Mr. K’s Korner

February often turns our thoughts to Valentines day to focus on those we love. At Las Sendas, we love our students most of all. We all chose to be educators for the joy of helping children reach their potential. We love our staff members who are committed to being the top of their profession. We love our families and community for their commitment and support. I feel blessed to be your elementary principle and I am thankful for all of your support. Happy Valentines Day!

We will be taking our STARS Assessments February 18th – 21st. These tests help identify students’ strengths and weaknesses so we can adjust our instruction to fit their individual needs. It is important to have your children well rested with a healthy breakfast to start the day. Thank you for your continued support in making your child's learning environment a positive one.

We are reaching out to all Las Sendas families to remind you that Kindergarten Registration is now open for the 2020 - 2021 school year. You can register at www.mpsaz.org/enroll— This is for children who will be 5 years old before September 1st, 2020. You will need a birth certificate, immunization records, and a proof of residence. If you have friends or neighbors with a school age child, please pass on this information. We look forward to meeting your incoming student.

As always, if you have any questions or concerns, please feel free to contact me. I will always make the time to talk to you. My direct phone line is 480-472-8725.

Every Minute Matters……

If a student is 10 minutes late to school each day, this adds up to missing more than 33 hours of class time. A student with a 90 percent attendance average for Kindergarten through 12th grade will miss over a year of accumulated time in the classroom. Students should be in their classroom ready to learn before 7:30 am. Thank you ~
PTO News

Upcoming events for February:
February 11th—Tea Party
February 24th—PTO Meeting 2:30 pm

Student Council

Disney Spirit Day Day—February 28th

Student Council Meeting
February 20th

Media Center News

PENNY WARS IN ON!!

We are raising money for the Media Center and for the PE Department

When: Monday February 24th—Friday February 28th
Each grade level (K-6) has their own jug for collecting money
Gain Points by adding pennies and bills to your grade level
Lower other classroom totals by adding silver coins to their jugs.

PE News

Walk On! Challenge
4th & 5th Graders are encouraged to meet the 5-2-1-0 goal.
Eat 5 fruits or vegetables daily
Limit screen time to 2 hours or less daily
Be physically active for at least 1 hour daily
Avoid drinking sweetened drinks (fill up on water instead)

Upcoming Events:
Wednesday March 4th
Primary Play Day Kg-2nd grade
Friday March 27nd
Track and Field Day 3rd-6th Gr
Cold & Flu Season is upon us.... Please be mindful of others. It is important NOT to send sick children to school. If your child has a fever, they cannot return to school until they have been fever free for 24 hours *without the use of fever reducing medications.* If a student has been diagnosed with a bacterial illness such as strep throat, they cannot return to school until they have been on antibiotics for at least 24 hours.

Here are some tips to stay healthy:

* Get plenty of rest, school age children need at least 9-10 hours of sleep.
* Stay hydrated; drink plenty of water every day. This helps with constipation too.
* Eat healthy! Fruits, vegetables, whole grains, lean protein are good choices.
* Wash your hands frequently with soap & water. Washing your hands is the #1 way to stop the spread of germs.

From the Health Office
Please review the following MPS guidelines:
Students returning to school following a serious or prolonged illness, injury, surgery, or other hospitalization must have written permission by a licensed medical provider to attend school.

Students returning to school following a medical visit that required sutures (stitches, staples), sling, cast, splints, crutches, scooter, or a wheelchair must provide written permission from a licensed medical provider to attend school.

The written permission must include any recommendations and/or restrictions related to physical activity at school.

Please contact the Health Office if you have a student concerning these situations.

Gently Used Clothing & Shoes and Water Bottles Needed
If your child has bottoms or shoes they have outgrown, please send them to the Health Office. We are currently in need of girl’s shorts/pants and girl’s underwear size 10-14. Please try to return all clothing that is borrowed from the Health Office.

We also could always use water bottles. Thanks for your support!!!

From our Counselor

This month in our counseling classroom lessons, we defined anxiety as the uncomfortable feeling you get when you are worried about something that might or might not happen. We discussed how all people of all ages will feel stressed at different times in their lives. Some people experience stomach or headaches when they are stressed. Anxiety can also be experienced as racing thoughts, trouble paying attention, agitation, and restlessness. We identified social situations that can cause anxiety like a big exam, reading in front of an audience, a haircut you didn’t like, sports competition, friends playing with someone else, etc. When we know these feelings within our own body, we can then stop ourselves, acknowledge our feeling, and then use our calming down strategies to help us manage the stress. We focused on 3 strategies this month: Belly Breathing, Counting, and Positive Self-Talk.

We learned that when you have strong feelings, your body automatically sends messages to the part of your brain that just REACTS- the Amygdala! The Amygdala doesn’t ever think things through...So we must activate our part of the brain called the Cortex by using our calming down techniques.
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<td>Field Trip Douros/ Sears to Higley Arts</td>
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<td>Author Visit-Tony J Perry 9:00</td>
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**EXTRA EARLY RELEASE WEDNESDAY FEBRUARY 12TH- 12:00 DISMISSAL**