



# THE Eagle's NEST

2019-20 Year: Issue 2

October 2019

## Eagle Eye Calendar

Oct. 7th-11th: Red Ribbon Week.  
Wear red on Monday!

Oct. 11th: Emergency Drill: Lockdown

Oct. 17th & 18th: Fall Break; no school

Oct. 25th: Spirit Day—Crazy Hair Day

Oct. 25th: Reflection entries due

Oct. 30th: Picture Retakes

Oct. 31st: Halloween Parade— 1:00 pm;  
outside on our west and south playground;  
bring a lawn chair and join us!

Brain Booster time, the Playworks coach is outside playing games with students during their lunch recess, Monday—Thursday.

Here's a little more information about Playworks:

What is Playworks?

Playworks is a positive play-based approach to help students be more active and enjoy the freedom of recess. The vision is that every child will get to play on the playground every day. It offers the opportunity for students to explore their imaginations, connect with other students and to interact physically, emotionally and socially.

How is Playworks different from structured recess?

During a Playworks recess students have options to play any activity of their choosing, including free play. Some options will be provided to reflect the learning and skills they are acquiring during Playworks Brain Boosters sessions. Many other traditional options are also available. Our hope is to provide every option within our power.

What does Playworks look like in Brain Booster sessions?

Brain Booster sessions are half an hour long. During this time students will learn games and skills tied to the National P.E. Standards. They will have opportunities to practice these skills and games. In addition, students will learn strategies to help them solve the everyday challenges that might come up when playing with other children.

What are Junior Coaches?

Students in our 4th and 5th grade can apply to become Playworks Junior Coaches. They help by ensuring the playground equipment is taken out and returned to the building each day. They also help with a younger grade recess and play the various games and activities they are learning with the younger students. They meet regularly to learn leadership skills and promote healthy play.

-Julie Fielding

## Principal's Perch

Brain Boosters

For those families new to our school, I thought I'd give some information about Brain Boosters this month. Brain Boosters is a rotation of four different activities that students attend on one morning or afternoon each week. The rotations include Library, Engineering (mixed with some technology), Playworks, and Music/Dance (switches every week). Each rotation lasts for 30 minutes. They are taught by instructional technicians, who follow a scope and sequence of prepared lesson plans.

Playworks/PE is one of the rotations. Besides learning games and activities during their



## STUDENT VOICES

### Morning Meetings

This year, every classroom is implementing Morning Meetings. It sets a tone for respectful and engaged learning in a climate of trust. It helps to build and enhance connections among students and between students and teachers and merges academic, social, and emotional learning. Here's what some of our students are saying about Morning Meetings:

What do you like about Morning Meetings?

K: "I like talking into the microphone."

- Addy Price

"I like getting to know my friends better."

- Lincoln Crockett

1st: "When we get to greet people in our class."

-Ada McPartland

"Playing games like hotter and colder."

-Wyatt Ray

"Sitting by my friends."

-Beckett Turley

2nd: "I like playing Heads Up 7 Up"

- Haley Hodgson

"I like sitting by my friends"

-Azaylea Olson

5th: "I like the activities we play. My favorite is Down by the Banks."

-Sophie Hansen

"I like morning meetings because we get to play games."

-Connor Flink

"I like that we get to greet each other and share about ourselves."

-Janessa Strong

## Halloween Parade



Our Halloween Parade this year will be Oct. 31st at 1:00 and will be held outside. Please bring your lawn chairs or camp chairs and line the path of the parade. It will start at the back northwest door and go west until we hit the curb area. At that point we will follow the curb around to the south side and move to the east before crossing the playground to enter back into the building. We will mark it with some safety cones. Feel free to dress up as well! We ask all students and our community to leave masks at home and don't include any facsimile of weapons with the costume. A light saber or something similar would be okay to have as part of the costume. If you have any questions, please call our front office or ask your child's teacher.

## Second Steps



### Parents and Students:

We are excited to tell you about the new program we will be implementing to support our students emotional learning - Second Steps. Second Steps compliments our school wide theme of Kindness is Cool and provides a lesson each week to support student emotional learning focusing on self-awareness, self-control and interpersonal skills. As a school we will work on Empathy in October & November, Emotional Management in January & February and Problem-Solving during March & April. We look forward to taking this next step!

# Silver Mesa's School Community Council

What is the SCC?

The School Community Council (SCC) is a collaborative partnership between School personnel and the school's constituents. The community is represented by parents of students. Membership on the council must have 2 more parents than school staff represented on the committee.

