

WHAT'S HAPPENING AT PARK

FEBRUARY WHAP

PRINCIPAL MESSAGE

I cannot believe that January is over and we are entering into the next month. I don't know about you, but I have felt that this winter has been the coldest winter ever. Even though I am freezing, I am really grateful for all the moisture that we have been getting. I am also grateful to be here at Park Elementary. This month has been magical for me as I have been able to get to know each student and see all the growth they are making. This school truly is the best and I feel honored to be a part of it.

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. If you need any help with signing up for a time please call the office and they can assist you.

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!



FREE PRESCHOOL AT PARK ELEMENTARY

Hello Park Elementary parents,

I am excited to share some changes that will be happening in our Preschool program next year. In the past, all screenings have been done at the Summit Center and decisions have been made at the district level. We will be changing that next year and placement will be made at the school level. What this means to you:

- Only Park boundary students (ages 3-4) will be accepted
- Assessments will happen at Park Elementary on March 1 & 2
 - Call the school at 801-798-4045 to register for your child's assessment
- We will make placement decisions by highest academic need
- Class lists will be available in July

Class Information if your child qualifies:

4-5 year old classes

- Tuesday – Friday
- 2.5 hours per day
- AM and PM times

3 year old classes

- Monday
- 2 hours per day

COUNSELOR'S CORNER

Although I love and appreciate my family and friends the whole year through, February seems to be dedicated to love. I find myself reflecting and taking stock of my actions and

relationships with my loved ones. During the month of February, Park Students will learn about the art of apologizing. What better way to cultivate positive and meaningful relationships than practicing sincere and genuine apologies?!?

The book we are reading this month is *How to Fold a Taco* by Naibe Reynoso, which emphasizes that there is no right or wrong way to fold a taco. Just as there is no right or wrong way to put the toilet paper on the toilet paper holder or load the dishwasher (although I think my way is the best way). But there IS a right and a wrong way to apologize.

I recently read *Why Won't You Apologize?: Healing Big Betrayals and Everyday Hurts* by Harriett Lerner. One of my favorite quotes says: "The best apologies are short, and don't go on to include explanations that run the risk of undoing them. An apology isn't the only chance you ever get to address the underlying issue. The apology is the chance you get to establish the ground for future communication."

Here is a list of **9 Essential Ingredients to a True Apology**

NINE ESSENTIAL INGREDIENTS OF A TRUE APOLOGY

1. Does not include the word "but"
2. Keeps the focus on your actions and not on the other person's response
3. Includes an offer of reparation or restitution that fits the situation
4. Does not over do
5. Doesn't get caught up in who's more to blame or who started it
6. Requires that you do your best to avoid a repeat performance
7. Should not serve to silence
8. Shouldn't be offered to make you feel better if it risks making the hurt party feel worse
9. Does not ask the hurt party to do anything, not even to forgive

—
DR. HARRIET LERNER

AUTHOR OF *WHY WON'T YOU APOLOGIZE?*



Nebo School District will offer a **virtual**

Parenting the Love and Logic Way™ Workshop

The Parenting the Love and Logic Way™ curriculum was developed by Jim Fay, Charles Fay, PhD., and Foster W. Cline, M.D., of the Love and Logic Institute, Inc. Nebo School District is an independent facilitator of the Parenting the Love and Logic Way™ curriculum. "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, principals 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, March 14, 21, & 28 (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.

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

Week 1:

- * Friday, Feb 3- Park School Spirit Day. Wear Park attire or school colors

Week 2:

- * Monday, Feb 6- Opera School Assembly
- * Friday, Feb 10- Park School Spirit Day. Wear Park attire or school colors

Week 3: 3rd Term SLC's all Week

- * Monday, Feb 13- 3rd Term SLC's Start
- * Tuesday, Feb 14- Happy Valentine's Day
- * Wednesday, Feb 15- 5th grade Fine Arts Assembly
- * Friday, Feb 17- 2nd Grade Aquarium Field Trip/ Park School Spirit Day. Wear Park attire or school colors

Week 4:

- * Wednesday, Feb 22- K-2 Story Time Assembly
- * Friday, Feb 24- Park School Spirit Day. Wear Park attire or school colors

Week 5:

- * Monday, Feb 27- Assembly about Kindness
- * Tuesday, Feb 28- Utah Food Bank