

What's Happening at Park

March WHAP

Principal Message

March is finally here!!! It has been so cold and I am hoping for a quick spring. Speaking of spring, we have so many fun and exciting things going on the next three months. With field trips, track meets, and some fun assemblies. I am so proud of each student and how they are working so hard to accomplish all of their academic goals. Thanks for being supportive parents in helping Park students to grow.

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

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.

Remember NO SCHOOL on March 10 & March 22.

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

Have a WONDERFUL month!

Happy March,

Mrs. Lindley

Online Registration

Opens in MARCH

2023-2024 School Year

Nebo School District



New Kindergarten Students

- Registration Portal will open for ALL Kindergarten students on March 1, 2023

Returning Students

- Registration Portal will open for returning students on March 1, 2023

New Students to Nebo

- Registration Portal will open for any new students to Nebo on March 22, 2023



www.nebo.edu/registration

Counselor Corner For March

Counselor Corner for March

Welcome to March Madness!! Here at Park Elementary, March Madness is less about the NCAA Championship or the 5th grade Book Bracket and more about focusing on **College and Career Readiness (CCR)**. Research shows that kids who decide in elementary school that they want to seek higher education are far more likely to complete a degree through higher education. Whether it's a 1 year certification program through a technical college like [MTech](#), a 2 yr associates degree or certification program or a bachelor's degree and beyond; students who start planning now are far more likely to achieve that goal. Research also shows that those who complete some level of higher education get better jobs with higher pay. Throughout the month of March, we will focus on starting now to make College and Career goals. We will consider different career paths and related skills that students will need to develop in order to be successful on a chosen career path. We will focus on skills students already have that will help them to be College and Career ready! Additionally, each morning over announcements we will share a College Fun Fact. At the end of the month, students will have an opportunity to play their teachers in a College Fun Fact Trivia game during Mrs. J's grade level lessons in the Panther Den. Students took the win during our last teacher vs student battle. Can Park teachers make a comeback or will the students continue to reign supreme?!?

Here are some additional resources to help you and your student start making plans for College and Career Readiness. It's never too early to start planning!!

[Keys to Success](#)- explore colleges, careers, scholarships, how to attend college for undocumented students, build a resume, resources for help paying for college, concurrent enrollment and so much more.

[CTE Pathways](#)- students can start as early as middle school or jr high to get started on a CTE Pathway. This can result in more concurrent enrollment credit, high school graduation honors, work based learning opportunities and smoother transitions from education into the workforce. [Utah Career and Technical Education at a Glance.](#)

[Utah's System of Higher Education](#)- More information and resources on Utah's public colleges and universities.

[Utah's Statewide On-Line Education Program \(SOEP\)](#)- Provides high quality on-line learning options for students regardless of language, residence, family income, or special needs.

[My529](#)- Start saving now for college with special benefits and tax deductions.

Attention **Nebo** Parents



join our Mental Health Series focusing on...

Your Child's Anxiety

March 13, 2023

6:00–7:00 PM via Zoom



REGISTER HERE:

<https://cookcenter.info/NeboMarch13>

Message from the School Nurse

It's March, time to dust off those rusty bikes, grease up the wheels on those roller blades, and break in those running shoes. As we prepare to become more active in life, it's also time to review things we can do to protect the ol' noggin. It's important to realize that an injury of any severity to the developing brain (which is anyone under 25 years old) may disrupt it's development and limit their ability to participate in school and other activities, like sports.

A **TBI** (Traumatic Brain Injury) is caused by a bump, blow, or jolt to the head that disrupts the normal function of the brain. Not all blows or jolts to the head result in a TBI. The severity of a TBI may range from "mild" (i.e., a brief change in mental status or consciousness) to "severe" (i.e., an extended period of unconsciousness or memory loss after the injury). Most TBIs that occur each year are mild, commonly called concussions.

As a result of a TBI, children may experience changes in their health, thinking, and behavior that affect learning, self-regulation, and social participation, all of which are important to becoming a productive adult.

Some of the most common causes of head injuries are: **falls, projectiles, car crashes** and **self-harm**.

Some basic things we can do to protect ourselves and those we love:

1. Wear good fitting shoes to prevent tripping
2. Make sure you are able to see, by wearing your prescription glasses if you need them and making sure it is well lit wherever you are being mobile.
3. Wear an appropriate helmet for the appropriate activity: biking, recreational vehicles, sports, climbing, etc.

4. Wear your seatbelt at all times while in a car.
5. Keep your mind alert and aware and avoid substances or circumstances that would impair your focus (lack of sleep, extreme emotions, medications, drugs, alcohol)

And here are some fun brain facts:

1. 60% of your brain is made out of fat!
2. Your brain isn't fully formed until the age of 25 years old.
3. With about 86 billion neurons with up to 1 quadrillion connections, your brain's storage capacity is virtually unlimited!
4. Brain information travels up to 268 miles per hour.
5. The human brain weighs about 3 lbs.
6. The technical name for "brain freeze" is **sphenopalatine ganglioneuralgia**
7. A piece of brain tissue the size of a grain of sand contains 100,000 neurons and a billion synapses
8. The human brain can generate about 23 watts of power, which is enough to power a lightbulb! Your brain has a big job! Take care of it!

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.

Important Dates



Upcoming Important Dates

- * Wednesday, March 1- Preschool Screening
- * Thursday, March 2- Preschool Screening
- * Friday, March 3- Preschool Screening/Park Spirit Day (Wear School Colors)
- * Monday, March 6- Victory Assembly
- * Tuesday, March 7- Floride Varnish Program
- * Thursday, March 9- Report Cards will be sent home.
- * Friday, March 10- NO SCHOOL.
- * Wednesday, March 15- 5th grade Play at Diamond Fork Middle School
- * Thursday, March 16- School Community Council @ 11:15
- * Friday, March 17- St. Patrick's Day (Wear Green)
- * Tuesday, March 21- 5th Grade Maturation Presentation
- * Wednesday, March 22- No School for kids (Staff Development Day)
- * Friday, March 24- Park Spirit Day (Wear School Colors)
- * Monday, March 27- Teacher Appreciation Week
- * Tuesday, March 28- Utah Food Bank
- * Wednesday, March 29- Kindergarten/5th grade Graduation Pictures.
- * Thursday, March 30- 2nd Grade Farm Field Days
- * Friday, March 31- Park Spirit Day (Wear School Colors)