February 2020

Feb 6      FACE to FACE Meeting with dinner: 6:00pm
Feb 13     5th grade to visit WCMS
Feb 14     5th grade field trip to Young Ameritowne
Feb 14     College T-shirt Day
Feb 17     No School: President’s Day
Feb 20     Class Pictures – PLEASE NOTE THIS DATE CHANGE!
Feb 21     Dress like your favorite book character Day
Feb 24     Awards Ceremony: 2:35pm
Feb 25     4th grade walking field trip to TVHS for FACE Vocal Band
Feb 25-27  Parent/Teacher Conferences *Look for notes home!
Feb 27-28  No School for students
March 2020

Mar 12  Spring Music Program K-5, TVHS, 6:30pm
Mar 13  College Wear Spirit Day!
Mar 16-20  No School: Spring Break
Mar 27  Crazy Hair Day!
GREAT JOB Sarah Milner students!

Just by gathering our loose change, Sarah Milner students raised $950 for Homeward Alliance. Funds will stay in our community for those affected by homelessness. Thank you for your generosity!

Rules on food at school

At Thompson Schools District we always strive to keep our students happy and healthy!

Just a reminder that all party and treat days must be planned with the classroom teacher. Due to many food related allergies, food items to be shared with the class must be store bought with the nutrition label attached.

Please feel free to think outside of the box and include non-food treats for your celebrations as well.

Class Photo Date Change!!

Class photos will be February 20th. Look for order forms coming home soon. Photos are $11 each.
Please don’t make any appointments for testing times!

CMAS testing will occur at Sarah Milner the week of March 23 through April 24.

You must have a Badge! You must be Approved!

NOTE: Spring field trips are coming up fast and you CAN NOT go on field trips without a volunteer badge. Having a volunteer badge indicates that you have passed a background check and are an approved volunteer. Go to thompsonschools.org > Community > Get Involved > Volunteer

If the temperature is above 15 degrees, we will be OUTSIDE. Please dress appropriately.

What you can find at:
www.thompsonschools.org
- Link to Sarah Milner website
- School district calendar
- School supply lists
- Register to be a volunteer
- Link to Parent Portal
- Update family information
- View report cards
- Lunch menus
- Apply for free/reduced lunch
- Pay student fees/lunch account
- Health forms
Online Registration for Fall 2020 has Started

Kindergarten –
Current families: Log into Parent Portal and click “Add a Student”
Families new to Thompson School District will need to log into www.thompsonschools.org > Enroll Now
(Fall 2020 kindergarten students must be 5 years old on or before 10-1-2020.)
All other grades –
Your student will automatically roll over to the next school year. Even if you don’t live in our attendance area, you do NOT need to do an Open Enrollment form to stay at Sarah Milner.
Current fifth grade students will automatically roll over to their attendance area middle school. If you want to go to a middle school other than what your home address dictates, you will need to fill out an online Open Enrollment form after April 2 at www.thompsonschools.org. Contact the school you want your child to go to.

Collection Showcase
From the School Counselor

Calm Down Strategies

At Sarah Milner, students use In Focus for daily social emotional lessons. During bi-weekly 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:

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

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.

Parent Interest Survey

Our PBIS Committee is interested in what topics parents would like more information on. A survey was sent out via e-mail and we are looking for more responses. If you are able to access the internet, please complete the parent interest survey at:

https://docs.google.com/forms/d/e/1FAIpQLSe5DbzOGY49noZod_4Tsdsvpzu2YGfHN1rJqz_iBRiMiMKdNA/viewform?usp=sf_link

If you are unable to access the internet, you may leave suggestions for parent education topics at the office for Mrs. Hall. Topics range from vaping to internet safety to mental health and brain development.