again, report what is happening to an adult.

This procedure helps all children establish their own personal space and how to advocate for themselves.

BELL SCHEDULE (Mon-Thurs)

Regular Schedule—9:00 am- 3:35 pm
AM Kindergarten—9:00 am-11:40 am
PM Kindergarten—12:55 pm-3:35 pm

FRIDAY SCHEDULE

Friday Schedule—9:00 am- 1:55 pm
AM Kindergarten—9:00 am-11:00 am
PM Kindergarten—11:55 pm-1:55 pm

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Bring Mindfulness Into Your Family

**Excerpt Taken from article “Eight Ways to Bring Mindfulness Into Your Family” by Randy Taran. <http://www.parenttoolkit.com/social-and-emotional-development/news/general-parenting/eight-ways-to-bring-mindfulness-into-your-family>*

Some of the most frustrating and embarrassing behaviors include temper tantrums, lashing out at others, impatience, and short attention spans. So what can you do about them? Research has found that having a sense of mindfulness, or the ability to be present and think before reacting, can provide us with the skills we need to better understand our feelings, to pay more attention and to make wiser decisions. Mindfulness is a wonderful way to help us manage our emotions, reduce stress, improve academics, and even develop greater empathy. Here are eight easy ways to get started:

- 1. Take on a Family Mindfulness Challenge:** Close your eyes and use your other senses, like listening. A simple minute of mindful breathing is a great way to start. There are also free apps and websites available to help guide your practice, which can be great for beginners.
- 2. Choose a “Mindfulness Corner”:** Designate a physical location that is comfortable and uncluttered. Each family member can add a personal symbol. Having a physical location set up allows for mindfulness to become a regular family habit.
- 3. Set a Time:** Have a specified time to practice mindfulness also helps make it a habit. Choose a time that works for the entire family. When you practice moments of calm, it makes going to that space in moments of stress easier.
- 4. Have Mindful Mornings:** Getting out the door for school is stressful. Consider ways to de-stress, like waking up a little earlier for some quiet time, or encouraging your children to help (as they can) to prepare for school the night before.
- 5. Practice Mindfulness around the Table:** Schedule a time (i.e. once a week) where everyone talks about what they are grateful for in their life and something they appreciate about others at the table. This is all about being in the moment and taking time to notice the good stuff. It will uplift everyone there.
- 6. Designate Mindful Boundaries:** Having established boundaries promotes a feeling of consistency and safety. They provide a perimeter, within which children can exercise their autonomy. If the boundaries are mindfully thought out in advance, then there is less reason for you to constantly say no. It’s equally important to create situations where your child can experience autonomy. Children need a degree of autonomy to develop a sense of responsibility over their lives. They also need clear boundaries, which gives them a sense of safety, and a clear idea of who is the parent and who is the child. Ask yourself, “What is most needed in this moment? Is it space, autonomy, or a boundary.

7. Be Mindful with Discipline: Look at discipline as teaching, rather than confrontation, the first step is pausing enough to be mindful of what your child is feeling. In *No-Drama Discipline*, Dr. Dan Siegel and Dr. Tina Bryson suggest:

- Communicate comfort so your child feels safe to open up. Get down to your child's eye level, and put your hand on his arm or hug to give him a sense of reassurance.
- Validate and say something like, "If I were in your shoes, at the same age, I might feel the same way."
- Listen. Rather than lecture, breathe.
- Reflect. Say back what you hear like,
- Redirect. After you understand what was happening internally to your child, you can determine what you want to teach and how best to do it.

8. Share Your Experiences: The more you and your child practice mindfulness, the more natural it becomes. If you used mindfulness when you felt your emotions rising, (in traffic, at the office, with friends), and you were able to pause before reacting, share that experience with your child. Encourage her/him to do the same. You will inspire one another in ways you might not even imagine.

For the complete article and more parenting tools, visit
<http://www.parenttoolkit.com/social-and-emotional-development/news/general-parenting/eight-ways-to-bring-mindfulness-into-your-family>