Current SCC members include the school principal, 3 teachers, and 6 parents of school students. When positions are contested, teacher representatives are elected by school staff and parents are elected by the community. SCC members undergo training provided by the District and/or the state to help them be successful in their role.

What does the SCC do?

The SCC's main duties are to help determine how LAND Trust funds are spent, with some clear constraints that are codified into state law. Funds are allocated towards initiatives that will help the school improve outcomes, as described in a School Improvement Plan. The SCC also encourages the involvement of families in student education, partners with the school to create a safe technology environment, and helps with initiatives that develop digital citizenship skills within the student body.

When does the SCC meet?

While the school is in session, the SCC typically holds meetings at the Silver Mesa conference room on 7:15AM on the first Wednesday of each month. Interested members of the Silver Mesa community are always welcome to attend meetings.

Questions, feedback, and/or suggestions

We encourage and welcome your ideas, feedback, and questions about Silver Mesa's SCC. Please come to a meeting or contact us. Each member's contact information can be found at:

<http://silvermesa.canyonsdistrict.org/index.php/community/school-community-council>

## Eagle Attendance



### Be Great, Miss Less Than Eight

For many students, the beginning of the school year is a time for putting your best foot forward and recommitting with renewed enthusiasm to go-getter goals and good habits.

"When it comes to keeping kids on track academically, every day of instruction counts," says Canyons District Responsive Services Administrator Charisse Hilton who is working with schools to spread awareness of the hazards of absenteeism. Canyons encourages students to "Be Great, Miss less than Eight" school days per year, which may sound easy enough to achieve. But skipping just one day every other week results in 20 days a school year which is 4 weeks of academic instruction.

Help your Silver Mesa eagle soar by giving your student a limited number of missed days throughout the year and by setting increasingly bigger goals to inspire continued attendance success.

# PTA NEWS

## Fundraiser

Our fundraiser was a great success! We had so much participation in both the math events and the carnival! Thank you to everyone who participated! A special thank you to our PTA board and volunteers who rallied together to make this fundraiser happen. Our goal, to keep all of our fun programs, was \$15,000 and we came very close with about \$13,800. We still have a few donations trickling in so hopefully that will push us up to our target! Thank you to everyone for your generosity and support!

## Red Ribbon Week

We LOVE being a drug free school! Red Ribbon week is an amazing way to get excited about keeping our bodies healthy a clean of dangerous substances. Keep your eyes open for an email from PTA about all the fun events happening during the week of Oct 7th-11th. Also, if you want to come help with any of our fun activities go to our website, [silvermesapta.org](http://silvermesapta.org) and see where we can use some parent involvement.



## Principal Birthday Bash

They don't call Ms Fielding a princi-PAL for nothing! She is a wonderful principal to our school and we want to say thank you.

Unfortunately her birthday is in the summer so we never get to wish her a happy day that is all her own. Not this year! We are going to have an un-birthday party for Ms Fielding at Chick-Fil-A on Monday Oct 14th from 5:00-7:00pm! She will be there that evening, so come wish her a very merry UN-birthday and have some delicious dinner. As a special treat to our principal Chick-Fil-A will give a portion of sales that night to our school! Even if you can't stay, come through the drive up for dinner and still give our principal a wonderful birthday gift!

## Book Fair Victory!

The fall book fair was AMAZING! There were so many great new books and the bagels and donuts were a nice perk! Thank you to all of our volunteers for making this such a success! Scholastic has given us 50% of all sales at the fair in scholastic cash! That means all kinds of new books for our library, classrooms, and kids! Thank you Eagles!

## Reflections

We are sure you have seen lots of advertising for reflections. We hope you are working hard to finish up those entries. If you haven't started yet, don't worry, there is still some time. All reflections entries are due Oct 25th. You heard right! Only 25 more days until all entries need to be finished and submitted. Want more details? Go to our website [Silvermesapta.org](http://Silvermesapta.org) and click "programs" on the homepage.



## Halloween parties

October is the month for spooky fun, costumes and LOTS of candy! We hope you are ready for halloween because Silver Mesa Parties every year with a costume parade and class parties hosted by the room parents. Get in touch with your room parent (closer to the 31st) to get details on how you can help make your child's class frightfully fun.



