

# BULLDOG WELLNESS

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



## UPCOMING DATES

- October 1: No School
- October 6: PCAU Q&A Session
- October 13: PCAU Opt-Out Forms Due
- October 14-15: Fall Break, No School
- October 20: Unity Day
- October 21: End of Term 1
- October 22: No School, Teacher Work Day
- October 25-28: PCAU Presentations
- October 29: Early Release Day (1:15pm)

*For additional information on events please visit the school website!*

Parents and Families,

We are almost done with Term 1! Wow! The Murray City School District has identified that school attendance continues to be an area of growth for each of our schools, including Grant! Because of this, the district has established some guidelines for schools to follow. All of these guidelines are rooted in the importance of attendance for student success. **Starting in Term 2 Grant Elementary will be following the below guidelines for responding to student absences:**

- At three consecutive absences, Grant Elementary classroom teachers will reach out to families. This conversation is to see how the student is doing, discuss if there is anything that the student may need from the teacher, and make sure that we are in contact with our families.
- At five absences over the term, the student's name will be passed to the Grant Elementary Support Staff. The Support Staff will identify how the school can support the family and discuss if there are any school-based interventions that may be helpful to the student's attendance.
- At ten absences over the year, the school may make a referral to a district-level meeting.

Please note that these guidelines are in place to support student success. Research shows that chronic absences impact students' academic, social, emotional, and behavioral success. **We want each student to be successful, and together we can make this happen!**

# Join us for Unity Day on October 20!

Join us for the fourth annual celebration of Unity Day! This national event is sponsored by PACER's National Bullying Prevention Center. **On Wednesday, October 20, we invite you to wear and share orange to show unity for kindness, acceptance, and inclusion** and to send a visible message that no child should ever experience bullying. [Check out this video to hear a little more about Unity Day and why it's important.](#) This year, Unity Day is extra special because our school theme matches PACER's motto, "**Together We Can Create a World Without Bullying**". At Grant Elementary, Unity Day reminds us all that together we can build positive relationships, support one another, and accomplish incredible things together!

Grant Elementary takes bullying very seriously and we are working every day to perfect the systems we have in place to respond to acts of bullying in our school. It is important for everyone in our community - including students, teachers, staff, and families - to know what bullying is and how to report it. Please read the facts and resources on the right side of this page to learn more. And as always, Mrs. Marsh is available to answer any questions you may have!

## October Character Education with Mrs. Marsh

Now that we have our Mood Meters on the way to every classroom, we are ready to dive into all of the ways we navigate difficult and challenging emotions. So often we associate emotions with "bad" or "good" feelings, while in reality, each emotion teaches us something about ourselves and the world around us. This month, we will be learning how to recognize what our emotions are trying to tell us, how to respond to our emotions, and what to do if we need a little help! As always, contact Mrs. Marsh with questions!

**What is Bullying?** Bullying behavior is aggressive behavior that involves negative or unwanted actions by one or more people directed toward another person. The actions involve a real or perceived imbalance of power between the student or students who bully and the student who is targeted. The actions are repeated or are likely to be repeated over time.

**How to Report Bullying:** There are many ways to report bullying. Your first step should be to contact your child's classroom teacher. They will respond to the behavior by following our school protocol, which may include involving Mrs. Marsh.

- SafeUT App - You or your student can make an anonymous tip by downloading the SafeUT app or visiting their website [linked here](#). Be sure to select your school or we won't receive the tip! This tips are sent to Mrs. Marsh and Mrs. Ball.
- Grant Elementary Website - Use the reporting form found [here](#) and return it to the Grant Elementary main office.



