



The Marsh Messenger

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JANUARY 2019

January in “
Kid Crane “ Coun-
selor Time

The guaranteed way to have a happy new year is to “be a better bucket filler” whether you’re an adult or a child. Filling someone else’s bucket by saying and doing kind things is a guaranteed happiness booster. Try it with each other at home and you will see a difference in your relationships and family happiness.

After we review bucket-filling at school we’ll spend January and February learning about our feelings.

We’ll learn that everybody has all the feelings: even capable kid get sad and angry when things are disappointing or hurtful. What makes us capable is that we know what to do to get our “sunshine” back.

When we take a breath first, our brains work better and we can decide what to do next: go to a calm down place, talk to a friend, play quietly, or maybe even apologize for our part in a problem that just happened.

We’ll be learning a song with this final line:

**You may be blue,
But you know what to
do, and you can get
your sunshine BACK!**

Happy New Year!

Dear Families,

It always brings us joy to welcome children back to The Sunshine School offering our wishes for a “Happy New Year” to all!

We’ll be reviewing routines and procedures in the first weeks back and talk about making a resolution to “be a better bucketfiller” in 2019.

An important reminder: there will be **no school for Marsh and Bill Metz Elementary students on Monday January 21** so our

teachers can attend a training that will improve our instruction.

All district staff practiced a reunification training in November. This practice is a critical aspect of preparation to care for students and unite them with parents should a safety or operational crisis occur during school hours.

Our school sends out messages with announcements or emergency notifications through our automated text system, our

Monte Vista School District phone app and the Monte Vista School District’s Facebook page. Please make sure your phone number is up to date with the school office if you haven’t been receiving texts.

You can review our reunification procedures on the handout we’re sending home with this newsletter. Questions? Please call!

Stacey Plane,
Marsh Principal/
Director

Moving & Shaking in January Music & PE!

In PE, the kindergarten classes will be pretending to be ninjas in their balance, stunts, and tumbling unit. It is an introduction to gymnastics. The preschool classes will be learning to move their bodies like different animals.

With frigid outdoor temperatures, winter is a tough time for kids to be active. Go Noodle is a free website with many activities and movements to songs and rhythms as well as kids yoga and breathing exercises. Koo Koo Kangaroo and Maximo are two of our favorite channels.

Memories from Our Winter Programs