## Favorite Things

We love our teachers! Many of our parents like to spoil our teachers but aren't sure how. We have a solution for all you spoilers out there. [www.silvermesapta.org](http://www.silvermesapta.org) has a "favorite things" page for your teacher. Cursor over the "school" button on the left of the homepage and click "favorite things" to see your teachers birthday and all their favorites so you can be sure when you spoil it will be something your teacher will adore. THIS JUST IN! Many staff members like Ms fielding and Ms Repp have also filled out a favorite things page! Check out all their favorites today!

## PTA Meetings

Want to know what is happening with your kids or at the school? Come to our PTA Meetings. PTA stands for Parent Teacher Association, a school-based organization with a mission to make the school a better place for children to learn. Parents of students work together with teachers to volunteer in classes, raise money for school supplies, and generally support the school's efforts. Coming doesn't mean you are signed up to volunteer in the school all year. It is just a great way to get information and have a say in what activities we hold at the school. It is also the way to have your voice heard if you want to see a change or get involved in something you enjoy to benefit your child(ren). Our meetings are held the first Tuesday of every month. Come see us October 1st @12:30 In the Soaring room off the gym. If you can't make it, not to worry. We will meet again November 5th @12:30. Hope to see you there

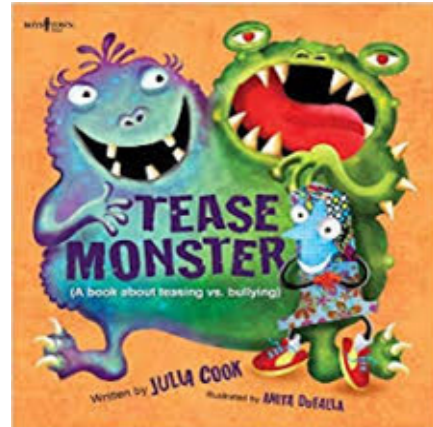
# Teasing vs. Bullying

Our goal at Silver Mesa is to create a Bully Free Zone. Our teachers and school staff work to create an emotionally safe environment for our students every day. We believe that generally, our students make an effort to be Kind, Safe, and Responsible in their social interactions however, we have become aware that the language surrounding teasing and bullying might be confusing to some. In an effort to use common language at home and school around this topic, here are a few resources.

Bullying is different from teasing. It's not done as a way to relate, or to make friends. Just the opposite. The goal is to embarrass the victim and make the bully look better. It may start out as negative teasing. But when it's done repeatedly with the intent of being hurtful or threatening, it becomes bullying. Verbal bullying includes calling a victim names, taunting and sexual harassment. It can happen in person, through texting and online through social media. Bullying of any sort is an imbalance of power. The victim usually hasn't provoked the bullying. He also might not be able to defend himself. Bullies don't back down. Their intention is to be hostile and their goal is to be in charge.



Teasing can be used as a way of communicating. It can be friendly, neutral, or negative. Teasing can strengthen a relationship by showing closeness and affection with another person. It can help show others what behaviors are appropriate in society: for example, teasing someone for talking with his/her mouth full communicates – without direct confrontation - that this is not a polite and socially accepted behavior. Teasing also represents an indirect and non-threatening (perhaps even playful) method for resolving conflicts by providing an outlet for expressing frustration or disapproval. Unlike kids who are being bullied, kids who are being teased can influence whether it continues or ends. If they get upset, the teaser will usually stop. The comments were never meant to be hurtful in the first place. If you are not sure whether the teasing is hurtful, pull the child being teased aside to ask them how they feel about it.



A great book that teaches kids the difference between positive teasing and bullying.

At Silver Mesa we use the recess program Playworks which incorporates many prosocial and anti-bullying techniques. Playworks published a great article on this topic and we recommend reading it. It can be found at the following website.

<https://www.playworks.org/resource/the-difference-between-bullying-and-teasing/>

Understanding the differences between bullying and teasing can support home school collaboration and our efforts to stop bullying. This lesson can provide the common language in all settings necessary to teach the concepts successfully. If you have questions or would like additional resources on bullying please contact our school psychologist, Danielle Rigby at [Danielle.rigby@canyonsdistrict.org](mailto:Danielle.rigby@canyonsdistrict.org)

Information provided by the following sites:  
<https://www.understood.org/en/friends-feelings/common-challenges/bullying/difference-between-teasing-and-bullying>

<https://www.prevnet.ca/bullying/educators/the-difference-between-teasing-and-bullying>

<https://au.reachout.com/articles/bullying-vs-teasing>

Follow Us Online!

Silver Mesa PTA website:

<http://www.silvermesapta.com/>

Silver Mesa PTA Facebook page:

<https://www.facebook.com/groups/silvermesapta/>