

# BULLDOG WELLNESS

Supporting the Academic, Social, and Emotional Health  
of Grant Elementary Students, Teachers, and Families

## UPCOMING DATES

- Jan. 4: Back to School!
- Jan. 13: End of Term
- Jan. 14 & 15: Teacher Work Days (**No School for Students**)
- Jan. 22: **Early Dismissal** (Teacher Professional Development)



## End of Year Reflection from Principal Ball

This recent pandemic has changed the shape of education drastically and Elementary schools and students were not immune. As we close out the 2020 calendar year, I'd like to take a minute and reflect on the impact this year has had on both me personally, but also on the entire Grant Family.

As I was reflecting earlier this week on the current school year, I labeled this year, thus far, one of my favorite years in my nearly 20 years in education. With so much work, exhaustion, tears, stress and anxiety shared by all of us, I was surprised to find myself drawing this conclusion. In further reflection, I realized that while we have experienced so many difficult emotions, they truly have been coupled with many positive emotions and learning experiences. Students are happier than ever before to be back at school, families are being supported no matter their learning choice, relationships are more prevalent than I've ever witnessed, and the communal support is like nothing I have ever experienced. 2020, while a particularly challenging year, most certainly has shared a silver lining. We've been forced off our path of least resistance in so many ways and worked, sacrificed and supported like we never have before. We've made positive changes in our intervention structures, formulated new strategies to best support kids, provided opportunities for working families to attend important events, and so much more.

As we look forward to the 2021 year and the remainder of the 2020-21 school year, it is my hope that no matter the global circumstances, that we will continue to think and work differently to support all students, families and each other; that we will continue to build relationships and never take anyone or any day for granted; and finally that we will continue to share love and support to all of our community members.

Truly, from the bottom of my heart, and from the entire Grant Family, thank you for a wonderful year of growth and love.

~Mrs. Ball

## SOCIAL EMOTIONAL OPPORTUNITIES

For many in our community, 2020 was filled with loss in one way or another. For those families and students who may be interested, Mrs. Marsh is offering a social group for students who would like a space to talk about their feelings of grief and loss.

There are other social skills groups beginning this month as well, in addition to opportunities meet individually with Mrs. Marsh.

Please use [this link](#) to get more information on groups and express your interest, or contact Mrs. Marsh directly at [smarsh@murrayschools.org](mailto:smarsh@murrayschools.org) or call 801-264-7416, extension 2.

Thank you for supporting your students and the social work program at Grant Elementary!

# Thank You!

Your contributions to our annual Angel Tree were so appreciated. In this challenging year, our community answered the call in such an unexpected way. Thank you for being a part of our Grant Family!

## STRONGER TOGETHER COMMITMENTS

At our first Faculty Meeting of the 2020-2021 school year, we discussed how each of us could support the Stronger Together message. We came up with our Stronger Together Commitments, listed below. As we take pause at the end of the 2020 year and start anew in 2021, we would like to revisit these commitments with you. We look forward to continuing the growth we have made thus far, and work to make 2021 a year of close connections, positive relationships, and lasting memories!

  

**WE ARE STRONGER TOGETHER BY HELPING FAMILIES, STUDENTS, AND TEACHERS:**

To Support **FAMILIES...**

- We will build a stronger community
- We will share opportunities to work together
- We will share information
- We will provide opportunities for feedback
- We will engage in two way communication

To Support **STUDENTS...**

- We will support positive student and teacher relationships
- We will support students in identifying their learning needs
- We will support students in identifying their opportunities for help, growth, and extension
- We will build positive learning teams
- We will keep parents and students informed of progress

To Support **TEACHERS...**

- We will know and use resources that are available
- We will build teacher confidence in having crucial conversations
- We will help teachers know and feel worth and belonging
- We will help teachers process emotions and stress in productive ways
- We will help teachers develop strong relationships between and with families and students.

# Happy NEW Year

## NEW YEAR, NEW GOALS!

I don't know about you, but setting any sort of concrete goals or resolutions this year threw me for a loop! Here is a fun framework for the whole family to think about the upcoming year! (Credit: Big Life Journal)

2

TWO THINGS I WANT TO GET BETTER AT

0

SOMETHING I WANT TO DO LESS OF

2

TWO THINGS I WANT TO LEARN

1

ONE NEW THING I WANT TO TRY

## SOCIAL EMOTIONAL LEARNING CORNER

During the first two terms of the 2020-21 school year, students have been strengthening their understanding of the brain and their own personal attributes. In addition, every classroom has embarked on the Second Step curriculum to build their learning skills, empathy, and emotion management. The rest of this year will be focused on problem solving and greater emotional intelligence with both Mrs. Marsh and classroom Second Step lessons.

Remember to check out the online Social Emotional Learning portal (currently on YouTube) for lesson videos. More videos will be posted in a few weeks!

*"This New Years you can lay the groundwork for continued growth without making any resolutions except one - to let go of the past, connect with yourself, to Wake Up, and Be Present."*

*-The Enneagram Institute*