

Greetings,

Each and every year around the Holidays I am reminded about the joy of the season and the stress of the season. Our little ones mirror the stress (good or bad stress) they see at home. Through our SOAR program we track all sorts of data including referrals to the office and the lesser Stop-N-Think tickets. As you can imagine, there is a spike in daily referrals and tickets leading up to the Holiday break. Of course, it's not all stress from home that amps up our kiddos' behavior, simply the anticipation and excitement that surrounds Holiday events ramps them up, too. Either way, if possible, take a moment each day to check in with your child on what worries them and what excites them. Let them know both emotions are natural and expected and that they can try to regulate their reactions to these emotions in many ways. At Shirley Hills, we talk about being Mindful of our heart, head, and bodies and recognizing when we may need to calm ourselves to be most successful. Taking three deep Mindful breaths, or trying 60 seconds of Mindful listening are great ways to regain control of our emotions, thoughts and body. These practices can be done at home, too. We see the positive effects here at school and know that it could help at home.

Enjoy the season, stress and all. It's part of what makes it special. Check in with your kiddo(s) to see how they handle this time of year. It can be beneficial for all.

Thanks for all you do!

Scott

Mr. Eidsness

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MARK YOUR CALENDAR:

12/17 PTA Meeting, 6:30-8:30pm, Media Center

12/20 2nd & 3rd Grade Music Concerts

12/21 Holiday Parties

12/21 Gr 2 to Old Log Theater, 9:15am-11:30am

12/21 Gr 4 to Emagine Theater, 10:00am-12:30pm

12/24 WINTER BREAK - NO SCHOOL

01/03 Classes resume

01/03 Morning Math Classes resume, 8:00-8:45am

01/03 Operetta Rehearsals begin, 3:30pm (per schedule from Mrs. Bray)

2ND & 3RD GRADE MUSIC CONCERTS DEC. 20TH

- The 2nd grade concert is at 6:30pm
- The 3rd grade concert is at 7:30pm

THANK YOU PTA!

Every year our PTA provides a fun treat for our classroom holiday parties. Students love the treats and teachers appreciate their generosity! We are grateful for our PTA!