

BULLDOG WELLNESS

AUG / SEPT 2022

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

ISSUE 22



Upcoming

- August 15: First Day of School, Grades 1-6
- August 15-19: Early Dismissal at 1:15pm
- August 16: Back to School Night 5-6pm
- August 24: First Day of Kindergarten
- August 16: Family Picnic 11:15am-12:15pm
- September 5: No School
- September 9: Room Parent Orientation
- September 16: Yearbook Cover Entrees Due
- September 22: Peer Leadership Team Applications Due
- September 23: No School for Students, Professional Development Day
- September 28 & 29: Parent Teacher Conferences
- September 29: Donuts with a Dear One
- September 30: No School

WELCOME TO THE BULLDOG FAMILY, MRS. BURNSIDE!

This year we welcome our new school principal, Jill Burnside, to the Grant community. Mrs. Burnside is a Murray educator through and through! This is her 24th year in education and 8th year as a principal. Previously, she has been a second grade teacher, Instructional Coach, and District Teacher Specialist. All of her years in education have been in Murray - including her student teaching and her own education! I sat down with Mrs. Burnside and asked a few questions to help us get to know her. The next time you are by, be sure to say hello!

Mrs. Marsh: "What is your favorite weekend activity?"

Mrs. Burnside: "Going for a long run. I am training for a half marathon in September!"

Mrs. Marsh: "What is your favorite thing about being a principal?"

Mrs. Burnside: "That I get to be back with kids, build relationships with family and teachers."

Mrs. Marsh: "Who was your favorite teacher?"

Mrs. Burnside: "Mrs. Murray, my first grade teacher at McMillian, or Mrs. Love my third grade teacher. I always pretended to be them when I played school."

Mrs. Marsh: "What is one thing about education that brings you joy?"

Mrs. Burnside: "That I know I can make a difference and help kids."

Mrs. Marsh: "What is one thing that you want the community to know about you?"

Mrs. Burnside: "That my door is always open. You can make an appointment and meet with me anytime you want!"





Welcome New Grant Bulldogs!

This year we are joined by many new faces alongside Mrs. Burnside! When you're around, please welcome these incredible educators to Grant!

Mrs. Martin: Instructional Coach

Mrs. Wheeler: AM Kindergarten Teacher

Mrs. Visser: 6th Grade Teacher

Miss Fredrickson: Reading ESP

We are so happy to have you on the crew! Let's BUILD a GREAT year together!



School Social Work Updates

Hi y'all! I, Mrs. Marsh, am thrilled to be here at Grant with you once again. This will be my 5th year at Grant Elementary, and I am looking forward to working with all our truly amazing students.

During the recent legislative session, Utah lawmakers defined school counseling as; *"a method used by School Counselors, School Social Workers, and School Psychologists to assist individuals and groups in learning how to solve problems, develop coping strategies and make decisions about personal health, social, emotional, behavioral, educational, vocational, financial, and other interpersonal concerns"*. In short, this means that I can support students by providing brief, solution focused support. However, I can help connect you/your family to additional services as needed. In addition to family resource support and individual student support, I also visit classrooms to teach Character Education (see more on page 4), run small groups, and help to facilitate our school wide processes.

Please visit the *Community Connections* section of this newsletter monthly for community partner and resources information. I will do my best to highlight a new resource every month. In the meantime, I'd love to hear about what you need now and what resources would be helpful to you. **Please fill out the link below to sign up for available resources.**

[2022-2023 School Social Work Resources Request](#)

Period Products in Bathrooms

The year, our school will be offering free period products in our girls' and all-gender bathrooms in compliance with recent legislation (H.B 162). Within the coming months, donated period product dispensers will be installed, providing high-quality, organic, dignified products for our students. We know that 4 out of 5 girls have missed class, or know someone who has, due to lack of access to period products. Providing these products will allow them to learn, play, and thrive without worry. Parents or guardians are responsible for discussing the need for and proper use of period products with their children.

