

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.

Scott

Mr. Eidsness

952-491-8401

eidsnesss@westonka.k12.mn.us

MARK YOUR CALENDAR:

12/16 PTA Meeting 6:30-8:30pm, Media Center

12/20 Holiday Parties (classroom teachers will share details)

12/20 Gr 2 to Old Log Theater, 9:20am-11:20am

12/20 Gr 4 to Waconia Theater, 10:15am-12:50pm

12/21-01/05 WINTER BREAK

01/06 School resumes

01/06 Pennies for Patients fundraiser begins

FREE ADMISSION FOR YOUTH TO BASKETBALL GAMES THIS FRIDAY

The MWSH basketball program has a doubleheader on Friday, December 13th at home with all levels playing for both boys and girls teams. We are excited to announce that all youth will have FREE admission for every game that day, so come cheer on your White Hawks!

Here is the game lineup:

4:15 PM Boys JV -- WAC
4:15 PM Girls C -- MAIN GYM
5:00 PM Boys Varsity -- MAIN GYM
5:30 PM Girls JV -- WAC
5:30 PM Boys C -- WAC
7:00 PM Girls Varsity -- MAIN GYM

BIRTHDAY CELEBRATIONS

We love to acknowledge birthdays here at Shirley Hills. Each morning during announcements, we acknowledge those celebrating birthdays (and half birthdays for summer birthdays). Classrooms celebrate in different ways, too. Per our district's health and wellness policies, we are asked to discourage parents from sending treats, especially the sugary, frosted variety. If you want to send a treat, please try to make them healthy snacks instead.

LOST & FOUND IS OVERFLOWING

We have MANY MANY items in our Lost & Found... sweatshirts, pants, winter gear, shoes, lunch boxes, etc. Please feel free to come by to look for any items your child may be missing. Any items left next Friday, Dec. 13th, will be donated.

FREE DENTAL CARE FEBRUARY 7 & 8, 2020

[Give Kids a Smile](#) is a free charitable dental event for kids (typically ages 3-18), brought to you by Minnesota Dental Association, the Minnesota Dental Foundation, and volunteer dental clinics statewide. Because this program is focused on providing dental care to children who face barriers to accessing dental care, families will NOT be asked any eligibility questions

After January 1, parents can locate a participating clinic by visiting www.mndental.org or by calling United Way 2-1-1 (simply dial 2-1-1). You can then contact the clinic directly to schedule an appointment.