

# THUNDER RIDGE RAPTOR REVIEW

Issue 6 | Date: January 2019

## RAPTOR PARENT TIP OF THE MONTH:

### HOW TO HELP YOUR CHILD SET EFFECTIVE GOALS

With the new year, it is a great time to reflect and set goals for the upcoming year. Earl Nightingale said, "People with goals succeed because they know where they're going."

Helping your child learn how to set goals is important because it teaches them responsibility, grit, and it helps them develop a powerful lifelong habit.

#### 4 Proven Steps to Goal-Setting for Kids

(<https://biglifejournal.com/blogs/blog/goal-setting-for-kids>)

- 1.) Let them choose their BIG goal
- 2.) Discuss the purpose of their goal
- 3.) Break the big goal into smaller steps
- 4.) Brainstorm potential obstacles

\*\*Bonus Tip: Ask to write it all down

If they want to give up, try one of these tips:

- Remind them of their purpose
- Give examples of your own struggles at their age
- Celebrate their effort, determination, and persistence
- Teach them positive self-talk

We encourage our Thunder Ridge family to be goal-driven as we persevere and finish this school year strong!

## SCHOOL STORE: PENCILS, ERASERS, AND TOYS...OH MY!

Every Wednesday, our diligent student council students run a school store for all students. It takes place during lunch recess (11:00 a.m.- 12:10 p.m.). Students can come shop our merchandise that is on sale for as little as 25 cents to no more than \$2. All proceeds go right back to the school for activities and items for the school. Most recently, student council donated the new bike rack in front of the school. Thanks for your help!



## YOU'VE GOT A FRIEND IN ME!

Do you remember being new to a neighborhood or school? We have new students joining our Thunder Ridge family each week. Our secretaries do a great job welcoming these new raptors with a school tour and introduction to their teachers. We also have 5th and 6th graders on the HOPE squad who help all students feel accepted. The last step is for individual students to reach out through kindness. Our goal is to have all students feel safe and welcome at Thunder Ridge Elementary. Let's all do our part to welcome new families!

## KEY DATES

Jan. 7-11 Digital Citizenship Week

Jan. 8th MOD Pizza Spirit Night

Jan. 8th 4:00 p.m. SCC Meeting

Jan. 11th 9:15 a.m. 3rd Grade Raptor Reading

Jan. 16th 6:00-7:30 p.m. Family Art Night PTA has prepared many activities that students and families can do together. All activities in the gym.

Jan. 18th DIBELS Testing for K-3rd graders

Jan. 18th Box Top Rewards- Lunch Recess Disco Party

Jan. 21st No School- MLK Jr. Day

Jan. 25th 1:30 p.m. Teachers vs. 6th Grade Basketball Game

Jan. 31st 6:00-7:30 p.m. 6th Grade Science Fair for Families

## THANKS!

Thanks to all of the teachers for the extra time put into learning songs for the Christmas Sing. It is always a fun Thunder Ridge Tradition.

## 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

Dear Raptor Families,

Welcome to the new year! We have learned so much during 2018 and we are excited about our future! It was amazing to see the creativity (our "C" for December) throughout our school last month! Just to review, the 6 C's were identified worldwide as skills that current, innovative companies need in their employees. During January, we will be focusing on Citizenship- contributing to family, community, and the world. Indicators of Citizenship are:

- Respect other's feelings, time, and property
- Respect opinions, backgrounds, and cultures
- Recognize the roles and responsibilities of a citizen
- Participate as an active member of the community

We see so many of these skills in our students already. Talking and learning about citizenship will just make us stronger! We are so grateful for the many great examples that you set in our community. You do so much to contribute to the culture and work of Thunder Ridge. Thank you!

## KEEP YOUR STUDENTS SAFE ONLINE

Advancements in technology have changed the world we now live in. While it benefits our children greatly, it is wise to teach them skills to stay safe and protected online. NetSafe Utah has great resources for parents.

<https://www.netsafeutah.org/parents/index.html>

NetSafe Utah suggests 5 ways to stay safe with technology:

- 1.) Talk about it
- 2.) Implement safety tools
- 3.) Avoid isolation
- 4.) Guard personal information
- 5.) Don't respond to online threats: save evidence & report



We will be having a NetSmartz assembly on January 11th to help students with their digital citizenship. Between our lessons at school and your guidelines at home, we will be able to keep our raptors safe online :)