

SVES

Newsletter

February 2018



A Community of HAWKS!

MINDFULNESS

Children of all ages can benefit from mindfulness, the simple practice of bringing a gentle, accepting attitude to the present moment. It can help parents and caregivers, too, by promoting happiness and relieving stress. Mindfulness can be fun.

Mindfulness activities can help develop compassion, focus, curiosity, and empathy.

- Mindful Breathing
- Meditation
- Being Positive
- Being Thankful
- Being Grateful



For more information checkout:
www.positivepsychologyprogram.com

READING

Sluggo the Sea Dog knows the value of reading and has therefore challenged local school kids grades K-8 to read 5 books above and beyond any school required reading. Each student that completes the challenge will be rewarded with a FREE Sea Dogs ticket! Forms are available in the SVES Office.



WINTER KIDS

WinterKids helps children develop healthy lifelong habits through education and fun, outdoor winter activity. The FunPass offers Maine's youngest children from preschool through 4th grade the chance to try cross-country skiing and snowshoeing on groomed trails for free. For more information checkout www.winterkids.org.



CALENDAR

February 6-SVES PTC Meeting

SVES Library @5pm

February 9-Early Release @1pm

Parent Pick-up at 12:50pm

February 19-23

School Vacation

February 27-

Principal's Coffee @8:15

March 2-

Read Across America

March 9 -SVES PTC Meeting

SVES Library @5pm

KINDNESS

Because we are a community of HAWKS (Helpful, Awesome Attitude, Worker, Kind and Safe learners), we encourage and celebrate kindness at SVES. Fostering and teaching kindness address concerns about bullying, intimidation, and disrespect. Here are 10 Random Acts of Kindness that are appropriate for children:

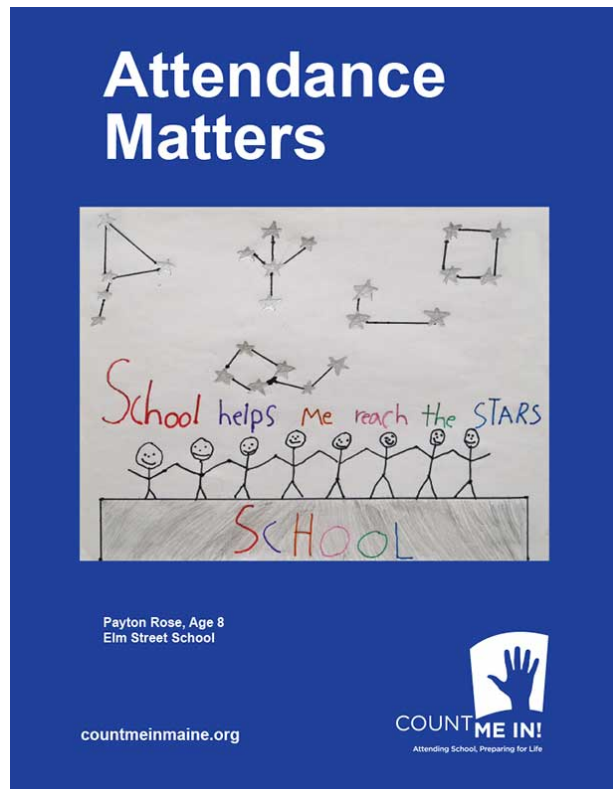
1. Hold the door for someone
2. Do a chore for someone without telling them
3. Compliment a friend
4. Help make dinner
5. Make a get well card for someone
6. Invite someone to play on the playground/at recess
7. Talk to someone new at school
8. Bring cookies to the custodian
9. Donate toys to charity
10. Say good morning and smile

"No act of kindness, however small is ever wasted"-Aesop



COUNT ME IN-ATTENDANCE

Over 27,600 or 15% of Maine students are chronically absent, *US Department of Education, Office of Civil Rights 2016*. Students who miss school frequently are less likely to read proficiently by third grade, more likely to fail in middle school and eventually drop out of high school. Missing school, even in kindergarten, has consequences. We understand that students get sick and need to stay home when they are not feeling well. We are asking students to Strive for Five and not to have more than five absences for the school year. We continuously recognize students each month for having perfect attendance. Attendance does matter!



ANNOUNCEMENTS

We have awarded 684 certificates this year for Perfect Attendance. Each month we recognize individual classrooms and grade levels for having the best overall attendance.

STRIVE for FIVE or less absences!!!!

February SVES Spirit Days

Feb 2-Dress Like an Animal (No Masks)

Feb 9-Hat Day

Feb 14-Red, White and/or Pink Day

Feb 16-Fancy Dress Day