

What's Happening at Park

September WHAP

Principal Message

My heart could not be happier now that all my students are back in the building. It's quite a lonely place with out students. I have been in and out of classrooms all week and I am happy to report that teachers and students are happy to be back! We are definitely hitting the ground running. We have lots to learn and aren't going to waste anytime.

For those new here, we have Leadership Stories each month. In this newsletter, you will find a link to the recorded story, as well as a form to fill out. We encourage families to sit down together to watch the story being read. The form is easy to fill out and in doing so will put your child's name in a drawing to win the book for your own home library.

[HERE](#) is the link to the Leadership Story for the month of September! I hope you will take the time to fill out [THIS FORM](#) afterwards so your student has a chance to win the book!

Please mark your calendars for our first SLC (Student Led Conference) to be held the week of September 19th. Your student's teacher will send you a link to sign up! We would love to see you see you there! Also, our Fall Picture Day will be happening on Thursday, September 22nd!

Remember, no school on Monday, September 5th!

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

Have a WONDERFUL month!

Happy September,

Mrs. Hughes



Counselor's Corner

For my grade level lessons in August, I did a review of last year's counselor theme: OUR CHOICES MAKE AN IMPACT.

For the 2022-2023 school year, Park Panthers will learn to BE CURIOUS!

We will **BE CURIOUS** in learning how to:

Recognize the emotions we are feeling

Understanding where those emotions are coming from and what other past situations or experiences may affect how we are feeling now

Label our emotions so we can communicate what we are feeling effectively to those around us

Express our emotions in a socially appropriate and culturally accepted manner

Regulate our emotions so they don't negatively impact our thoughts, behaviors and relationships

During the month of September, students will be given a brief introduction into RULER; a school board approved and vetted Social Emotional Learning program. If you would like to learn a little bit more about this program you can do so [here](#). Additionally, you can reach out to me, Mrs. J @ aubree.judkins@nebo.edu for any additional questions or concerns you may have.

My hope is to give our students and staff a brief introduction of the RULER program this year. Next year, our staff and teachers will be trained on the program and we are hoping to roll out the program to students and parents during the 2024-2025 school year. We are excited to look at the skills of **Recognizing, Understanding, Labeling, Expressing and Regulating** our emotions through a CURIOSITY lens. As Walt Disney said "We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths."

Please Help Our Pick Up After School Process

Please watch [THIS VIDEO](#) to better understand our rules and procedures for drop off and pick up.

Our main goal after school is to keep students safe!

I love that our middle school and junior high students come and pick up their younger siblings, however, for safety reasons it is problematic to have them enter the building during school hours or right as the bell rings at the end of the day. If you have chosen an older sibling to pick up a Park student, please have them choose a designated area OUTSIDE of the building to meet. Our focus is on having Park students exit our building at the end of the day safely without additional students entering our building.

Will you please follow the recommended rules below to help us with this?

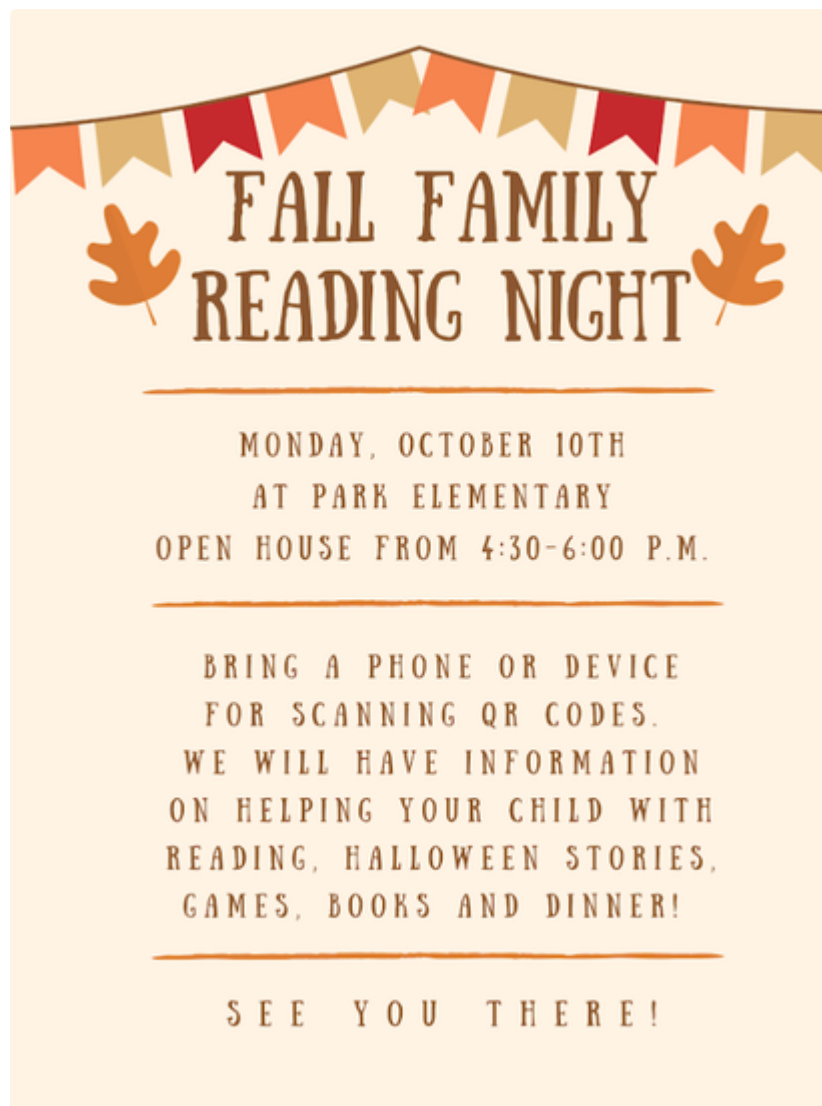
- 1) The preferred location to pick up students is the BACK of the school, located on 700 E. Please use the pull through lane to do that.
- 2) Students should never get into a vehicle that is stopped in the middle of the road. PLEASE use the pull through lane or a parking stall.
- 3) Students should never run across the road, they need to use the crosswalk every time.

