

Thursday Thoughts- August 23, 2018



Dear Families,

**MORNING MEETINGS**- Being present and on time will help your child become part of the special community in their classroom. Students who are frequently late and/or absent feel disconnected to their classmates and lack the time to build strong relationships with peers and staff. Help your child grow and develop as part of their school community by getting them here on time! This week we continue to learn about Standard Operating Procedures and School-wide Expectations- Be Safe, Be Respectful and Be Responsible! This week, we are focusing on the **POWER OF A SMILE**.

The morning growth mindset announcements are now located on our website <http://tope.mesa.k12.co.us/>. You can find them under the “Principal’s Corner” tab.

**SMILE**- Each time **you smile**, you throw a little feel-good party in your brain. The act of **smiling** activates neural messaging that benefits your health and happiness. ... The feel-good neurotransmitters — dopamine, endorphins and serotonin — are all released when a **smile** flashes across your face as well! A 2015 study published in Psychological Science found that smiling can result in a **lower heart** rate during stressful tasks. Stress generally causes increases in **heart** rate and **blood pressure**. So, maintaining a smile when stressed provides you with both psychological and physical **health benefits**. SO..... SMILE, LAUGH AND ENJOY YOUR CHILDREN! It is not only powerful for them, but YOU AS WELL!

**ATTENDANCE FACTS-**

In the USA, as many as 7.5 million students miss a month of school each year.

A student should miss no more than 9 days a year.

Missing 18 days of school or more can have a significant, negative impact on student performance. By 6<sup>th</sup> grade, poor attendance is one of the three major signs that a student may not graduate from high school.

By 9<sup>th</sup> grade, attendance is a better predictor of graduation rates than test grades.

**\*\*\*HELP US SET YOUR CHILD UP FOR SUCCESS WITH CONSISTENT ATTENDANCE!\*\*\***

**SPECIALS SCHEDULE**- This year there are SEVERAL Mondays that students are off. Because of this, we are implementing a BLUE day and a WHITE day schedule that rotates day by day. This will ensure that all students receive equity with each special class.

*Create a beautiful life at home with your child,*

*Carrie Bollinger*



**IMPORTANT DATES**

August 27<sup>th</sup>- NO SCHOOL—EE DAY FOR TEACHERS

Sept 3<sup>rd</sup>- NO SCHOOL- LABOR DAY WEEKEND

Sept 4<sup>th</sup> - PTA MEETING 4:30 in library (Tuesday, due to Labor Day)

Sept 14<sup>th</sup>- PTA FAMILY MOVIE NIGHT (more info to come)

Sept 17<sup>th</sup>- NO SCHOOL- TEACHER PLAN DAY