

EWE Need To Know

Health & Wellness School

January 2019
Issue 5



Robert Wedel - Principal
Robin Lowery - Assistant Principal

From the Principal's Desk...

Happy New Year and welcome back to school! I hope that you had a wonderful holiday season. It is such a special time of year for spending time with family and reconnecting with friends! Hopefully you found time to be with those you are closest to!

District 20's Choice Application Window is open from January 9-February 25, 2019, at 4:00 pm. Look for more information in our school newsletter, local newspapers, and the D20 web site: www.asd20.org. Wolford's Choice Night presentation will be on Tuesday, January 15, 2019, at 4:45 pm, for both kindergarten and choice information.

Finally, a few reminders to get 2019 off to a great start for students:

Parents choosing to use Kiss and Drop in the morning may begin dropping students at 8:35 am. Please do not allow your students to exit the car without adult help/supervision.

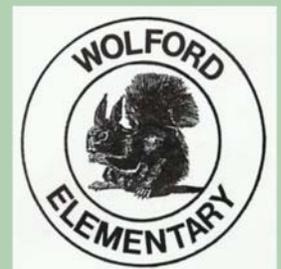
For those parents who meet their students at the front door at dismissal time...please supervise your children so that they are making safe choices while staff are taking care of supporting students with entering vehicles. Students should not be running around playing, throwing playground equipment, etc. This is a potential safety issue. Students not under your care should not be encouraged/allowed to play with your children while they are waiting for you to leave. Thank you for your help with this matter.

As winter settles in for the next few months, please be sure your children are dressed for the weather. Because we recognize the need for students to have some "down time," they will go outside for recess whenever the temperature is 20 degrees or above. Snow boots are helpful when there is snow on the ground... which is often in the Forest! :)

The first character assembly of 2019 will take place on Tuesday, January 15, beginning at 9:00 am, in the gym. Students will be recognized for demonstrating the character traits of cooperation and responsibility.

Our next SAC and PTO meetings will be held on Thursday, January 13, 2019. The meetings will begin at 9:00 am, at R and R Coffee. We will discuss updates on all the happenings coming up for the remainder of the year, as well as budget priorities for 2019-2020.

Special thanks need to go out to our wonderful PTO for planning, organizing, and executing another wonderful Breakfast with Santa/Craft Make and Take event and the Holiday Shop at the beginning of December. Many of you commented on how impressive the event was. It seemed that everyone in attendance had a great time, the new crafts were a hit, and Santa loved spending time with our Wolford students. He thinks they are the best, and I agree!



Warm regards,

Bob Wedel
Principal

Important School Contact Information

Edith Wolford's main office phone number is 234-4300. Please call 234-4301 to report an absence due to illness or other emergency, or if you would like to report an upcoming absence to the office. The FAX number is 719-234-4399. You may also access Wolford's website through District 20's site: <http://www.asd20.org>.

January Counselor's Corner

Welcome back!

The first few days back to school can sometimes be difficult because we have all gotten out of our routines, but it does not take long for them to be re-established. Please keep these thoughts in mind:

Make sure bedtime is set for a specific time. Reading right before bed can relax everyone and children look forward to the routine.

Even though darkness comes early, children rest more easily if they've had a chance to get some exercise after school.

Playing board and card games with your children gives them a different kind of mental exercise than they had in school and builds family connections. Set aside a few minutes to play in the evening after dinner.

Before going to bed, be sure your child knows where his or her backpack is located. Picking one special place for it might be a new habit to develop. Is homework inside? Is the note for the teacher in the folder? This makes the morning calmer and more reassuring for your child.

Happy New Year everyone!

District 20 will hold **free parent workshops** at:

D20 Education and Administration Center (EAC)

1110 Chapel Hills Drive

Time: 6 to 7pm

Please register at asd20.org/parentacademy if you would like to attend.

Common Mental Health Challenges in Youth

(January 22, 2019)

This session gives parents practical first aid strategies on recognizing and addressing common and potentially serious mental health challenges.

Vaping: What All Parents Need to Know

(February 19, 2019)

This session, provided by community experts, is a must for parents to better understand current trends in vaping and its effects on kids.

Keeping Kids Safe and Healthy

(March 12, 2019)

This session will provide parents with practical tips on helping kids to be emotionally and physically healthy.

EWE Character Trait of the Month: Honesty

Truthfulness in what you do and say

What does it look like?

- * Being consistently truthful so others can trust you
- * Never steal, cheat, or lie
- * Keep your promises
- * Telling information without distortion or exaggeration
- * Admitting our mistakes to others
- * Ensuring that what you say and what you do match
- * Taking a stand for what you know is right

Growth Mindset

What Kind of Mindset Do You Have?

I can learn anything I want to.
 When I'm frustrated, I persevere.
 I want to challenge myself.
 When I fail, I learn.
 Tell me I try hard.
 If you succeed, I'm inspired.
 My effort and attitude determine everything.



I'm either good at it, or I'm not.
 When I'm frustrated, I give up.
 I don't like to be challenged.
 When I fail, I'm no good.
 Tell me I'm smart.
 If you succeed, I feel threatened.
 My abilities determine everything.

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Music

Just a friendly reminder choir will begin on January 29th.



Student Council News

Thank you for donating candy to Operation Gratitude. We were able to collect 217 POUNDS of candy that was shipped off to our troops! Way to go! Also, thank you all for your donations for Wolford's Student Council sponsored holiday tree. Thank you to everyone who brought in new socks, hats, gloves, and fleece blankets.

Here are a few upcoming Student Council sponsored events:

Look for Muffins with Mom on Friday, February 22. If there are any date changes, check the calendar, and we will let you know through notes and/or a 20Alert.

Our next Student Council meeting will be Wednesday, January 23, at 8:00 a.m.

