

What's Happening at Park

February WHAP

Principal Message

January is over and I am shocked at how quickly we sailed through the month. The weather wasn't unbearable, which was great when I was out on student supervision. I do hope we get more moisture though, we definitely still need more water.

Looking ahead to February, we are entering the middle of 3rd Term and would love to meet with each student's parent/guardian during SLCs (Student Led Conference). In the next couple of weeks, look for an email from your student's teacher with a Sign Up Genius link and also check the website. We will follow the same format, opening conference slots over the entire the week.

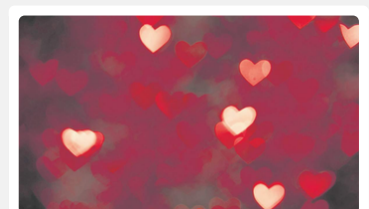
As you are looking at the calendar for the month, just a quick reminder that the Utah Food Bank Truck comes to Park once a month. They come with food for our families. You and/or your children are welcome to come to the cafeteria to grab what they've brought. This is FREE and such a great service for our school.

If I can help in any way, please reach out to me!

Have a WONDERFUL month!

Happy February,

Mrs. Hughes



Counselor's Corner

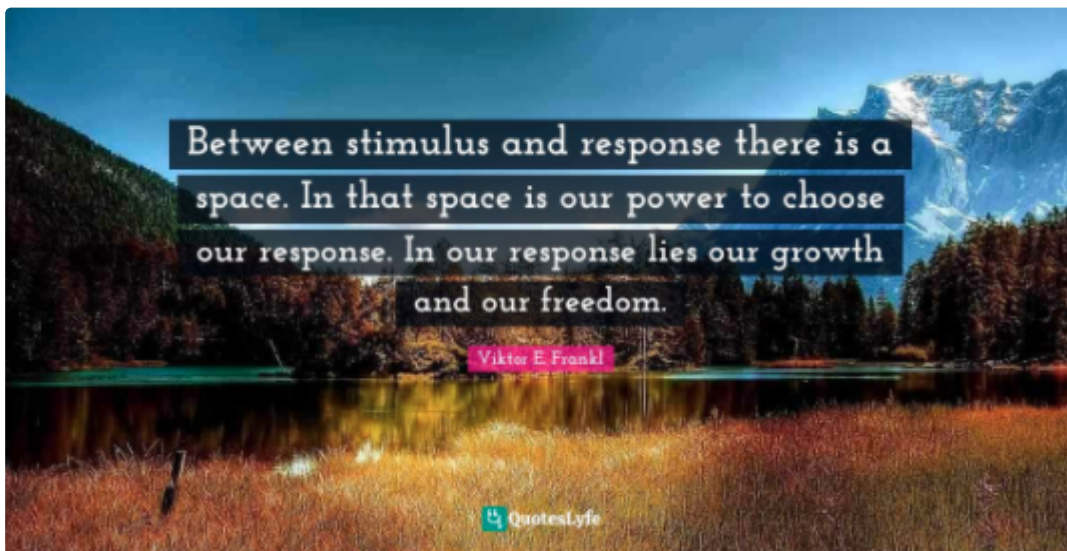
During the month of February, students at Park Elementary are learning to make an **IMPACT** by *Choosing Your Outcome*.

Most of the behavior infractions we have at school would be solved if our students recognized that their choices affect their outcomes. For example, students who choose to break our [PBIS school rules](#) generally receive a discipline rubric intervention. Students who choose to be dishonest or unkind to other kids, generally have a difficult time making friends. Students who choose not to pay attention and do their work in class, generally struggle with the concepts being taught and tend to fall behind with their academic work. Whereas, students who choose to attend school regularly, generally do better academically. Students who choose to be kind and considerate of everyone, tend to have more friends. **Every day, our choices are making our lives easier or more difficult.** It is very sad when we encounter a student who does not believe they have the power to change their outcomes. This is sometimes referred to as learned helplessness.

From the article [What is Helplessness and can it be overcome](#) it says "Helplessness is a belief or feeling there is no action one can take to improve their situation. ...Helplessness is most often a learned belief. It tends to manifest itself as low self-esteem, lack of motivation, and the belief that one is inadequate and prone to failure, unable to overcome their present circumstances...In response to the discovery of learned helplessness, it is possible that 'learned optimism' is a method of relieving much of the suffering associated with helplessness... By increasing one's sense of optimism, there is a shift away from the perception of helplessness, and a belief that one does in fact have some control over their environment, or at least in their response to it. Such a view would serve to alleviate feelings of depression associated with learned helplessness."

We want to teach our Park Panthers to have **Learned Optimism** by teaching them that they can Choose Your Outcome by choosing their attitude, approach and response to the daily life struggles and situations they might encounter. My all time favorite quote is by Viktor Frankl, a concentration camp survivor, when he said: "Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

For more information, here is a great resource on [Learned Optimism: Overcoming Learned Helplessness and Procrastination](#).



Scholastic Book Fair



Scholastic Book Fair Coming Soon...

And we need YOUR help!

The Scholastic Book Fair is scheduled to run just three short days....Tuesday, March 1st through Thursday, March 3rd. We would love your help in running different shifts throughout those three days. If you would be willing to volunteer, please reach out to Jandel Christensen at derry1116@gmail.com. Remember, for every shift you help with, you will receive a \$5 credit to the book fair! Thank you for your help!

We have a Lending Library in our boundaries!

The location for our lending library is 250 E 400 N, Spanish Fork. Go visit it today!

Park School Store---- NOW OPEN!

Please head over to <https://parkelementary.axomo.com/> to take a look at our Park Elementary School Store. Items are available for purchase now. There are many different styles to choose from. All items purchased may be shipped to your home or picked up at Namify in Springville at no extra charge. We can't wait to see our students decked out in Park apparel!

NetSmartz Monthly Tip for Parents

Click [HERE](#) to enjoy simple tips to creating a more safe tech family. Learn about living a more balanced life, gaming safety, understanding news, managing social media, what you need to know about online predators and much more.

Important Dates



Upcoming Important Dates

- * Tuesday, Feb. 1st- Utah Food Bank Truck 3:00 pm
- * Monday, Feb. 21st- Presidents' Day- NO SCHOOL
- * Friday, Feb. 25th- School Community Council- 3:15 pm in the Library
- * Monday, Feb. 28th- Friday, Mar. 4th- Student Led Conference Week (check the website for sign up sheet)
- * Tuesday, Mar. 1st- Thursday, Mar. 3rd- Book Fair in the Gym