



Date:  
November 15, 2019

## Parent Newsletter - Principal's Message



## Calendar

**11/19 - Dr. Christy Kane (Brain Researcher) Parent Workshop Night @ 6:30 in our gym**

**11/27 - No School - Teacher Comp Day**

**11/28-11/29 - No School - Thanksgiving Break**

### *Dear Parents,*

We are hopeful that your student's second trimester has gotten off to a good start and will bring continued growth and progress in reaching their goals. The Alpine School District Community believes that a love for learning, a safe environment, connections to their teachers and peers along with parental involvement, are fundamental to building confidence and an overall state of well-being for students.

This time of year can be exciting and fun, but can sometimes bring about additional stress for students. This can be social/emotional stress, academic stress, or just the fact that it is a time of year when students are hit by illness and general exhaustion. All of these can impact a student's health and well-being. Here are a few articles/resources that may be helpful as you have conversations with your students:

- [Coping with School Stress](#) These 5 tips can help kids cope with school stress and homework pressure -- and ease school anxiety for kids of all ages.
- [School Stress Takes A Toll On Health, Teens And Parents Say](#) Teenagers say their parents often don't realize how overwhelmed they feel about school. Psychologists say parents can help children manage to put the child's distress in perspective.

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**@mountmahoganyrams**

**Follow us on Twitter:**  
**@mtmrams**

**Follow our PTA:**  
<https://bit.ly/2nMSVs3>

We are pleased to inform you that, through the support of the AWARE (Advancing Wellness and Resilience in Education) Grant, we are offering mental health screening nights for all students grades 3-12. Our next scheduled screener night will be held on November 20, 2019, at Deerfield Elementary (4353 W. Harvey Blvd. Cedar Hills). Here is additional information about the [Screener Night](#).

We also want you to be aware of an opportunity for your high school student(s) to see the play *Every Brilliant Thing*. Participating high schools will be sending home information pertaining to the play that is being performed during the months of January and February. There will be a public viewing of this play on January 9, 2020, at 7:00 PM at Orem High School. All parents are invited to attend and are welcome to bring students ages 14 and up (if the student will not be attending a performance at their school). The following link provides some additional information about the content and purpose of [Every Brilliant Thing](#). Please contact Rebecca Andreasen at [randreasen@alpinedistrict.org](mailto:randreasen@alpinedistrict.org) to secure your tickets.

In honor of Suicide Prevention and Awareness Month, the One Voice Children's Choir released ["One More Light"](#). The hope is that "awareness" will translate into a deeper sense of care for the people in our lives. Please enjoy and share this beautiful song.

*Sincerely,*

*The Alpine School District Health and Well-Being  
Team and Mr. Shirley, Principal*

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## **School Announcements:**

**Brain Research Family Night - Tuesday, November 19 @ 6:30 pm -- Mark your calendars for our next Parent Workshop Night! Dr.**

Christy Kane, a renowned researcher of the brain, is coming to Mt. Mahogany! We are proud to offer this parent engagement night to our community. Dr. Kane will be speaking to us on the effects and overuse of electronics on the growing brain. She will also be available for questions following her presentation. We hope to see you all there! See the flyer below for more info.

**\*Student Afternoon Pick Up: Please make sure students are picked up within 10 minutes of the afternoon bell ringing each day for their safety.** When students stay longer than 10 minutes after the bell, it is extremely difficult to supervise them. Please take a moment to review our schedule:

1st-6th A Track (Mondays): 8:00-1:15

1st-6th A Track (Tuesday-Friday): 8:00-2:15

1st-6th B Track (Mondays): 9:15-2:30

1st-6th B Track (Tuesday-Friday): 9:15-3:30

AM Kindergarten (Monday-Friday): 9:15-12:00

PM Kindergarten (Mondays): 12:35-2:30

PM Kindergarten (Tuesday-Friday): 12:35-3:30

**\*New School Psychologist Announcement:** We are excited to announce that Nick Theodosios has joined our school community as our new school psychologist! He is replacing Robyn Orr, who has left the school for another opportunity. We wish her luck in her future endeavors as she did a great job for us. Nick comes to us with experience as a school psychologist in the Provo district. He will work closely with our Special Education Team, school counselor, and social worker to assist students and families in a variety of ways. Welcome Nick!

**Yearbook Cover Submissions:** Alf your child is interested in submitting an entry to be considered for our yearbook cover and back cover, all submissions must be turned into the office by Wednesday, December 4. No entries will be accepted after that date. The winning entry will be chosen and announced shortly after our deadline. Yearbooks will be available for to purchase starting in January, and we will send out more info on how to purchase a yearbook after our Winter Break. We look forward to seeing a lot of great entries!

**\*\*Important School Calendar Changes\*\*** -- Just another reminder, we have made a couple of adjustments to our school calendar. Our Parent Christmas Sing has been moved to Wednesday, December 18 at 9:30. We have also moved our February Parent Teacher Conferences to February 12-13.

