

BULLDOG WELLNESS

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

IT'S OKAY NOT TO BE OKAY.

UPCOMING DATES:

- May 3-7: Teacher Appreciation Week
- Beginning May 3: End of Year Testing
- **May 17: Virtual Mental Health Parent Night**
- May 17-21 Kindergarten KEEP Testing (By appointment)
- May 24 Field Day
- May 25 Awards Assembly
- May 21 Last Day of Chromebooks
- May 28 Last Day of School

MAY IS MENTAL HEALTH AWARENESS MONTH!

Please join us in celebrating Mental Health Awareness Month this May! Every Monday in May Mrs. Marsh will be sharing a Mental Health message with the students. Our theme is "It's Okay Not To Be Okay". The goal is to normalize mental health challenges, increase our ability to ask for help when we need, and talk about what we can do to support ourselves and one other.

Mrs. Marsh will post each message on ParentSquare one week prior to sharing with students so that you know what the message includes. This way, you have an opportunity to reflect on the message and talk with your student(s) if you wish. In addition, we will be hosting a Virtual Parent Night on May 17th from 5:30-6:30pm to talk more about your mental health, supporting your students, and resources that are available to you including the app Safe UT.

If you have any questions or concerns, please reach out to Mrs. Marsh directly at smarsh@murrayschools.org



JOIN US FOR OUR VIRTUAL PARENT MENTAL HEALTH NIGHT, IN PARTNERSHIP WITH SAFE UT

MAY 17TH FROM 5:30-6:30PM VIA ZOOM!
[CLICK HERE FOR THE LINK!](#)

TIP OF THE MONTH: PREPARING FOR END OF YEAR TESTS

Our end of year summative RISE testing will be taking place the first two weeks in May. Teachers and students have worked hard all year to be prepared for the testing, and we are looking forward to seeing the growth our students have made. We know that this year came with additional challenges for us all, but we are confident that we really have done some amazing things. We are also hopeful that we will gain some invaluable data from our end of year testing that will help us better support student achievement each and every year. That information is more important this year than ever before.

We recognize that tests can be difficult for many students (and adults)! Here are some strategies that may be helpful in setting yourself up for success:

- **Practice relaxation techniques** like deep breathing, progressive muscle relaxation, using positive self talk and positive visualization.
- **Get enough water and food!** Make sure your brain and body has the fuel it needs to be on top of its game!
- **Move your body!** Exercise is a great way to release tension and stress in your body.
- **Get enough sleep!** Sleep is essential for positive academic performance, so make sure you get those zzz's!



PARENTING GROUPS

Salt Lake County offers a multitude of support and parenting classes on a variety of topics. Upcoming classes are listed below. They are all free of charge, and can provide some additional "tools" to support children, adolescents, and parents!

ME TIME (Mood management class for teens age 13-17)

Classes begin May 5th or 6th, and are once a week from 4-5:30pm. Space is limited to 8 teens per class. For more details or to sign up email Jodi at jrushton@slco.org or text 910-518-0598.

View more online prevention classes at slco.org/youth/

Additional Family Programs:

- Utah Youth Village offers many programs, including Families First which is an in-home behavior services and Smarter Parenting which hosts a variety of tips and resources for parents, complete with a podcast!
- The Utah Parent Center is now located right here in Murray, Utah and is a wonderful resource for all families, but especially for families with students who have disabilities.

**YOUR PARENT FEEDBACK
IS REQUESTED!**

Click here to submit
feedback for Mrs.
Marsh

A MESSAGE FROM PRINCIPAL BALL

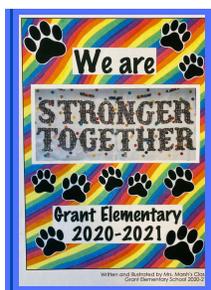
Thank you for a wonderful school year! While the 2020-21 school year has presented itself with obstacles like we have never seen, I would consider this year to be one of the best ones yet. This certainly was a year filled with golden opportunities for all of our students, teachers, and families.

As we welcomed students back this fall, the excitement that filled the air and the understanding that school is such a wonderful place to be was evident. Never have we been more reassured that children thrive in the structure we are providing - socially, emotionally, and academically!

