



Date:  
November 22, 2019

## Parent Newsletter - Principal's Message



## Calendar

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

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

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**Follow us on Twitter:  
@mtmrams**

### *Dear Parents,*

This past Tuesday, our community had the opportunity to hear from Dr. Christy Kane, who spoke to us on the challenges and effects of electronics on developing brains. She gave us great insights into how to help our children to maintain a healthy balance of electronic usage and physical activity. We appreciate everyone who was able to come and participate in this parent workshop. Her research has shown the following:

- \*There are harmful neurological effects on the brain when children are choosing to be on electronics instead of being outside playing, building things, associating with others, and experiencing nature.
- \*The national average of electronic usage for children and teens is 6.5 hours per day. Children who use electronic devices 6.5 hours or more have shown to have increased anxiety and depression.
- \*When children do not develop certain parts of their brains related to physical activity or communication, it begins to shrink.
- \*19 year olds today will spend 20 years on electronics by the time they reach the age of 60.
- \*Children and adults who have a healthy amount of screen time have higher reasoning skills, and have better emotional responses.
- \*Excessive use of electronics creates dopamine in the brain, which is a substance found in harmful, addictive drugs.
- \*There is a significant increase in brain activity when children are doing activities their hands, opposed to when they are electronics where there has shown to be little to no brain activity. Things like being outside, listening to music, having deep

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conversation, memorization, increasing tactile activities, exercise, and going on nature walks are great activities for the brain.

Dr. Kane also talked on the importance of eating healthy, getting adequate sleep, and showing proper affection to our children. Her research showed that:

\*Serotonin is a substance that helps the brain stabilize moods. It also balances anxiety and depression. Foods full of serotonin are healthy for the brain.

\*Oxytocin is a chemical hormone created in the brain that keeps it healthy. Children need 8 hugs a day for 8 seconds to produce healthy amounts of oxytocin. Humans are meant to touch and we're designed to connect to be healthy. Human connection produces oxytocin. The longer you hug, the more oxytocin is produced.

\*Too often in today's society, children are at the dinner table bonding to their devices, which increases anxiety and depression.

Overall, she gave great information, which we feel will benefit our community. Earlier that day, she spoke to our students about the importance of participating in activities that will help their brains be healthy. It gave us the opportunity to think about our own lives and how we can create a healthy balance with electronic usage and physical activity so that we can become our best.

Thank you for reading this information and for helping your child be successful in all they do!

*Sincerely,*  
*Mr. Shirley, Principal*

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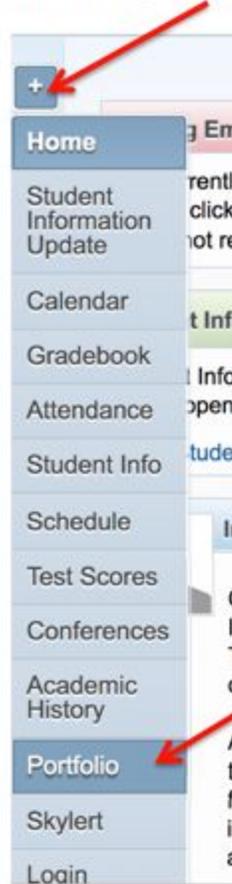
## **School Announcements:**

**Report cards for the 1st Trimester are ready to view.**  
Please refer to these directions to print your child's report card:

# How to Print Report Cards--

## How to Find, View, and Print posted Report Cards on Skyward

1. Login to your Skyward Account.
2. Once in, Expand the + on the Left of the screen:



3. Once here, select "**Portfolio**," to see the Report Card.

4. Select Report Card that is listed:

Description	Type	Created
2018 220 SBRC Kindergarten (02/28/18)	Report Card	Wed Feb 28, 2018 10:44am

5. When you select the Report Card, this pop-up comes up:

Save As: StandardsRptCard534816\_2018228

Tags:

Where: Desktop

Format: Portable Document Format (PDF)

Cancel Save

You may rename it to anything you like. Example: Jane Doe's Kinder Report Card Trimester 2, 2018. **Save.** The report downloads to your computer download destination.

6. From here, you can now view the report card and print if you wish to have a copy.

\*\*\*Please print immediately if you think you will want a paper copy, they won't stay on here forever!

	PRI	PR2	EYM
<b>Processes, Communication, and the Nature of Science: I can...</b> Apply scientific processes, communicate scientific ideas effectively, and understand the nature of science	3	3	
<b>Earth and Space Science: I can...</b> Understand Earth and Space Science through the study of earth materials, celestial movement, and weather	NA	NA	
<b>Physical Science: I can...</b> Understand Physical Science through the study of the forces of motion and the properties of materials	NA	3	
<b>Life Science: I can...</b> Understand Life Science through the study of changes in organisms over time and the nature of living things	3	3	

**Yearbook Cover Submissions:** If 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!

**\*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. If it is too cold, we will have a blue flag posted outside of the North Entrance to signify inside mornings.

**\*Parking Lot Safety:** Please only use the Kindergarten loading and unloading zone if your child is a Kindergartener. This will help the traffic in the area flow smoothly. In addition, if you need to exit your vehicle, please park in one of the designated parking stalls.

**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 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, sheets, towels and soft 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!**

**Don't forget to sign in on the computer when you volunteer at the school for any activity for a chance to win a family 4 pack of tickets to Disneyland!**

*Kim Frisbie*

*PTA President*

**"Give One Day"**



[mtmahoganypta@gmail.com](mailto:mtmahoganypta@gmail.com)

<http://mtmahoganypta.weebly.com>



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:

## 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>**