

What's Happening at Park

DECEMBER WHAP

PRINCIPAL MESSAGE

The holiday season and cold weather HAVE ARRIVED! I love this time of year! I love the crispness in the air, the sights and sounds of the holidays and the excited feeling within the walls of our school. I hope that your holidays are spent with the people you love and you have a wonderful December!

Our annual Food Giveaway is coming up December 12-16. If your family is in need of canned food and hygiene items please come take what you need. You can come anytime during the week of December 12-16 from 8:30-3:30. Please check in at the office. It may be helpful to bring boxes or bags to take your items in.

Please mark your calendars... the last day of school before Christmas break will be Wednesday, December 21st. That is also the end of Term 2. Term 3 will begin and school will resume on Tuesday, January 3rd.

As the weather is turning colder, please make sure that your child comes to school each day dressed to be outside. If you need help with getting your child a coat, please let me know. We will be outside every day unless it is raining heavily or actively snowing or if the temperature is below 20 degrees.

Don't forget to participate in the Leadership Story every month! 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 December! I hope you will take the time to fill out [THIS FORM](#) afterwards so your student has a chance to win the book!

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

Have a WONDERFUL month!

Happy December,

Mrs. Hughes



COUNSELOR'S CORNER

During the month of December, students will learn about the E in the RULER acronym: Recognizing, Understanding, Labeling, **Expressing** and Regulating our emotions.

As a reminder, during the month of November, Park students learned the difference between the "Upstairs Brain" and the "Downstairs Brain" and the emotionally regulating power of **LABELING** our emotions; better known as "**Name it to Tame it**". Our "Upstairs Brain" is where we do our thinking, regulating and problem solving. Our "Downstairs Brain" houses our Flight, Fight or Freeze emotional responses.

This is especially helpful when we realize that, generally, when we are overwhelmed with uncomfortable emotions, our natural, protective predisposition is to express uncomfortable emotions as Anger (Fight) Avoidance/Escape (Flight) or Shutting Down (Freeze). These are hurtful and disconnecting responses.

Park students will learn about anger as a secondary emotion; the FIGHT response being employed in our "Downstairs Brain." When we learn to "unwrap our anger" we can more accurately identify our emotions and then choose a more helpful response. We do this by effectively **LABELING** our emotions, or "Naming it to Tame it". This way, we can move to our "Upstairs Brain" and then STOP-THINK-and CHOOSE the best way to **EXPRESS** our emotions in a way that is helpful to our relationships and increases connection.

One of the most useful tools that I have learned to effectively express emotions is called "The Magic Sentence". It goes like this:

- **I feel** (label the emotion) **when you** (name the thing the other person did), **I'd like you to** (name some helpful next steps.)

By the end of December, your student should know how to "Unwrap their Anger" and use "The Magic Sentence" to appropriately EXPRESS their emotions.

Here is a helpful resource for more information on Anger as a Secondary Emotion.

ANGER 101

Anger is a feeling of frustration and dislike when something we perceive as unfair, painful or bad happens to us.

1 Anger is a valid emotion.
Anger is a completely normal, usually healthy, human emotion

2 Anger is a secondary emotion.
Anger is often the result of another emotion such as sadness or fear. See iceberg

3 Anger is caused by internal and external events and affects our:
Thoughts
Body
Behavior

4 Angry behavior is learned
We learn how to express anger by observing others.

5 There are healthy ways to express anger
Meditate
Exercise
Breathing

ANGER is only one letter short of DANGER

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NATIONAL HANDWASHING AWARENESS WEEK

December 4-10 is National Handwashing awareness week.

Handwashing is an easy, inexpensive, and effective way to help your family stay healthy. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related illnesses and 1 in 5 respiratory infections, such as a cold or the flu. When your family is healthy, you don't have to worry about missing school, work, or other activities.



Help your children make handwashing a healthy habit at home, school, and play by:

- Teaching kids the five easy steps for handwashing— wet, lather, scrub, rinse and dry—and the key times to wash hands, such as after using the bathroom or before eating.
- Giving frequent reminders so that handwashing becomes a habit and a regular part of your child's day.
- Leading by example by washing your hands.

The CDC has launched Life is Better with Clean Hands, a national campaign encouraging parents to make clean hands a healthy habit for the whole family. For more information on Life is Better with Clean Hands, visit www.cdc.gov/handwashing

UTAH FOOD BANK MOBILE PANTRY

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

- * Thursday, December 8th: School Community Council- 11:15-12:15 pm
- * Monday, December 12th- Friday, December 16th: Food and Hygiene Giveaway- 8:30-3:30 pm
- * Wednesday, December 21st: Last Day of Term 2
- * Wednesday, December 21st-Monday, January 2nd: Christmas Break!