

# Miller Elementary School Newsletter



May 1, 2018

## STAFF APPRECIATION WEEK!

**May 7-11**

Please help us celebrate our teachers and staff during May 7-11. Our PTT will be doing some fun things for Miller's marvelous staff but we'd also love students and families to share in celebrating their hard work too! Participate as many days as you would like.

**MONDAY: Make them smile Monday! Give your teacher and another adult a compliment.**

**TUESDAY: Treat Tuesday! Bring your teacher or another adult one of their favorite snacks.**

**WEDNESDAY: Wear it Wednesday! Wear your teacher's favorite color to school.**

**THURSDAY: Thank you Thursday! Write your teacher or another adult a thank you note.**

**FRIDAY: Flower Friday! Bring your teacher or another adult a fresh flower for a classroom bouquet or draw them a picture of their favorite flower.**

**Thank you for showing our staff love and appreciation.**

## May is Mental Health Awareness Month

Did you know?

Behavioral health disorders affect a significant number of America's school-age children. According to the Centers for Disease Control and Prevention (CDC), 13% to 20% of children living in the United States experience a mental disorder in a given year (CDC, 2013).

By providing supportive environments and teaching kids and teens to recognize their emotions and address them in health ways, we can change lives.

One way to deal with uncomfortable or unpleasant emotions is to remember the word **PATH**.

**PAUSE:** do not act on feelings right away.

**ACKNOWLEDGE WHAT YOU ARE FEELING:** are you mad at someone, or are you sad because your feelings were hurt by what they did? Whatever you are feeling, it is ok to feel that way.

**THINK:** think about how you can make yourself feel better after you understand your feelings.

**HELP:** take an action to help yourself based upon what you came up with in the "Think" step.

### Classroom Requests for 2018/2019:

If you would like to make a classroom request for your child for next year, please submit a letter with the following information by June 1st:

- characteristics in a teacher that would help your child be successful
- strengths your child has and supports your child will need

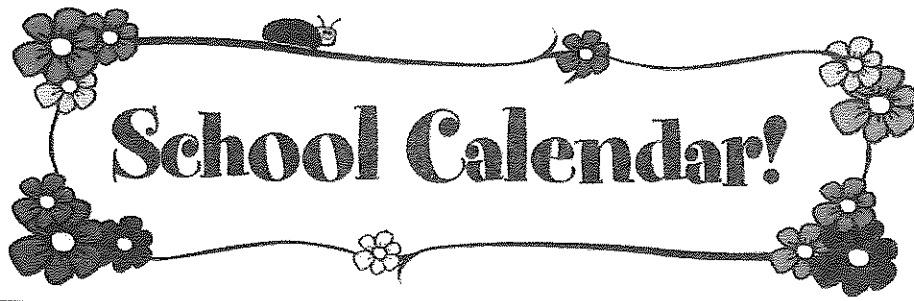
We are no longer accepting specific teacher requests for students.

## Kindergarten

Our Kindergarten orientation is May 10th at 5:30 pm.

Please spread the word to incoming Kindergarten families.

We are also pleased to offer Jumpstart Kindergarten August 6-10 in the morning. Children will learn and practice school wide routines as well as what it means to be a Kindergartner at Miller. Each student that attends will also receive a backpack full of school supplies. Stop by the office to sign up.



# School Calendar!

## May 2018

Sun day	Monday	Tuesday	Wednesday	Thursday	Friday	Satur-day
	30	1 Creature Teachers Assembly	2 5th grade Outdoor School	3 5th grade Outdoor School	4 Assembly @ 9:50 5th grade Outdoor School	5
6	7 STAFF APPRECIATION WEEK!	8	9	10 2018-2019 Kindergarten Orientation @5:30	11	12
13	14 PTT Meeting @ 3:45	15	16 2nd grade music program @6:30	17	18	19
20	21	22	23 Spring Choir Concert @ 6:30	24 Capital City Theatre Assembly	25	26
27	28 NO SCHOOL!	29	30	31	1 Assembly @ 2:20	2