

Scenic Elementary

451 West Scenic Drive, GJ, 81507

Phone: (970) 254 - 6370 Fax: (970) 245 - 8605

Website: <http://scenic.mesa.k12.co.us/>

Twitter: @scenic_whbn

Facebook: www.facebook.com/scenicelementary

WHBN!

September 2022



Awareness and regulation of feelings

Over the years I have realized that many of the younger children in elementary school don't have the words to express their feelings. In addition, they are not aware of the feelings that can naturally arise over the course of the day. Even as adults, we can experience our emotions going from zero to sixty when we are cut off by another car driving through heavy traffic. Fortunately, most adults have developed some regulation strategies to help us handle our emotions in these stressful situations. This month our staff will focus on helping students with feeling their emotions and then developing strategies to help them regulate or balance their emotions. As parents we can help our children by being good models by labeling our emotions and demonstrating the strategies that you use to regulate your emotions. For example, if you are cut off by a driver when your kids are in your car, you can express your anger and say, "I am so angry" and then model some deep breathing or other strategy. Parents and loved ones modeling small moments such as these can strongly reinforce the lessons that we are teaching them at school.

September Calendar & Upcoming Events

September 2 - Flagpole Ceremony at 8:50 a.m.

September 5 - No School/Labor Day

September 6 - No School/Elementary Planning

September 7 - Cardio Club at 8:00 a.m.

September 7 - Lego League at 8:00 a.m.

September 9 - Patriot Day Ceremony 8:50 a.m. at the flagpole

September 11 - Grandparent's Day

September 12 - Lego League at 8:00 a.m.

September 12 - Scenic Flag Contest begins

September 12 - Picture Day fliers sent home

September 12 - Walk-A-Thon packets due

September 12 - PTO Meeting at 4:30 p.m. in the library

September 12 - School Advisory Council Meeting at 5:30 pm in the library

September 13 - Kindergarten and 1st Grade Vision and Hearing Screening at 9:00 a.m.

September 13 - Chess Club at 4:00 p.m.

September 14 - Lego League at 8:00 a.m.

September 14 - Cardio Club at 8:00 a.m.

September 16 - Flagpole Ceremony at 8:50 a.m.

September 19 - Lego League at 8:00 a.m.

September 19 - Picture Day envelopes sent home

September 19 - Teacher Raffle tickets go on sale all week during lunch

September 20 - Chess Club at 4:00 p.m.

September 21 - Lego League at 8:00 a.m.

September 21 - Cardio Club at 8:00 a.m.

September 21 - PICTURE DAY!!!!!! 9:00 a.m.

September 23 - Flagpole Ceremony at 8:50 a.m.

September 23 - PTO Back to School BBQ from 5:00-7:00 p.m.

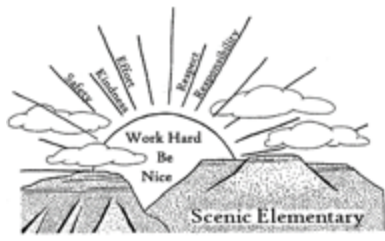
September 26 - No School/Educator Effectiveness

September 27 - Chess Club at 4:00 p.m.

September 28 - Lego League at 8:00 a.m.

September 28 - Cardio Club at 8:00 a.m.

September 30 - WHBN Awards and Flagpole Ceremony at 8:50 a.m.



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PTO Walk-a-Thon

The Walk-A-Thon is on October 7th at Connected Lakes State Park. This fundraiser is one of the primary fundraising events for our school and helps support our Literacy/Math Instructional Assistants and Office Secretary hours that Scenic does not have the funds to pay for. We also use the money to pay for other needs that arise, including educational needs in the classroom. Last year we raised \$16,000. Envelopes were sent home on Monday, August 29th and are due back no later than Monday, September 12th. Parents are welcome to meet us right behind Chow Down Pet Supplies in the Safeway Shopping Center at 9:30 a.m. if they would like to join their child/children for the Walk-A-Thon. Thank you, as always, for your support!

Patriot Day

On Friday, September 9th we will have a special flag ceremony honoring our first responders and active military and veterans. Also, we will honor those Americans who died on September 11, 2001. If you are a veteran, active military or a first responder, please join us for this special occasion. Also, please wear your uniform if you would like. Our flag ceremony is open to everyone and is one of our great traditions at Scenic. All students are encouraged to wear red, white and blue - parents, feel free to wear red, white and blue as well. Our Patriot Day Ceremony starts at 8:50 AM in front of our school at the flagpole.

