

# Parent Newsletter | May, 2022

# SUMMER IS HERE!

## UPCOMING EVENTS

- 5.2 – 5.6 Salute to Education Week
- 5.3 ELAC Meeting @4:00 pm
- 5.5 Open House – Classrooms are open from 5:30–6:30 pm
- 5.16 6th Grade @Career Fair
- 5.24 School Site Council @3:30 pm
- 5.30 No School – Memorial Day
- 6.1 – 6.3 Parent Conferences (By Request); 1:10 Dismissal
- 6.3 Last Day of School
- Report Cards Home

## PRINCIPAL'S MESSAGE

It's hard to believe the school year is coming to a close. I know that our students are excited about summer break on the horizon. Although we are nearing the end, the month of May will be very busy. Please encourage your child to maintain focus this last month and set up a time to discuss with your child some strategies to end the year strong.

## UPDATES



### Box Tops

Just a reminder our school is participating in Box Tops for Education. Use the Box Tops app to scan your store receipt, find participating products, and instantly add cash to our school's earnings online. Please click on the Box Top Letter link for more information.

## FRIENDLY REMINDERS

Awards Assembly - 4th  
Quarter

4th quarter awards assemblies will take place the week of May 30. Once the schedule is finalized, we will be sure to send it out.



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## **STUDENT HEALTH WELLNESS**

National Mental Health Month

May is Mental Health Awareness Month. NAMI's, the National Alliance for Mental Illness, message for 2022 is "Together for Mental Health," or #Together4MH. Talking with children about emotional topics, such as their mental health, can feel uncomfortable. It seems much easier to talk about other medical problems, such as food allergies, asthma, or diabetes. However, talking openly about feelings and emotions with your children is a great way to help decrease this negative perception. It can be tough to know how to start the conversation — below is a great way to explain mental illness to children.

The "Meet Little Monster" Coloring & Activity Book, created by NAMI-Washington, gives parents and kids a tool to help express and explore feelings in a fun, creative, and empowering way. This activity book was developed in response to the COVID-19 pandemic and includes a list of mental health resources; available for download at no cost in both English and Spanish. There are many ways to complete the activities in this book and while it can be done alone, it's more fun to do as a family. Encourage your children to be honest and make it a routine to talk about feelings at home. Help your children practice asking for help and advice, just like Little Monster! The cover pages of this activity book are meant to be printed out and kept as a resource. Make your Feelings Plan with Little Monster and keep the list of helpful community resources! Have fun!



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## **SCHOOL CLIMATE AND CULTURE**



As a parent, you can help shape your child's attitudes and behaviors regarding physical activity. Knowing the recommendations is a great place to start. Encourage your child to be physically active for 60 minutes or more each day, with activities ranging from informal, active play to organized sports.

Here are some ways you can do this:

- Start early. Young children love to play and be active. Encouraging lots of safe and unstructured movement and play can help build a strong foundation for an active lifestyle.
- Set a positive example by leading an active lifestyle yourself.
- Make physical activity part of your family's daily routine by taking family walks or playing active games together.
- Give your children equipment that encourages physical activity.
- Take young people to places where they can be active, such as public parks, community baseball fields, or basketball courts.
- Be positive about the physical activities in which your child participates and encourage them to be interested in new activities.
- Make physical activity fun. Fun activities can be anything your child enjoys, either structured or non-structured. Activities can range from team or individual sports to recreational activities such as walking, running, skating, bicycling, swimming, playground activities, or free-time play.

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## STEM WITH MS. PASTOR

In May, each grade level will be focusing on different aspects of STEM. TK-2nd will be learning about plants by creating model plants and learning about the life cycle of a plant. 3rd grade will be working on replicating petroglyphs. Then we have upper-grade levels creating Ozobot maps that will allow them to explore color coding and also create vertical gardens with their own watering systems. Ask your students what they are learning in STEM this month!

## WRESTLING CHAMPIONSHIP

Congratulations to the following wrestlers who placed in their weight class at the District Wrestling Championship.

Kenneth Santiago - 4th Place  
William Hernandez - 2nd Place  
Aiden Santos - 1st Place  
Elijah Martinez - 1st Place  
Anthony Morales - 2nd Place  
Sarissa Ybarra - 4th Place  
Jazmin Fernandez - 1st Place  
Way to Go Timberwolves!

