

Blue Hills Elementary PTA Newsletter

Blue Hills Elementary

PTA
everychild.onevoice.®



December 15, 2017

Volume 2, Issue 8



Congratulations, Blue Hills Reflections Winners!

The Blue Hills PTA and Reflections Team are proud to announce that the following students have been invited to the Council Award ceremony:
Ishani Upadhyaya, Audrey Cabalitca, Ishika Shah, and Cinta Aju.

Ishika Shah and Cinta Aju have been awarded the Award to Excellence in their respective art categories and have qualified to the Sixth District for the next level of competition.

Congratulations, Blue Hills artists, and good luck!

Details for the award ceremony :
CFSCPTA REFLECTIONS® Award Ceremony
Thursday, March 8, 2018, 7 pm.

FUHSD Professional Learning Center*
589 W Fremont Ave, Sunnyvale, CA 94087

*The PLC is located behind the main district office. Park in the district lot, or in the adjacent Adult Ed access.

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

- ◆ Winter Recess - 12/18 - 1/1/
- ◆ PTA Association Meeting - 1/9
- ◆ MLK Day (No School) - 1/15
- ◆ Staff Learning Day (No School) - 1/26

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

Yearbook Prices Going Up - Buy Now

Last chance to purchase your Blue Hills Yearbook for \$25. Yearbook prices will increase to \$35 after December 31, 2017.

Questions? Contact Bluehillsyearbook@gmail.com.

Thank you, Blue Hills Bakers!

The Hospitality team would like to thank the following people for helping to bake the Holiday Cookie Boxes for the entire school staff:

Mimi Wong,
Shefali Loolayekar
Jennifer Wong
Jennifer Sahara
Monique Anderson
Christy Tum
Tracy Scarpa

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?

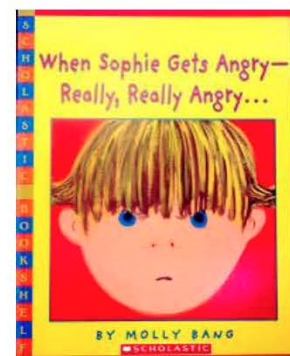
- Help your child identify & acknowledge how they are feeling with words. "You are using a loud, angry voice. Are you mad? Tell me about it."
- As a caring adult, notice & acknowledge your own feelings. Role model the techniques you use to stay calm & in control. Share your successful strategies with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

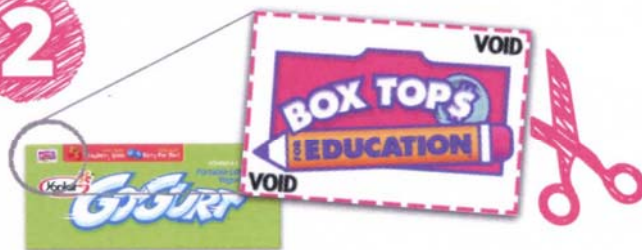
Look for the pink Box Top on hundreds of participating products. Each is worth 10¢ for your school!

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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