If your child is sick with ANY symptoms, PLEASE keep them home and monitor them.

We are trying to slow the spread of Covid-19. Please call the attendance line for any type of absence:

970-613-6790

Do you have COVID-19 questions?

You can reach the Thompson School District COVID-19 Coordinator at katie.odonnell@tsd.org or via phone or text at 970-698-1701.

District website for COVID information: https://www.thompsonschools.org/domain/7841

http://www.thompsonschools.org/milner
The health office is always looking for donations of sweatpants and leggings in all sizes. Please donate clean clothing at the front office.

Change for Change

Collect change from February 4-25 for a tree in remembrance of Jaxson LaDoucer, a SMES student who passed away last summer, and families impacted by the Marshall Fires.

One penny makes a difference!

Help us make change with change!

Brown manila envelopes will be sent home with students on Friday, Feb. 4th.

Thanks for supporting our community and Sarah Milner’s No Place for Hate Student Council!!!
Congratulations to TEA Grant Award Recipients

Congratulations to Mrs. Fierro and Mrs. Joslin! They have been chosen to receive a TEA Student Achievement grant for the 2021-2022 school year for their 5th grade students to attend Young Ameritowne. Their field trip is March 1st.

Our Calendar:

Feb. 4  Spirit Day – Vintage Day/100's Day
Feb. 10 FACE to FACE parent meeting at 6pm with dinner at 7pm.
Feb. 11 Spirit Day – College Gear Day
Feb. 14 Valentine’s Day – See notes from teachers for specific information.
Feb. 15 Class photos in the morning.
Feb. 17 Spirit Day – Inside Out Day
Feb. 18 No School – Professional Development Day
Feb. 25 Spirit Day – Sarah Milner T-Shirt Day
Feb. 28 Awards Assembly (You will receive an invitation as appropriate.)
Mar. 1 Grade 5 field trip to Young Ameritowne.
Mar. 2 Spirit Day – Dr. Seuss Day/Read Across America
Mar. 3-4 No School – Parent/Teacher Conferences
Mar. 11 Spirit Day Tropical Beach Day
Mar. 14-18 Spring Break – No School!
FACE to FACE Parent Gathering

Where: Sarah Milner
Day: Thursday
Date: February 10, 2022
Time: 6:00p – Meeting
7:00p – Dinner Served
Agenda: BloomSights
Culture & Climate Survey Results
i-Ready MOY data
Childcare provided.

Class Photos

Day: Tuesday morning
Date: February 15
Cost: $12
Watch for order packets to come home with your student.
**Spring Parent/Teacher Conferences**

- Tuesday, March 1  3:35-6:05p
- Wednesday, March 2  3:35-8:05p
- Thursday, March 3  12:05-3:35p

**CMAS Testing Window**

Please don’t schedule any appointments!

- Monday, Apr 11 - Friday, Apr 22 Regular Testing Window
- Monday, Apr 25 - Friday, Apr 29 Makeup Week

**NON-DISCRIMINATION STATEMENT FOR THE THOMPSON SCHOOL DISTRICT**

Thompson School District is an equal opportunity educational institution and will not discriminate on the basis of religion, veteran status, marital status, race, color, national origin, gender, sex, sexual orientation, age, or disability in its activities, programs or employment practices. The prohibition against sexual harassment includes a prohibition against harassment based on religion, race, color, natural origin, age, sex, disability, sexual orientation, veteran status or marital status. For information regarding civil rights or grievance procedures, contact the Executive Director of Human Resources, 800 S. Taft, Loveland, CO 80537 (physical address) or 2890 N. Monroe, Loveland, CO 80538 (mailing address), (970) 613-5000 or the Office of Civil Rights, U.S. Department of Education, Region VIII, Federal Office Building, 1244 North Speer Blvd, Suite 310, Denver, CO 80204 (303) 844-5695.
At Sarah Milner, students use In Focus among other options for daily social emotional lessons. During bi-weekly counseling lessons with the school counselor, students will discuss Zones of Regulation (a curriculum on focused on emotional regulation), social skills, and college and career readiness among other topics. Additionally, students have the option to be included in small groups or work with the counselor (or school psychologist) one on one to develop social emotional skills that will assist them throughout the school environment.

How much sleep do our students need?
Elementary aged students need between 9 and 12 hours of sleep each night. A nap can be included in the overall sleep total but naps should be for a limited time. Sufficient sleep helps with behavior, academic performance, physical health and it helps strengthen our immune system. Getting enough sleep also helps reduce stress and improves mental health. This month, during the 5210+ challenge make sleep a priority! You can help your child do this by considering several things:

*setting routines—have routines throughout the day and also a set bedtime routing
*avoid overscheduling—keep kids active during the day but allow for free time and flexibility
*creating a safe and comfortable space for sleeping
*limiting screen time—screens should be turned off an hour before bedtime

Stress Management Tip
When we think about sleep, stress and anxiety are factors that can affect our sleep and keep us up at night. Here are some suggestions for managing stress to hopefully improve sleep.

*get organized by setting priorities and making a schedule
*write down worries and “set them aside” for another time or create a worry box where troubles can go until you and your child can work through them at an opportune time
*use guided meditation or have a mindful moment before bed to help clear the mind