

January
2022

Lewiston Elementary Newsletter



Principal's News:

I hope everyone had a wonderful holiday break. We enter 2022 with great anticipation and hope for a brighter future. As our students transition back into their academic routines, it's important that each student arrives on time, prepared and ready to learn. Thank you for your support with this. The coming months are valuable instructional months with limited holiday breaks. We will be hitting the ground running.

I want to give a BIG Thank you for the food and cash donations during our Holiday Food Drive before the break. We were able to help five of our Lewiston school families with an abundance of food. Julie's Marketplace was an amazing partner. Next time you are shopping at Julie's be sure to tell them Thank you for supporting Lewiston Elementary.

We also want to give a shout out to Regan Wheeler and the Just My Wish Foundation for purchasing the beautiful Christmas tree from the Cache Education Foundation Christmas Tree Jubilee fundraising event and donating it to our school. It was such a festive addition to our school foyer and will be for years to come. Thank you Regan for always supporting Lewiston Elementary in so many ways.

Winter is upon us which means cold, even frigid, temperatures. Please send your students with coats, hats, gloves, boots. We have students get outside for recess as much as possible. This opportunity to move and play is an important part of the day. If you need help getting any of these items please let us know.

Coming soon! Watch for more information on our One Book One School event where our entire school family--students, parents, faculty, staff--will be reading and talking about the same book. This is a fun event that we look forward to each year. Watch for more information and a reading schedule later this month. A book will be sent home for your family with the oldest child at the school to begin reading together. I have wonderful memories of reading books with my dad. What a wonderful family reading opportunity!

--Principal Leslie Burt



*****Lewiston Elementary REACH-OST Program Before and After School Programming CLUB 2021-22*****

Our after-school clubs begin Monday, January 10, 2022 and will run 4:30-5:30 Mondays-Thursdays (immediately following homework help) and 2:20-4:15 Fridays. The program offers students an opportunity to explore fun hobbies and activities with other students.

This program is free and is offered to all 1st-6th grade students.

Look For the Flier Coming Home

❖ COUNSELOR'S CORNER ❖

Teresa Felt M.S. licensed school counselor

Parenting Resolutions For 2022 You Can Actually Keep!

1. One-On-One Time: Commit to spending undistracted one-on-one time each day with each child. If you make just one resolution this year, this is the most important! Spending just 10 minutes a day of uninterrupted, one-on-one time with each of your children builds emotional connections, reduces negative behaviors, and makes children more cooperative throughout the day.

2. Ensure Your Child Gets Enough Sleep: Sleep matters...a LOT. Your kids might never admit it, but they need regular bedtimes and plenty of sleep to perform at their best.

Sleep is a key component to a healthy, calm lifestyle, and it helps kids learn more and perform better in school.

3. Practice Self Care: You'll be a much calmer and happier parent if you take care of yourself by getting enough sleep, exercise, healthy food and downtime.

Write out a self-care plan that's both realistic and effective when it comes to keeping you happy and sane. Then post it somewhere you can see to remind yourself!

4. Cut Back On Screen Time: Measure yours and your kids' screen consumption over the course of a typical week. Count everything and add it all up. Whatever the number, it's probably too much.

There are relationship and development downsides to excessive screen use that far outweigh the modest educational benefits.

Resolving to cut back just 10% or 20% can have a huge positive impact on your family life.

5. Focus On The Positive: Research shows that the brain tends to recall negative events more accurately than positive ones. Although you can't avoid disciplining your kids, you can balance it out by creating two positive interactions for every negative one. Positive exchanges can include a simple smile, hugs and kisses, praise for a job well done, etc. At the end of each day, think about how well you balance your interactions and maybe make a little note so you can track your progress over time.

6. Eat Healthier Family Meals: Your whole family will benefit from eating a healthier diet and you'll be setting your kids up for a healthier lifestyle long-term.

Introduce new foods slowly by adding something new to one meal a week, then add more variety once your kids get the hang of it.

Ask each family member to nominate one healthy meal they enjoy. Create a schedule of meals and post the weekly schedule to the fridge to keep everyone onboard!

Interested in PTA??

Text Nicole 208-251-2821

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