PTO

Come one, come all! Please come to join us on Monday, September 12th at 4:30 PM in the library for our PTO meeting. We would love to get as many parents as possible involved in our Parent/Teacher Organization. If this is not a good time for you, please email Alicia Mabrey, PTO President, if you have any questions, ideas, or concerns.

scenicpto@gmail.com

School Advisory Council

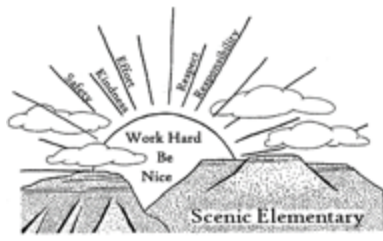
Please join us and be a part of our School Advisory Council (SAC). The SAC advises the principal on topics relating to the school. The council meets once a quarter, and our first meeting is scheduled for 5:30 PM on Monday, September 12th in the library.

Back-to-School BBQ

Don't miss our annual Scenic BBQ to celebrate the start of the school year! This year's BBQ will be on Friday, September 23rd from 5-7 pm. There will be free family activities such as a bump-n-jump, yard games, and face painting. Special Events include a teacher raffle, a silent auction, and the 5th-grade cakewalk. Food will be available for purchase. If you are interested in volunteering, look for the Sign-Up Genius link in an email coming soon or contact PTO at scenicpto@gmail.com.

City Market Value Cards

If you do not already have a City Market value card, please get one and create an account online at citymarket.com. Select the location you frequent. At the bottom of the website under Community click on City Market Community Rewards. Click the Enroll Now button. Type Scenic and find the correct organization. Select Scenic Elementary PTO - Organization number BQ941 and enroll. For every purchase you make using your value card a percentage will automatically be given to Scenic PTO annually. Thank you so much for your support!



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Amazon Smile

Did you know you can support Scenic Elementary with the purchases you already make on Amazon? When you select Scenic Elementary PTO as your designated charity, Amazon donates 0.5% of the price of eligible purchases. Copy and paste the link below to get started, then click "Start Shopping." For future purchases, make sure to visit [smile.amazon.com](https://smile.amazon.com/ch/85-2686109) to have Amazon donate a percentage of your purchase to the PTO!

<https://smile.amazon.com/ch/85-2686109>

Morning Drop Off

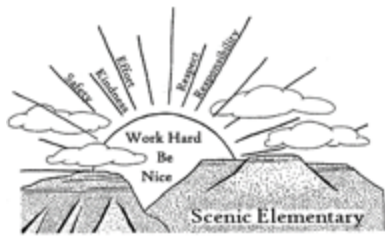
Please remember that children cannot be dropped off at school in the morning until 8:35 am, as we do not have outside supervision until then. If your child is eating breakfast at the school, they can be dropped off at 8:20 am when breakfast starts. Also, if your child is tardy or late in the morning, please walk with them into the office and sign them in. One last thing: when dropping your child/children off in the drop off line in the morning, if possible, please avoid having your child get out of your vehicle on the left side, as sometimes cars buzz around cars that are parked and/or letting their children out. Thank you for your help and cooperation in keeping our children at Scenic safe.



Milk

For the past two years a hot lunch in the cafeteria has been free. There have been many students who have transitioned to bringing a lunch box to school. However, many of these students are also asking for milk from the cafeteria. The staff can't tell students they can't have any milk, but their parents are being charged for the milk. If you do not want your child to have milk in the cafeteria, please let them know. To see if your child has been charging milk on their account, please go to the D51 website and go to the Parents Tab - Parent Tools - My Payments Plus. You will need to create an account and then go under Cafeteria Accounts to add funds or check their meal purchases. Students who do not qualify for meal benefits will pay \$2.25 for elementary breakfast and \$3.25 for elementary lunch. Extra milk or milk purchased without purchasing a meal is .90 cents. Below is a direct link to [My Payments Plus Website](#). If you would like to apply for free or reduced lunch and breakfast for your child you can use the following link [My School AppsLink](#) or contact our front office for help.

[Free & Reduced Lunch FAQ](#)



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Scenic School Counselor



I would like to welcome everyone to a new and exciting school year! My name is Mrs. Autumn Sorensen and I will be your child's school counselor. This is my seventh year at Scenic Elementary and I feel very fortunate to be a part of this learning community filled with wonderful staff and students. My role as school counselor gives me the opportunity to help students as they grow and mature through the developmental process in social/emotional skills, academic skills, exploration of career options and wise decision making. I am excited to meet your child this school year.

List of Services:

Classroom Guidance Lessons

I will be teaching social-emotional classroom guidance lessons in all classrooms.

Small Group Counseling

Throughout the year I will gather data to implement small groups whenever necessary. These are for students who may be struggling with:

Making Friends

Grief/Loss

Family Changes/Family Systems

Emotional Regulation

Individual Student Check-Ins

I will also be meeting with students one-on-one whenever it is request by parent, guardian or teacher.

Reasons for Students to Visit:

Students can come visit me for many reasons, or even just to come by to talk. I am always here for you!

Please come see me if there is any:

Big feelings (Sad/angry thoughts, etc)

Need extra support

Notice harm to others

Need help in class

Help with home life

Autumn Sorensen, School Counselor

Scenic Elementary School

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