**\*Cold Weather Procedures:** Following Alpine School District Guidelines, students are encouraged to be outside for recess unless it is 20 degrees or colder, then it will be inside. We also closely monitor air quality to ensure it's safe for students to be outside. Please make sure your child is coming to school prepared for the weather with a proper coat, along with gloves, hats, boots, or other items necessary for your child to be comfortable and warm outside. For mornings before school that are 20 degrees or colder, 1st-6th students are invited to go to the gym and wait for the bell to ring. If your child is a Kindergartener, they can go to the Kindergarten hallway and wait there until the bell rings. It it is too cold, we will have a blue flag posted outside of the North Entrance to signify inside mornings.

**\*Parking Lot Safety:** Thank you for being courteous to other drivers and for remembering to pull all the way forward when loading and unloading students each day. It's very helpful for cars

who are waiting to enter our pickup and dropoff zones.

**Photo ID--** Please remember to have a photo ID ready to show our secretaries when checking a child out in our office. This will help us keep our students safe when patrons are in our building.

**\*Don't forget about Lexia and Reflex!--** Utilizing Lexia at home provides a great opportunity for students to work independently on reading skills and to identify specific reading needs. Reflex is another great online tool to help your child with their math facts. Contact your child's teacher to obtain login information, if you do not already have it.

**Attendance--** Daily attendance is vital to student success. Thank you for making every effort to have your child in attendance daily.

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## **PTA At a Glance:**

*Dear Parents,*

*It's getting close to holiday shopping time! Help the school earn \$\$ by signing up through Amazon Smiles: [smiles.amazon.com](https://smiles.amazon.com) find PTA Utah Congress Mount Mahogany Elementary PTA and link it to your account, at Macey's (you have to renew each year) <https://maceys.com/school-perks> and Smiths <https://www.smithsfoodanddrug.com/account/enrollCommunityRewardsNow>. Everytime you shop these places a portion of the proceeds is donated to the school.*

*Hang onto those bags of old clothes and toys. We will be having a clothing drive in January and they will give cash to the school based on the weight of the items donated!*

*Thank you!*

*Kim Frisbie*  
*PTA President*  
**"Give One Day"**



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**PTA<sup>®</sup>**  
*everychild. one voice.<sup>®</sup>*

# HOW ELECTRONICS



# IMPACT THE HUMAN BRAIN

Dr. Kane offers an interactive workshop regarding how the electronic world we live in creates addiction and affects the neurological development of the human brain. She gives evidence-based research on brain functioning, how electronics impact neurotransmitters in the brain, and how to mitigate the effects of electronic addiction.

**Cost:** Free

**Date:** *November 19, 2019*

**Time:** *6:30-8:00*

**Location:** *Mt. Mahogany Elementary*

- How many hours a day do you or your family members use electronic devices?
- Is this electronic usage impacting the growth and development of the brain?
- Is social media bad for you and/or your family?
- Are there ways to help offset the negative effects of electronics use?
- Are electronics neurologically addictive?



*Dr. Christy Kane,  
Phd, CMHC  
uses clinical experience  
and scientific research to  
explain the neurological  
changes taking place in  
the developing brain due  
to the impact of  
electronics.*



Sub for Santa is a temporary Christmas assistance program. We match sponsors from the community with families looking for help. We know Christmas can be a really difficult time for families, and we hope the generosity of your neighbors can help your children experience joy. Please review our guidelines below to see if you qualify and the steps to apply. Sub for Santa is only for residents of Utah County (Provo, Orem, Lehi, Spanish Fork, Lindon, Eagle Mountain, Vineyard, Pleasant Grove, Alpine, Mapleton, Goshen, Genola, Springville, Saratoga Springs, Salem, Elk ridge, American Fork, Payson, Highland, Cedar Hills, Woodland Hills, Cedar Fort)

For information on how to apply, please visit the following link:

<https://unitedwayuc.org/get-involved/sub-for-santa/get-help-from-sub-for-santa>





# FIRST DOWN

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IN UTAH COUNTY & THE #1 FLAG LEAGUE IN THE US!

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# Help Your Child Succeed in School: Build the Habit of Good Attendance Early

School success goes hand in hand with good attendance!

## DID YOU KNOW?

- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work.

## WHAT YOU CAN DO

- Set a regular bed time and morning routine.
- Lay out clothes and pack backpacks the night before.
- Find out what day school starts and make sure your child has the required shots.
- Introduce your child to her teachers and classmates before school starts to help her transition.
- Don't let your child stay home unless she is truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make her feel comfortable and excited about learning.
- Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.

### When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

For more on school readiness, visit [attendanceworks.org](http://attendanceworks.org) and [reachoutandread.org](http://reachoutandread.org)



Click this link to find out how to scan Boxtops for the coming year! (We will also still accept Box Tops that are cut out)  
<https://www.boxtops4education.com/newbtfe>