Important Dates

April 1  6:30pm – Virtual Family Night with Matt Wilhelm, award-winning BMX pro
April 2  Spirit Day – Sports Day
April 6  3rd grade only No Place for Hate Student Council until 4:15pm.
April 8  FACE to FACE parent night, 6:00pm. See live link in email from Mr. Bryant.
April 9  Spirit Day – Twin Day
April 15 Spirit Day – Inside Out Day
April 16-19  NO SCHOOL!! (B&G Club is open)
April 20, 22, 23  CMAS testing for grades 3, 4, 5 (please be in school!)
April 23 Spirit Day – Blue and Black Competition Day
    “A” Classrooms KA, 1A, 2A, 3A, 4A, 5A wear black
    “B” Classrooms KB, 1B, 2B, 3B, 4B, 5B wear blue
April 30 Spirit Day – Sarah Milner T-shirt Day
April 30 4th grade virtual field trip day!
May 14  No school for students
May 27  Last day of school – early release
April 1 – Virtual Family Night with Matt Wilhelm, award-winning BMX pro
Bully prevention, Kindness, Growth Mindset, Resilience

See bike tricks, interactive questions with Sarah Milner students,
and a great message!

Thursday, April 1, 2021
6:30pm
Google Meet Link: meet.google.com/xde-uorx-hvk
See coral-colored flyer and email from Mr. Bryant!
**Early Childhood for 2021-2022**

Thompson School District is currently accepting applications for our Early Childhood Programs for the 2021-2022 school year. If you have a child who will be 3 or 4 years old by October 1, 2021, they may be eligible for FREE preschool. If you know someone who has a child (ren) ready for preschool, please let them know about this great program. For further information visit [https://www.thompsonschools.org/preschool](https://www.thompsonschools.org/preschool) or call 613-5052 or 613-5761.

**Hot Lunch Distribution Sites every Monday, Wednesday, and Friday**

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Zip Code</th>
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<tbody>
<tr>
<td>10:00am-11:00am</td>
<td>Bill Reed Middle School: 370 W. 4th St., Loveland 80537</td>
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<tr>
<td>10:45-11:45am</td>
<td>Berthoud High School: 850 Spartan Ave., Berthoud 80513</td>
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As always, check the district website for updates:

thompsonschools.org > Nutritional Services
Facts about registering for school for next year:

1. ALL current TSD students: ANNUAL STUDENT REGISTRATION (formerly called Annual Family Update). Many of you have already done this. Thank you!

   PLEASE go to our district website: www.thompsonschools.org click on the “Resources for Parents” icon at the bottom of the page. The “Parent Portal” link will be listed at the top of the next page. Log in, and complete the Annual Student Registration. There is an option if you’ve forgotten your username/password.

2. For next year’s kindergarten students, you can “add a student” when completing the above form.

3. “Open Enrollment” is only for students who are REQUESTING to attend a different school. Do NOT fill out this form if you want to stay at SMES. You will remain our student until you request otherwise. “Open Enrollment” is for CHOICING into a different school. It is NOT the same thing as school registration.

With temperatures warming up, please make sure your child has a water bottle! The water bottle should be labeled with your child’s name and should stay at school.

Sorry! There are NO birthday treats allowed this year.

If you borrow clothes from the Health Office, please WASH and RETURN them so we can pass them along to the next student who needs them.

Help for families:

If you need help with internet service or clothing or food, please email the school counselor reneka.hall@thompsonschools.org or the secretary kari.berg@thompsonschools.org and they will connect you with resources.
From the School Counselor:

Calm Down Strategies

At Sarah Milner, students use In Focus for daily social emotional lessons. During classroom guidance lessons with the school counselor, students have used the Zones of Regulation program to learn strategies for emotional regulation. One common strategy used by both of these programs, and many others alike, is belly breathing. By focusing on their breathing, students are distracted from the trigger that is upsetting them and they are also working to regulate their nervous system. You can help your child do belly breathing using the following steps:

1. Have your child lay down in a comfortable position and place a stuffed animal on their belly (or their hands if they’d like).

2. Instruct your child to take deep breaths, breathing in through the nose and out through the mouth. They should try to make their stuffed animal rise up on their belly as high as possible.

It may be helpful to count while they are breathing - for example, 4 counts in and 4 counts out. It is also helpful if you yourself do some deep breathing. Even if your child doesn’t realize it, their body will begin to copy yours. If you don’t have a stuffed animal available, or they prefer to be seated instead of laying down, that’s okay too! You being present and helping guide their breathing can bring them back to a more regulated emotion.