

# BULLDOG WELLNESS

MARCH 2023

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

ISSUE 28



## Upcoming

- March 1: Kindergarten Registration for 2023-2024 Opens and Yes Day
- March 2: PLT Morning Meeting
- March 6-10: White Ribbon Week
- March 9: Battle of the Books
- **March 16: Early Dismissal, End of Term. PLT Morning Meeting**
- **March 17: No School, Teacher Work Day**
- **March 20-24: No School, Spring Break**
- **Girls on the Run begins week of March 27-31. Dates TBD.**
- March 30: PLT Morning Meeting
- March 31: Yes Day

## ATTENDANCE GOALS

You may have read about attendance already in the principal's newsletter recently. We'd like to highlight some of that here as well. Did you know that Murray School District has a goal that every student is at school on time 95% of the time? Grant Elementary has one of the highest percentages of students who are chronically absent (15+ absences/year) and has the lowest percentage of students who are at school each day at the elementary schools. Unfortunately, we have been hit HARD this year as a whole community with illnesses. From everyone I've spoken with - parents, pediatricians, and community leaders - we are experiencing a sickness season unlike any we've seen in recent years. There is good from this - building immunity - and it is hitting our students particularly hard when it comes to attendance. When students are sick, we understand that they won't be here. However, when they are not, we want to see them here at school to learn, build relationships, and thrive. Mrs. Burnside is tracking attendance, and if students are at school that 95% each month, they will have a special reward each YES Day. Each month there will be a special new reward for students. Please help your child earn this reward as often as possible - and if for some reason they don't earn it for one month, refocus and shoot for the next month! If you find yourself facing barriers outside of illnesses in getting to school - reliable transportation, work schedules, student anxiety, or other challenges, please reach out to Mrs. Marsh who may be able to provide some support. Thank you for your continued support of your student(s)' success in school!



## Community Connections

During Parent - Teacher Conferences many parents expressed their desire in learning more skills to help in their parenting and for their kids. Here is a list of currently available resources for families, including parenting supports and centers for advocacy and skill building:

- The Family Support Center is offering a free Parent Education 8-week online course to help parents understand child behavior and development. There is an upcoming session beginning March 22nd on Wednesday mornings via zoom. [Register here](#).
- Utah State University's Extension Program / Healthy Relationships Utah offers Parenting the Love and Logic Way for free online and in person. To find out when courses are offered and how to register, [visit this site](#).
- The Utah Parent Center offers training via free workshops, online webinars, and online training videos. To explore more, [visit here](#).
- The Family Place provides resources and tools in a variety of ways. To see more of their available resources, [visit here](#).

As always, please contact Mrs. Marsh if you have questions or would like to talk through any additional support that may be helpful for you, your child(ren), or your family!



## Character Education: Mind UP

This month, students will sharpen their senses by practicing mindful smelling. Practiced focused awareness on senses broadens students' abilities to observe and enjoy their experiences, as well as slow down and take in new information without judgement. Students will be given opportunities to be fully engaged in the sense and reflect on that experience, which strengthens self-awareness and self-control. We will also explore how closely linked our sense of smell is to memories and other important information, because the smell and memory centers of the brain are close to one another.

Students will participate in a "mystery scent" activity where they try to identify mystery smells (variety of oils, etc) and discuss:

- What person, place, or thing does this scent make you think about?
- What words best describe this scent?
- What do you think this scent is?

I encourage you to ask your student(s) about their experience, and perhaps even have them create a similar activity for you at home!



## COACHES NEEDED!

Our Girls on the Run program begins the week after Spring Break. We are looking for a few volunteers to help us out with assistant coaching. Practices will likely be on Thursdays from 3:30-5:30pm.

If you are interested in coaching, please contact Danielle Wardle or Sierra Marsh.



# March Madness: Family Activities & Self Care Bracket

If you follow the NCAA's basketball tournament, this bracket is for YOU! If you don't... this bracket is for YOU too! As the country gets ready to follow along with this annual tradition, use it as an opportunity to think about how you take care of yourself and your family. For each pairing, pick which one feels right to you, do it, and then move it along in the bracket! The next week, pick one from the pairing to do again. Share your champion with Mrs. Marsh for an opportunity to win one of her favorite books!

- Set up lunch or a dinner date with a friend.
- Do 3 things to eliminate negativity in your life (delete, unfollow, or let go of something you no longer need)
- Set up a play date for your kid(s) NOT at your house.
- Go on a walk with your kids/family.
- Journal: "When I am in physical or emotional pain the kindest thing I can do for myself is..."
- Make a playlist with each family member's song (or two). Then have a dance party!
- Try a new treat (making it or buy) that you've been wanting to try.
- Set up a scavenger hunt for the family. (Or have your kids set up a scavenger hunt for the adults!)

