

THUNDER RIDGE RAPTOR REVIEW

Issue 5 | Date: December 2018

RAPTOR PARENT TIP OF THE MONTH:

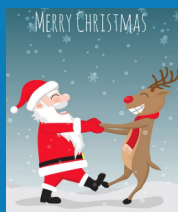
TIPS TO AVOID GETTING SICK

It sometimes seems inevitable...the winter cold or cough that hits your household; however, there are some steps you can take to stay healthy. Susan Biali, M.D., from *Psychology Today*, suggest a few ideas for illness prevention this winter.

- 1.) Get enough sleep
- 2.) Eat well
- 3.) Exercise regularly
- 4.) Wash your hands
- 5.) Reduce stress
- 6.) Have fun (laughter helps the immune system)
- 7.) Stay warm

She suggests that if you get sick, drink lots of healthy fluids and get rest. If the illness persists, go see a doctor. For more info, visit: <https://goo.gl/yVd2MR>

We encourage healthy practices in our classrooms. From washing hands with soap and water or hand sanitizer to brain breaks that keep students energized, our teachers are fabulous at attempting to keep germs away. If your student is sick, we appreciate your help by keeping them at home until they are no longer contagious. Thanks!



CHRISTMAS SING

FA + LA (x8)

One of the most beloved Thunder Ridge traditions is the Christmas Sing. All students learn holiday songs and are prepared as a grade level to sing them for families. We invite all families to come to the gym on Tuesday, December 18th at either 9:30 a.m. or 1:15 p.m. Both performances are identical; however, preschool and kindergarten will only sing when they are normally at school (Ex: morning kindergarten at 9:30). The sing order is as follows: 3rd, 1st, 4th, PreK, 2nd, 6th, SMG, 5th, K. The back playground will be open for extra parking.

FRECKLE...NOT JUST A BEAUTY MARK

We'd like all families to be aware of a new online Math program available to all students at Thunder Ridge. It's called Freckle and it allows students to practice math skills on their level at their pace. You will find that it is similar to Lexia for Literacy. This is an optional program, but we hope that it will be a great support to all Raptors wanting more math practice. You will get the login information from your classroom teachers soon. If your students are bored over Christmas break, have them work on Freckle or Lexia!

KEY DATES

Dec. 4th-19th Secret Santa Grams
Send a note and a candy for only 50 cents. On sale in office.

Dec. 11th-12th 5th/6th Grade Auditions for School Musical
(Sign Ups in the Office)

Dec. 12th 5-9 p.m. Westlake Carnival

Dec. 14th 9:15a.m. 6th Grade Raptor Reading

Dec. 18th Christmas Sing
9:30 a.m. or 1:15 p.m. in the gym

Christmas Spirit Dress Up Days:
Dec. 14th Christmas Sock Day
Dec. 17th Christmas Sweater Day
Dec. 18th Santa Helper/Elf or Santa Hats
Dec. 19th Christmas PJ's

Dec. 20th-Jan. 2nd Christmas Break

THANKS!

Special thanks to our amazing lunch ladies! They always keep us well fed with a smile on our faces :)

Thank you Danelle, Char, Wendy, Aislynn, Renee, and Janice

FAQ'S

What time does school start?

A track: 8:00 a.m.-2:15 p.m.

B Track: 9:15a.m.- 3:30 p.m.

AM Kinder: 9:15 a.m.-12:00 p.m.

PM Kinder: 12:35 p.m.-3:30 p.m.

What happens on Mondays?

Students get out an hour early so teachers can collaborate.

A track: 1:15 p.m.

B Track & PM Kinder: 2:30 p.m.

AM Kindergarten: no change

When does my child have recess and lunch?

Lunch Schedule 2018-2019

Grade (Teachers)	Recess	Wash Bell	Lunch
3rd (4 classes)	10:55-11:11	11:11	11:13-11:30
6th (3 classes)	11:10-11:26	11:26	11:28-11:45
1st (4 classes)	11:18-11:33	11:33	11:35-11:55
4th (3 classes)	11:33-11:49	11:49	11:51-12:08
5th (3 classes)	11:42-11:58	11:58	12:00-12:17
2nd (3 classes)	11:53-12:08	12:08	12:10-12:30
SMG (3 classes)			12:20-12:50
Giant Steps			12:25-12:50

What do I do if my child is sick and I need to excuse an absence?

- ▶ Call the office at (801)610-8727
- ▶ Or Email: putykanski@alpinedistrict.org

Why do I need to come to the office and show I.D. when checking out my child?

We have your child's safety in mind. As per ASD policy, please be prepared to come in with your I.D. Thanks!



MESSAGE FROM OUR PRINCIPAL, MRS. JENSEN

Wow! It's already December! We have such fun upcoming activities including our Christmas Sing, spirit days and parties. We loved having so many of you attend our Family STEM Night, our Grandparents' Day and some of our Veterans Week activities in November. The "C" we focused on in November was communication. We had great opportunities to learn about effective communication with our Wax Museum, Grandparents' day and a wide variety of projects. We are focusing on creativity for December. The important aspects of creativity are:

- Generate ideas
- Select a medium for the project. What tools will you use?
- Design innovative solutions
- Share an idea, a product, or a performance
- Use feedback to revise

December is such a fun month to be creative. Enjoy some creativity yourselves!

Thanks for your support!

BIKE RACK & NEW WALKING ROUTE

You may have noticed the new bike rack at the south side of the front of the school. We are asking that all students who live east of the school, and walk by Horizon, to walk all the way up past the kindergarten playground. They will be allowed to enter the front of the school and walk back to the playground. If they ride bikes or scooters, they can park them at the new bike rack. We are not able to find a safe way to walk through the Horizon drop off area.

There is traffic in and out of that area and no safe walking space. Please have your students walk around to the front of Thunder Ridge.



Thank you!