



December 2022

Council Grove Elementary



CGES December 2022 Activity Calendar

December 12th - Pre-K/K Winter Concert 6pm

1st/2nd Winter Concert 6:45pm

December 13th - 3rd/4th Winter Concert 6pm

5th/6th Winter Music/Band/CG Singers Concert 7pm

December 12th-15th - Elf Shelf

December 21st - All School Christmas Assembly/Classroom Parties/End of 2nd Quarter/Early Dismissal

December 22nd-30th - Winter Break

(Classes Resume January 4th)

RECESS - Council Grove Elementary students will go outside for recess. Students will not go outside if the temperature is below 25 degrees, the wind chill is below 20 degrees, there is a wind/cold/heat advisory, it is raining, snowing, lightning, or the playground is ice covered. Teacher's discretion may also be used.

Doors Open: 7:45

School Start time: 8:00

Dismissal time: 3:10



CGES-DECEMBER 2022



Self-Care Tips for Families Over the Holidays

The holidays can cause added stress for parents and families as a whole. Try these self-care tips.

The holidays are full of special moments for families, but they can also come with heightened stress. With so much to be planned and coordinated, many parents find themselves feeling like they have a never-ending to-do list. For co-parents, the holidays may also come with an altered custody schedule, making an already hectic time of year more complicated.

If you're feeling overwhelmed this holiday season, remember to practice self-care

This is not only a reminder for parents, but for children as well. If you're feeling stressed, your kids are probably experiencing this feeling too. Here are 4 tips to help your family reduce stress and focus on self-care over the holidays:

- **Prioritize.** With dozens of things going on during the holidays, it's beneficial for family units to sit down and discuss priorities. Talk to your children about what events are important to them and think about what's important to you as well. Once you have this information laid out, your family can plan accordingly. This reduces the stress of having too many obligations and helps everyone make time for the activities and events they love the most.
- **Pause.** It's important for parents to make time for peace and quiet throughout the year, but especially when everyone is together during the holidays. This can also be beneficial for the entire family. Taking time to unplug and unwind together can help improve everyone's state of mind.
- **Laugh.** It may sound silly, but laughter has many positive health benefits. Some of the short-term effects include soothing tension and activating and relieving your stress response. Find reasons to laugh with your kids over the holidays and encourage them to embrace it!
- **Reflect.** Gratitude is a proven stress-reliever. You and your kids should take time to think about what you're grateful for and then discuss with each other. Practicing gratitude not only helps with self-care, but also serves as an important lesson.

All family members should take time to focus on their psychological state over the holidays

Everyone in your family unit can benefit from these techniques. If you're in a joint custody situation and your child is spending time with your co-parent over the holidays, it's important to discuss these items if your relationship allows. This helps create consistency for your child in both homes.

If some of your holiday stress is related to sharing custody over the holidays, consider using a co-parenting app, like TalkingParents. Our Shared Calendar can help you and your co-parent coordinate holiday custody schedules and events.

In addition to messaging and phone calls, we also offer Video Calling. This allows you and your co-parent to video chat with your child during special moments that may take place over the holidays. If a co-parenting app might be able to assist you with self-care, consider joining TalkingParents today.

<https://talkingparents.com/self-care-tips-over-holidays>

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It is that time of the year when we start to see more illness in our classrooms. Whether it be Influenza, COVID, Strep, Gastroenteritis, or just a cold, those germs can take a toll on the children and staff. Please remind your child to do the following to avoid illness and missing school:

- * **Wash hands often with soap and water or use alcohol-based hand sanitizer**
- * **Avoid touching eyes, nose, or mouth**
- * **Avoid close contact with those who are already sick**
- * **Get plenty of sleep**
- * **Eat healthy food and drink plenty of fluids. Please send a water bottle with your student to school. Although water fountains will be available to drink out of, it is discouraged at this time.**
- * **Cover your nose and mouth when coughing or sneezing with a tissue or the crook of your arm**
- * **Stay home if ill for at least 24 hours after fever/vomiting/diarrhea is gone (without the aid of medication)**

Feel free to call us if you have any questions in regards to illness policies at school. Thank you and Happy New Year!



CGES-DECEMBER 2022



LET US SING! LET US SING! LET US SING!!

It's time for the winter music concerts at the CGJSHS Auditorium!!
Come and enjoy listening to the following;

December 12th at 6:00 p.m. Pre-K A.M. & P.M. & Kindergarten

December 12th at 6:45 p.m. 1st & 2nd Graders

December 13th at 6:00 p.m. 3rd & 4th Graders

December 13th at 7:00 p.m. 5th & 6th Band & Vocal & the CG
Singers

Vocal Students will need to be at the CGJSHS 15 minutes before their
concert time, dressed nice and don't forget your smiles!!

Band Students will need to be at the CGJSHS 30 minutes early to tune
and warm up for their concert.

Thank you for continually supporting our MUSIC programs!!
We appreciate you!!



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PTO Sponsors Elf Shelf Shop

We are proud to announce that we have chosen The Elf Shelf for our children's holiday gift store this year. The Elf Shelf will give your children the opportunity to shop for gifts for friends or family in the secure atmosphere of our school. The Elf Shelf program provides our children with the opportunity to make real life shopping decisions.

Gift items start as less than \$1.00, with most in the \$1.00 to \$5.00 range. We sent a notice home to give children who prefer to purchase their gifts with their own money, enough time to earn money through chores, etc.

The Elf Shelf Shop hours are: Monday, December 12th 3:10-4:00 p.m., Tuesday, December 13th 7:45-8:00 a.m. & 3:10-4:00 p.m., Wednesday, December 14th 7:45-8:00 a.m. & 3:10-4:00 p.m., and Thursday, December 15th 3:10-5:30 p.m. Thursday will be open later for those who want to shop as a family, can do so. Location will be in the front lobby so come through the front doors.



Pop Tab Totals:

Bailey- 66.8lbs (Winner)

Heft- 64.4 lbs

Firebaugh- 53.4lbs

Booker- 30.4lbs

Frick- 22.12lbs

Kinsey- 20.4lbs

Blythe- 19.4lbs

Kelley- 17.12lbs

Frye- 17lbs

Hrencher- 14.4lbs

Hanks- 11.8lbs

Ehrlich- 10.4lbs

Gant- 9.4lbs

Koch- 9lbs

Butler- 8.8lbs

Mitchell- 8.4lbs

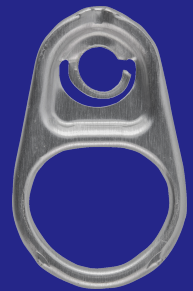
May- 7lbs

Herde- 6.8lbs

Lococo- 3.8lbs

Bunn- 1lb

Grand Total- 400.4lbs



Keep saving your tabs for next school year. We will try to beat this year's total!

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TIPS TO BUILD EMOTIONAL RESILIENCE IN KIDS

Spend quality time with kids.
When they feel loved and supported, children develop emotional strength.

Talk about feelings so your child learns to share their worries and fears with people they trust.

Instead of rushing to solve problems, give kids time to work things out themselves.

When children experience failure or disappointment, it's important to praise their effort and encourage them to try again.

Acknowledge your own mistakes to teach kids that mistakes are essential for learning and growth.

If your child can't find a solution to a problem, use gentle questioning to guide them towards it.

Ensure kids are eating well and getting enough sleep and exercise.



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