NEW RELEASE TIME

♦ On March 3rd the students will be released at 12:30 pm instead of the previous 1:00 pm time. Lunch will still be served on that day.
♦ The district has also announced that for the remainder of the 2021/22 school year the school day will end at 2:50 pm.

YEARBOOK ORDERS

It’s time to order your school yearbook for North Park.

Online ordering ends: Friday, March 4, 2022
To order online visit: inter-state.com/order and enter this code: 62662R
Ordering and paying in the office ends: March 3, 2022
Drop off cash or check payable to North Park Elementary PTO
Cost: $14.00

PARENT/TEACHER CONFERENCES

Parent/Teacher Conferences will be held March 3rd & 4th. You can sign up now on our website for a time to meet with your students teacher:

www.ccsdut.org/northpark

February 28th:
No School: P/T Prep Day for Teachers
March 3rd:
No School for Preschool & Kindergarten
1st-6th Grade-School is out at 12:30pm (new time)
March 4th:
No School

IMPORTANT DATES

Mar 3
1st –6th: School Release time 12:30 pm
No School for Preschool & Kindergarten
Parent/Teacher Conferences
Office Drop-Off Yearbook orders are due

Mar 4
No School (all students)
Parent/Teacher Conferences
Online Yearbook orders are due

Mar 11
No School
Professional Development for Teachers

Mar 14-25
Family Book Quest

Mar 22
Spring Picture Day

www.ccsdut.org/northpark
Office: 435-752-5121
March, 2022

Hello Parents!

This month, for my lesson, I will be talking about accepting differences in the younger grades and mental health in grades 4-6.

In my lesson on accepting differences, we will be reading “The Crayon Box That Talked” and discussing the importance of uniqueness and the importance of ALWAYS including others, even when they are different.

In my lesson on mental health in grades 4-6, we will be discussing anxiety, depression, and suicide. We will talk about signs and symptoms and review the importance of seeking help from a trusted adult if they notice these in themselves or someone else. I will include some details about those disorders here! It may be beneficial for you to review this topic with your child and remind them that you hope they will come to you if they are ever experiencing any of these signs or symptoms, or if they are feeling worried for a friend. We want our students to know that they are supported on every side and they can talk openly about their mental health, especially with adults they trust. I will also be introducing them to SafeUT. I will include the link to the SafeUT website here as well, for you to explore if you are interested.

**Anxiety:**
Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. People with anxiety disorders usually have recurring intrusive thoughts or concerns about a number of activities and events (for 6+ months). They may avoid certain situations out of worry. An individual with an anxiety disorder finds it difficult to control the worry. (apa.org; DSM-5)

**Signs/Symptoms:**
- Restlessness, feeling keyed up or on edge.
- Being easily fatigued.
- Difficulty concentrating or mind going blank.
- Irritability.
- Muscle tension.
- Sleep disturbance (difficulty falling or staying asleep, or restless, unsatisfying sleep).

(In some people, these symptoms are better explained by another medical disorder.)

**Depression:**
Depression, otherwise known as major depressive disorder or clinical depression, is a common and serious mood disorder. Those who suffer from depression experience persistent feelings of sadness and hopelessness and lose interest in activities they once enjoyed.

**Signs/Symptoms:**
1. Depressed mood most of the day, nearly every day.
2. Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day.
Dear Parents and Students,

Parent Teacher Conferences will be held March 3 and 4, 2022 at North Park Elementary.

There will not be school for any students on Monday, February 28th as it is a teacher preparation day.

Please see the schedule below and instructions for scheduling a conference:

Thursday, March 3, 2022
- Kindergarten & Preschool Conferences - There will be no school in session for Kindergarten and preschool classes to accommodate for conferences. Please check individual teacher schedules for a detailed list of available conference times.
- 1st - 6th Grade Classes - There will be an early release at 12:30 PM (updated release time) to allow for afternoon conferences. Conferences will be held until 8:00 PM this day. Please check individual teacher schedules for a detailed list of available conference times.

Friday, March 4, 2022
- Conferences for all classes 8:00 AM to 12:00 PM. No school in session for any students.

Parents are invited to go to our online scheduler to set up students’ conferences beginning Monday, Feb. 21st until Wednesday, March 2nd. You are welcome to call the school office at 752-5121 if you need assistance. Please follow the instructions below:

1. Visit the school’s homepage [http://www.ccsdut.org/northpark](http://www.ccsdut.org/northpark) and select “Schedule Parent Teacher Conferences” from the “Quick Links” menu. That should take you to the Online Scheduler Home Page.
2. Choose North Park as your student’s school from the drop down list and click “GO”.
3. Enter the school password “northpark”.
4. Enter your student’s “Student ID”. If you do not know their Student ID, use the LOOKUP STUDENT ID button to find the ID.
5. Verify the student’s birth date.
6. A list of your students’ teachers will be displayed. Check the box next to the name of the teacher(s) you would like to meet with.
7. If you have more than one student in the school, you can see all of your students’ teachers’ schedules at one time by answering YES to this question - “Do you want to schedule conferences for another student?” Then, repeat the steps above for your other students. If you only have one student, answer NO to that question.
8. You will then see the available time slots for each teacher you selected.
9. Select the times that work best for your schedule.
10. Enter your email address (recommended) if you would like an email reminder sent to you.
11. Once you have finished you can confirm your appointment details and print your conference schedule. Write down the Confirmation Number (you will need this number if you need to cancel your appointment). If you have any questions or need help scheduling, please call the school office at 752-5121.