We understand that there are quite a few cars picking up students after school and we are trying to get cars in and out as quickly as possible. The pull through lane really does die down after 3:05 pm.

Another option is to have your student use one of the designated crosswalks to meet you on a different road; on the north side of 700 E or 600 E, etc.

Thank you for helping us keep our students safe~

Fall Family Reading Night- Mark your calendars...



Vision Screening Information

August is Children's Eye Health and Safety Month

Nebo School District provides a basic distance vision screening for PreK, K, 1, 3, 5, 8, and 10 grades that screens for potential vision problems. Since children often do not identify a vision deficiency themselves, a school vision screening may become the first identifier of a potential vision problem that without correction may lead to permanent vision loss or impairment.

Watch for more information about the vision screening at your student's school coming up September 20th.

One in four children has a vision problem that requires treatment.

Your child's vision is essential to her success in school.



Love and Logic Class Information



Nebo School District presents a **virtual**

Love and Logic Parenting Workshop

"There's a lot of advice out there on how to raise your kids—some better than others. "Love and Logic" is a favorite of therapists, family life educators, teachers, principles and most importantly parents. It is practical, easy to learn and really effective! Come and enjoy this fun, upbeat and informative workshop full of useful tips!"

—Jonathan Sherman, LMFT, Family Therapist and Parent Educator

Where: Online: via Zoom

Dates: Tuesdays, Oct 4, 11, & 18 (all three for the full course)

Time: 6:00-7:30 pm

Cost: provided Free by Nebo School District.

Manuals are \$12 each and can be purchased with card, cash or check made out to Nebo School District. They are available at the Nebo School District Office in Student Services (top floor, south entrance)

This class will be capped at 50 participants. To sign up; email aubree.judkins@nebo.edu with your:

- Name
- Email (this is where the Zoom link will be sent for the class)
- The Nebo District school your student(s) attends

The meeting ID and password will be emailed to you a few days before the class begins.

If you need or know anyone in need of groceries, the Utah Food Bank Mobile Pantry is in Spanish Fork EVERY FRIDAY at 1138 W 100 S from 9 am to 10 am. Please pass the word along!

<https://www.utahfoodbank.org/programs/mobile-pantry/>

Lending Library

The lending library is free to all and is filled with books you are welcome to take. Don't feel like you have to return the book if you loved it! We will restock periodically. If you'd like to donate books, feel free to place them inside. Thanks for joining our reading community!

The location for our lending library is 250 E 400 N, Spanish Fork.

Go visit it today!

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.



Upcoming Important Dates

- * Monday, September 5th: Labor Day- NO SCHOOL
- * Friday, September 9th: Hearing Screening for K, 1, 3, 5
- * Monday, September 19th- Friday, September 23rd: SLC- Check your email for a sign up from your student's teacher
- * Tuesday, September 20th: Vision Screening for K, 1, 3, 5
- * Thursday, September 22nd: Fall Picture Day
- * Monday, September 26th: Teacher Development Day- NO SCHOOL