[Read more about the Utah Period Project here!](#)



Peer Leadership Team

It's that time of year again! We are gearing up for another group of dedicated students to join Grant's Peer Leadership Team! PLT is comprised of representatives for each classroom who meet throughout the year. Under the advisory of Mrs. Marsh and Mrs. Preece, students build leadership qualities, collaborate on school events and community projects, and are in an integral force in BUILDING a GREAT community. If your student is interested, they can pick up an application from Mrs. Marsh or Mrs. Preece. Get started soon! **Applications are due September 22.**



Operation School Bell

Operation School Bell is a program offered in partnership with the Assistance League of Salt Lake City which provides new school clothes to students at no cost to families. **Space is limited. If your student(s) could benefit from this service, please reach out to Mrs. Marsh to sign up!**



What is Bullying?

Each year, it is helpful to remind all of our school stakeholders - including students, families, and staff - what is and is not bullying. Students will be reviewing this with Mrs. Marsh during their September Character Education, but we wanted to make sure that everyone at home knows what we are talking about too!

What Bullying is:

- **Harmful:** Someone is hurt physically, socially, or emotionally.
- **Unfair Match:** The student or group of students does not have the physical, verbal, or social skills to effectively resist the bullying behavior.
- **Repetition:** The harm and unfair match are repeated over a period of time.

Bullying is an action of these three components. If you see or experience something that may be bullying, but you aren't sure, please don't hesitate to reach out!

What Bullying is not: Sometimes students are unkind, rude, or mean. One event of an unkind action is not bullying. However, if the action is harmful, involves an unfair match, and happens multiple times, then it is considered bullying.

Grant Elementary strives to be a place where all students feel safe and welcome. We have specific actions that we take when bullying is reported. If you see or experience bullying, please report it to a classroom teacher, Mrs. Marsh, Mrs. Preece, or Mrs. Burnside!



Community Connections

Visit this section of our newsletter for community resources, offerings, and updates. I will do my best to highlight a few new connections each month!

Also, if there are resources that you would like to know about or questions you have, please let me know! Others may want the same information!

- **988 Suicide & Crisis Lifeline.** Beginning in July this year the new 988 number became available nationwide to support those in crisis. When you call this number you are directed to a local crisis support center and trained mental health professionals.
- **Child Mind Institutes Family Resource Center.** This website ([linked here](#)) is a hub of information and resource connections related to a variety of mental health, behavior, or learning challenges. Check it out!
- **Utah Parent Center.** This Murray organization is dedicated to supporting parents help their children with all disabilities thrive in the community. [Explore their website](#) and connect with other families!

REMEMBER TO FILL OUT [THIS FORM](#) AND LET MRS. MARSH KNOW WHAT YOU MAY NEED THIS YEAR!

Character Education

This year's Character Education will take several forms - all of which are going to be fantastic for students and staff alike! Like all elementary schools in Murray City School District, we will be using the Second Steps curriculum again in all classrooms. As families, you can review the program content via the [Murray Schools Teaching and Learning website linked here](#). You will find grades K-5 home links, family letters, and the scope and sequence. As an overview, Second Step teaches skills in four main areas; Skills for Learning, Empathy, Emotion Management, and Problem Solving. Visit the family letters for more details, or reach out to Mrs. Marsh with questions! For 6th Grade students, topics include Mindsets and Goals; Recognizing Bullying and Harassment; Thoughts, Emotions, and Decisions; as well as Managing Relationships and Social Conflict. [Click here for the 6th Grade Family Letter.](#)

In addition to weekly Second Step lessons taught by the classroom teacher, Mrs. Marsh will also be visiting the classrooms monthly for additional Character Education. This year, we will be using the MindUP curriculum. MindUP is an evidence based program that "fosters social and emotional awareness, enhances psychological well-being, and promotes academic success". Students will learn all about the brain, practice mindful strategies that help their brain focus and learn, as well as participate in community building projects. If you have any questions, please reach out to Mrs. Marsh. Keep your eye out for this monthly newsletter where Mrs. Marsh will highlight some of the learning our students do!