Throughout the year, everyone in our community has been impacted by the COVID-19 pandemic in unique ways. The school building, typically a center of community support and growth, became far less accessible to multiple stakeholder groups. Through all of this, however, our teachers, students, and families were able to rise to the challenge of continuing their educational journeys. As a community, we have continued to grow and become closer to one another. In the last nine months, one thing continues to remain very clear: We are Stronger Together. Whether you were learning at home, at school, or a mix of both this year - the Grant Elementary community stood united with YOU!

I hope you have the most amazing summer. For those of you who are moving on to new adventures, schools, or otherwise, we wish you the best of luck. We hope you will keep in touch and always remember what you stand for as a Bulldog. To the rest of you, I cannot wait to see you back in the fall and hear about your summer! You are all truly loved, valued, and quite simply, you are amazing individuals!!

Much Love,
Mrs. Ball



The Grant Family Tree has been a huge hit this year! It has changed with the seasons, and we have loved reading all of the incredible things students have had to say. We started in the fall with leaves, transitioned into winter with snow, and celebrated "I love my school" week with hearts just in time for Valentine's Day! This spring, our tree was covered in blossoms detailing our students' favorite calming strategies, and it's ready for summer with our green leaves! Students shared things they learned this year, favorite memories, and what they are looking forward to in the next grade! Many students talked about how they were glad to be back together this year, how they have learned new math, science, and language arts, and how they have learned about the brain and their emotions. Our students have grown so much this year, and we are so proud of them!

CONGRATS

Peer Leadership

YOU ARE PUBLISHED AUTHORS!

Anyone can purchase their book *Stronger Together*, which explores what being Stronger Together means to our Grant students. Visit studenttreasures.com/ordercopies and enter the pin #7131007

GET CURIOUS & STAY CURIOUS THIS SUMMER!

In [this Sesame Street video](#) we learn that curiosity "is what makes you want to know more about something." If I were curious about a sunflower seed, I would pop it in my mouth to taste it, then I might crack it open to see what the seed inside the shell looked like. From there, I would taste the seed and maybe fiddle with the shell to see just how strong it is.

This summer challenge yourself to get curious. Here are some things you might want to "know more about":

- What it's like to live in China?*
- Why does my friend live with his Dad? Where's his Mom?*
- What is the President's favorite food?*
- Why do I get sad when I think about someone being mean to someone else because they look different from me?*
- Where do different birds like to build their nests?*
- Why do some kids get bossy when we're at the swimming pool?*
- Do grown up's feelings get hurt?*



From Ms. Sunshine
Student Academic Interventionist

When we get curious about things and people, we naturally want to learn more about them. When we learn and understand things it can change the way we see or feel about them. It may lead to us discovering a whole rainbow of emotions or facts we never even knew existed. Curiosity is good for your brain, your body and your heart!

SUMMER FOOD & CLOTHING RESOURCES

The Murray community certainly knows how to support families, especially over the summer months. Here are a few you may not have heard about, and both are eager to assist our school kiddos and their families!

- K2 the Church offers free groceries and gently used clothing the 3rd Saturday of every month.
5049 Murray Blvd, Murray UT
- Calvary Salt Lake has food and clothing available every Thursday evening from 6:00-8pm.
460 W Century Drive, Murray UT

**Would you like to pick up food from
our Grant Food Pantry?**

**Email Mrs. Marsh at smarsh@murrayschools.org to
arrange a pick up time!**

MORE WAYS TO GET CURIOUS THIS SUMMER:

- Read anything you can get your hands on! Visit your local library to explore new topics of interest and stories to uncover!
- Listen to podcasts or audiobooks on topics of interest. (This is especially helpful on road trips!)
- Volunteer! Think about a need in your community, or communities around you, and find a way to support.
- Tackle some DIY Projects! What do your kids want to learn and create this summer?
- Visit museums or other learning and exploration environments.
- Develop math skills with a "summer fun" budget! Give your child a certain amount of money for them to spend on certain things.
- Write a story using story prompts like, "If I could do anything this summer I would...", "If I traveled to a make believe world, it would look like...", etc.
- Don't forget about Mental Health! Go on nature walks and point out what you see, hear, and feel as you go.

**HAVE A WONDERFUL
summer!**