

Blue Hills Elementary PTA Newsletter

Blue Hills Elementary

PTA
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January 25, 2018
Volume 2, Issue 9

Send Us Pictures!

Don't forget to upload your pictures for the yearbook!



Our yearbook photographers are awesome, but even they can't be everywhere at once. If you've got some great pictures from a Blue Hills event, why not share them?

To upload photos from your computer, go to images.balfour.com.

To upload photos from your mobile device:

1. Search for Balfour Image Share in your app marketplace
2. Download the app
3. Enter our project number 804293. There is no password.

Images should be in JPEG or PNG format, RGB. The maximum file size is 20MB per image.

The last day to submit photos is March 1, 2018.

Questions? Email bluehillsyearbook@gmail.com.

Communication

Questions?

bluehillsptapresident@gmail.com

Website:

bluehillspta.org

Facebook:

<http://tinyurl.com/bhfacebookpage>

PTA Forms:

<http://tinyurl.com/bhptaforms>

Traffic Sign Up:

<http://tinyurl.com/jxqu35o>

PTA Calendar:

<http://tinyurl.com/ybw63ow3>

Upcoming Events

- ◆ Staff Learning Day (No School) - 1/26
- ◆ Project Cornerstone Volunteer Training - 2/2
- ◆ PTA Association Meeting - 2/13
- ◆ Mid-Year Recess (No School) - 2/19-23
- ◆ Family Science Night - 3/1
- ◆ Reflections Award Ceremony - 3/8

For more, visit the PTA calendar at <http://tinyurl.com/z4nfa32>

Accomplishing BIG things, together!

The Blue Hills PTA Project Cornerstone committee would like to thank all of the dedicated volunteers who have read to our kids and led them in activities to help them grow and thrive! Last month, we read the book *BIG*, by Coleen Paratore. Our kids learned that, by working together, they can truly make a *BIG* difference! The kids each wrote down on a paper "link" one small step they can take to improve the communities to which they belong. The volunteers then put the links together to form a chain. Each classroom's chain was linked to the others' to form one *BIG*, long Blue Hills chain.

Please visit the GLC to see just how *BIG* a chain it is!



Want to get involved? Please email bluehillsptaprojectcornerstone@gmail.com.

Cornerstone Corner

School Name December 2017

Book: *When Sophie Gets Angry – Really, Really Angry...* by Molly Bang

Asset Focus: Support and Social Competencies

Lesson: *Stop, Think and Choose to Act*

Next month's book: *Through My Eyes*

This month's ABC book, *When Sophie Gets Angry- Really, Really Angry* by Molly Bang tells the

story of a young girl who is searching for ways to cope with big feelings like anger. She learns effective techniques that everyone can try. Video read aloud: <https://www.youtube.com/watch?v=eqjeKgMXyIM>

Goals of the lesson:

- To identify, acknowledge & express feelings in safe, positive, healthy ways.
- *Stop & think & choose how to react* when our emotions feel out of control.
- Be able to *switch directions & make positive choices*.
- Use peaceful conflict resolution to resolve conflict and the *steps to a genuine apology*.

How can I help reinforce this lesson at home?

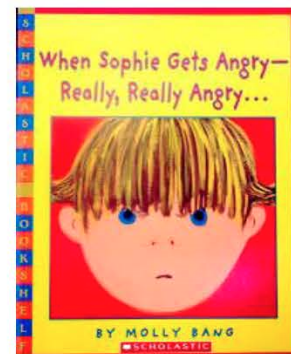
- Help your child identify & acknowledge how they are feeling with words. "You are using a loud, angry voice. Are you mad? Tell me about it."
- As a caring adult, notice & acknowledge your own feelings. Role model the techniques you use to stay calm & in control. Share your successful strategies with youth.

Help your child use safe ways to calm down:

- Do physical activity. Put on music & dance away the anger. Go on a walk or bike ride.
- Take deep breaths.
- Count to 10. If still angry, count to 10 again
- Remove yourself from the situation. Take a break in a safe, quiet place.
- Use markers, paint, or other art materials to express feelings

Phrase of the month: *Reconsider before you respond*

When you "catch" kids modeling positive behaviors...
Notice, Name, and Celebrate it!



In an effort to raise additional funds for our school, BLUE HILLS ELEMENTARY SCHOOL is participating in the BOX TOPS for EDUCATION program. This program is an easy way for parents & students to earn cash that goes directly to our school.



AN EASY WAY TO EARN CASH FOR YOUR SCHOOL!

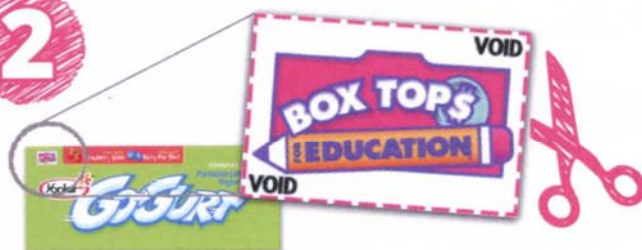
Look for the pink Box Top on hundreds of participating products. Each is worth 10¢ for your school!

1



BUY your favorite Box Tops products.

2



CUT out the Box Top from each package.

3



SEND your Box Tops to school with your child.

Have your child turn in the box tops to his/her teacher or to the front office.

4



YOUR SCHOOL GETS CASH for every Box Top collected to help buy the things it needs most. All those Box Tops really add up!

Go online to www.btf.com/products for a complete list of participating box tops products.

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