### Peer Leadership Team needs your help!

Unity Day is one of the many activities that Peer Leadership Team puts on during the school year. They also help with Kindness Week, Teacher Appreciation, classroom activities, and attend a yearly student leadership conference. All of these things have an associated cost. **We are looking for business or community sponsorships for our Peer Leadership Team program. If you or someone you know may be interested in sponsoring our future leaders, please contact Mrs. Marsh or Mrs. Preece at 801-264-7416 or by emailing [smarsh@murrayschools.org](mailto:smarsh@murrayschools.org) or [lpreece@murrayschools.org](mailto:lpreece@murrayschools.org). Thank you!**

# It's the Bulldog Award!

Parents and Families,

Thank you for supporting your students in achieving goals outside of academics alone. We love the Bulldog Award and know that you do, too! Below are the requirements to earn the Bulldog Award for the 2021-22 school year:

**Together We Can Activities:** As we continue to work to be Stronger Together, the Bulldog Award Committee has identified the following four categories to unite all students. To receive the Bulldog Award this year, students will watch videos on these various topics and complete a video submission in Google Classroom. **Students must complete the activities in all four categories in order to receive the Bulldog Award. All submissions are due on April 22, 2022.**

- Compassion/Empathy
- Digital Citizenship
- Life Skills
- Community Citizenship

Please visit our "Together We Can" Google Classroom, click "Classwork" at the top and then "Bulldog Award 2021..." on the left hand side of the screen for all of the instructions and information. (If you have not yet joined this classroom, please click the link [here](#).)

Because the activities direct students to websites and videos that we have previewed, but could change, and require discussion about the topic, all activities must be completed with a trusted adult. If you cannot support your child in this, please let us know and we will arrange support here at school.

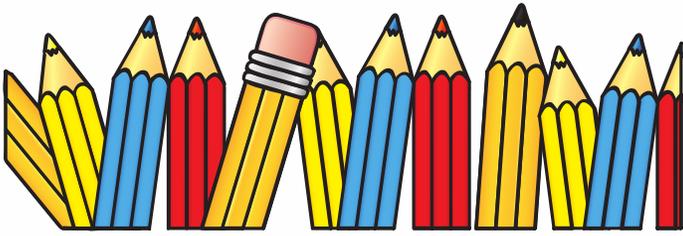
Please let us know if you have any questions!



*Thanks for coming to our Fall Carnival!*

*We had such a wonderful time!*





## Reminder!

Prevent Child Abuse Utah (PCAU) Presentations will be taking place at Grant Elementary beginning October 25-28th. Letters have been sent home describing the curriculum and the purpose behind it. This curriculum is approved by Murray City School District and USBE and is used district-wide. We will also be hosting a Zoom-based Q&A session on October 6 from 2-2:30pm. [Click here to join the zoom meeting.](#) If you cannot join us at that time but do have questions, please contact Mrs. Marsh. If you wish your child to be opted-out of this program please return the opt-out form that was sent home by October 13.

## Tip of the Month: Connect before you Correct

[Click here](#) to learn more about this tip and to download directions!

## Community Connections

Upcoming Classes at the Utah Parent Center:

- **Healthy Bodies on October 6:** Puberty can be a stressful and confusing time, especially for you and your son or daughter with a disability. In spite of delays in other areas, your child with a disability usually enters puberty around the same time as other children their age. Some children with disabilities such as ID, DD or spina bifida may start puberty early. This workshop will give you resources and tips on how to talk to your child about these sensitive topics at his/her level. [Register for this zoom event here.](#)
- **Dyslexia 101 on October 11:** This presentation will cover the basics of dyslexia: What is and is not dyslexia? What does screening look like? How is it diagnosed? Is there special instruction? What support is available? Attendees will also receive a quick introduction to the Utah Dyslexia Handbook. [Register for this zoom event here.](#)
- **ABCs of Autism on October 19:** This presentation will give information to families of children who are newly diagnosed with an Autism Spectrum Disorder. This introduction will focus on building resilience in families as well as being an informed consumer of services. [Register for this zoom event here.](#)

*Do you have community events you would like us to include in the Newsletter?*

*Send details to Mrs. Marsh!*