NEW SCHOOL HOURS
Grades 1-6: 9:05 am -2:50 pm, Monday - Friday
AM Kindergarten: 9:05-11:50 am, Monday-Friday
AM Preschool: 9:05 -11:25 am, Monday-Friday
PM Kindergarten: 12:05-2:50 pm, Monday-Friday
PM Preschool: 12:30-2:50pm, Monday- Friday

REACH & ADVENTURE CLUB
REACH (Homework help):
If your child need Homework help, think about getting them signed up for our Homework after school program. It now goes from 2:50-3:45pm on Monday through Thursday. A snack is also provided. If your child is not staying for Adventure club they will need to be picked up at 3:45pm. Please just wait in the semi circle drive and they will come out to you.

Brand new: ADVENTURE CLUB:
Your child can also stay for our new Adventure Club from 3:45-4:30. There is a bus that will take them home after Adventure Club if needed.

You can sign up your child for one or both activities. Please ask your child’s teacher for a permission slip.
For more information please contact our North Park Reach Coordinator Shelby Olson at 435-792-9281

OFFICE CORNER
♦ 2022-2023 Kindergarten registration has begun. If you child will turn 5 by Sept. 1, 2022 then please go to www.ccsdut.org and click on “For Parents” and then “Kindergarten Registration”. Please follow all instructions before coming to the school.
♦ After you are done with the online portion bring in your child’s birth certificate, immunization records & 3 proofs of residency (see website for list of acceptable documents).
♦ If you have questions please call the office. 435-752-5121

IMPORTANT DATES
Feb 1
School Community Council 4pm
All are invited

Feb 1 & 2
Free Youth
Mental Health Screening
See pg. 3

Feb 14
Classroom Valentines Parties

Feb 17
Maturation Presentation for 5th Graders & Parents
(students must return the permission slip)

Feb 21
No School
President’s Day

Feb 28
No School
Trimester Transition Day
<table>
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<th>Page Awards (25 RC Points)</th>
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<tr>
<td><strong>Cooper H White</strong></td>
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<td><strong>Chase C Read</strong></td>
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<th>Squire Awards (50 RC Points)</th>
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<tr>
<td><strong>Delany H Sorensen</strong></td>
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<td><strong>Miles L Jeppesen</strong></td>
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<td><strong>Gavin M Hawkes</strong></td>
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<th>Apprentice Awards (100 RC Points)</th>
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<tr>
<td><strong>Nora V Sorensen</strong></td>
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<td><strong>Shaylee K Jeppesen</strong></td>
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<th>Knight Awards (250 RC Points)</th>
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<td><strong>Haven C Elwood</strong></td>
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<td><strong>Jacob K Hawkes</strong></td>
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<th>Dragon Master (500 RC Points)</th>
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<td><strong>Haven C Elwood</strong></td>
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Hello Parents!
This month I am teaching students about trusted adults. We discuss what characteristics a trusted adult has and what things we should seek help from a trusted adult for.
If you are concerned about your child going somewhere with an adult they shouldn’t go with, you may choose to create a safe word for your family. Growing up, our safe word was “Scooby Doo”. My mom reminded us often that if she ever needed to send someone to pick us up from somewhere and she hadn’t told us in person ahead of time, we could ask for the safe word. If the adult knew the safe word, it was safe to go with them. This can be such a helpful tool!
Conversations about trusted adults are also a great segue into discussions about personal boundaries. We will be discussing this in a very general sense, but you may choose to have a more serious conversation with your student when reviewing the topic of trusted adults.

I will be using the following online resource with students this month:
https://www.safesecurekids.org/learn-together?topic=22

Videos for kids on Trusted Adults:
https://www.youtube.com/watch?v=0WtPnjSoppc
https://www.youtube.com/watch?v=YS22sx---4

Free Youth Mental Health Screening

A mental health screening can be the first step in getting the help you are seeking. This Free Event is for Youth Grades 1st-12th in the Cache County School District

February 1st & 2nd
3:00-6:00 pm
Parents and students complete the survey. You will be contacted for an appointment time.

Online or in-person appointments with Bear River Mental Health

In-person appointments at:
CCSD Legacy Campus
2063 North 1200 East, North Logan

Screenings will address depression, anxiety, suicidal ideation, substance abuse, etc. This free 50-minute screening is not a full psychological evaluation.

Clinical diagnosis will not be made.

Spanish speaking counselor available.

PARENTS MUST BE PRESENT

Examinen Gratis De Salud Mental Para Adolescentes

Un examen de salud mental puede ser el primer paso para obtener la ayuda que esté buscando

Este Evento Gratuito es para Jovenes Estudiantes de el Grado 1 al Grado 12 en el Distrito Escolar de Cache County

Citas disponibles en línea o en persona con Bear River Mental Health

Citas en persona en:
CCSD Legacy Campus
2063 North 1200 East, North Logan

Las evaluaciones abordarán las siguientes preocupaciones como: la depresión, la ansiedad, ideas de suicidio, abuso de sustancias, etc.

Esta evaluación de 30 minutos es gratuita.

No es una evaluación psicológica completa. No se realizará un diagnóstico clínico.

El consejero de habla hispana disponible.

LA PRESENCIA DE LOS PADRES ES NECESARIA
Join us for a virtual event

Wednesday
February 2, 2022
6:00-7:00 pm MST
Register now:
http://CookCenter.info/Feb2

BECOME A CERTIFIED GATEKEEPER IN SUICIDE PREVENTION
FREE QPR TRAINING

Question, Persuade, Refer is a 1-hour training helping individuals recognize signs of suicide and learn how to help direct others to resources in a time of crisis.

JOIN US
FEBRUARY 7, 2022
6PM-7PM
REGISTER HERE

CONTACT CHELSEY SCHNERINGER WITH QUESTIONS
cschneringer@brhd.org

Everyday Strong

February 10th
6:00-7:00pm

Building Resilience
• A new approach to anxiety and depression in our youth and teens with a simple, research-based framework that builds resilience.
• Learn why kids need adults’ help to be resilient.
• Learn how to apply this tool in everyday situations.

To Join:
https://tinyurl.com/2p82hfs
Contact Debbie Rees with questions
debbie.rees@unitedway.org