

BULLDOG WELLNESS

DECEMBER 2022

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

ISSUE 25



Upcoming Events

- December 2: Sightfest
- December 5-22: Grant's Countdown to 2023 Spirit Days!
- December 14: Angel Tree gifts due to Mrs. Marsh
- December 15: Musical Auditions 3:30pm
- December 16-21: Angel Tree gift pickups
- December 21: Yes Day!
- December 22: Holiday Parties and Early Dismissal
- December 23-January 2: Winter Break, No School
- January 6: Teacher Work Day, No School for Students

HOLIDAY ANGEL TREE & SUPPORT

In case you missed it...

If you'd like to **support** families this holiday season, please check out our needs list here: [Grant Elementary Holiday Sign Up Genius](#). If you sign up for an item, please do the following things:

- Wrap it!
- Label the item with the ID# including the identification number and letter.
- Please deliver it by Wednesday, December 14 to Mrs. Marsh so that we can get the items sorted and in family hands before winter break.

We are also looking for storage bins to help make the organization easier as gifts are dropped off. If you have any unused storage bins we could borrow we would greatly appreciate it. Please label it with your name (on the bottom) and we'll get it back to you before winter break. Thank you so much!

If your family would benefit from extra support, we may be able to still support you! It's not too late! Please fill out the request form and we'll see what we can do! [Angel Tree Request Form](#)

If you have any questions, please contact Mrs. Marsh.

We are still collecting Halloween costumes! Deliver these to Mrs. Marsh whenever you can!



Affirmations

(This is for you, Millennials...)

Okay folks, this is a little wild and VERY different content that you would typically see in this newsletter. However, I came across this over the Thanksgiving weekend and had to share. If you need a little old school hip hop in your life, but with kid-safe content and a positive message - look no further than Doggyland & Snoop Dogg's **Affirmation Song!** Full version is on Spotify and Apple Music, and Youtube has the song in [Part 1](#) and [Part 2](#) - links included! Enjoy!



Character Education: Mind UP

Students have learned about the PreFrontal Cortex (the PFC), the Hippocampus, and the Amygdala over the last two months. This month, we are learning the Core Practice - an exercise to cue our minds to relax and focus. It is a short listening and breathing exercise that helps students quiet their minds and get ready to learn. Interested in using the core practice in your own home? Use this script (or modify to best fit you and your family):

Sit in a comfortable position. Close your eyes or look down.

Pay close attention to your breathing. Feel air come in through your nose, then fill your chest and your belly. Calmly and slowly, let the breath leave your belly, then your chest, and finally your nose.

Keep your shoulders dropped and relaxed. Think about the air coming into your body and the air going out.

Bring your attention back to your breath, if your mind tries to think about other things.

Notice your stomach rising and falling. Let your belly be soft and relaxed.

Open your eyes slowly and take a slow, deep breath.

Once you finish the exercise, discuss how it felt to control your breathing, anything you noticed, and how you were able to keep your mind focused on breathing.

Local Utah Holiday Markets

Shop small and local this holiday season with a number of markets happening around the valley!

Christkindlmarkt @ This is the Place

Nov 30 - Dec 3

11am - 8pm

Free Admission

Utah Art Market - Holiday Utah Art Market

Nov 30 - Dec 3 & Dec 7 - Dec 10

Free Admission

Peteetneet Christmas Boutique in Payson

Dec 2 and 3

Free Admission

Craft Lake City Holiday Market

Dec 2 and 3, 10am-4pm

Ogden Union Station

Cost to Admission

Red Butte Holiday Open House and Glass Guild

Dec 3-4, 10am-5pm

Glass Art Guild through Dec 20, Free Admission

UMFA Holiday Market

Dec 3 and 4, 9am-5pm

Free Admission

Hanukkah Market

IJ & Jeanne Wagner Jewish Community Center

Dec 4, 12-5pm

SLC Punk Rock Flea Holiday Market

Sugar Space Arts Warehouse

Dec 4, 3-8pm

Free Admission

T.F Brewery Christkindlmarkt

Dec 17-18, 4-8pm

Free admission (21+ Only)

Local Storefronts - See Hours Online

The Hive, Trolley Square

Salt & Honey, Fashion Place and 9th & 9th

The Neighborhood HIVE



Holiday Gift Guides: Links!

- Better Screen Time's [2022 Screen Free Gift Guide](#)
- Big Life Journal's [Confidence Building Gift Guide](#)
- Big Little Feeling's [Ultimate Toy Guide: For Infants, Toddlers, and Kids](#)
- The Mom Psychologist's [Ultimate Gift Guide for Kids 0 to 5](#)