

Mountain View Elementary School Newsletter

January 13, 2016
Volume 3, Issue 5



Karl Kircher, Principal
John DeVold, Assistant Principal
Kimb Remsen, Secretary
Kelly Johnson, Secretary
283-8600

IMPORTANT DATES

Monday, January 16
Martin Luther King Day
VACATION DAY
NO SCHOOL

Thursday, January 19
SITE COUNCIL MEETING
4:00 PM
In the Library

Wednesday, January 25
PAJAMA DAY

Wednesday, February 8
EARLY RELEASE
Students will be dismissed
at 1:55 PM

Thursday & Friday
February 9 & 10
PARENT-TEACHER
CONFERENCES
NO SCHOOL



Take a Breath (or Three)

Since the beginning of November we have been starting each day at Mountain View Elementary with a new routine. Students and staff as well as visitors participate in it together at the same time. The purpose of this is to help each individual start their day with a feeling of mindfulness, focus on the positive, and make a thoughtful connection to other members of the Mountain View Family.

Try it yourself and see its benefits. By all means encourage your students to do the same at home when a stressful situation arrives, and best of all do it with your students.

The routine goes like this: I start the morning announcements with "Give me five," (this is the common signal all teachers use to have students be quiet focus on the speaker and listen to what is being said). At that point everyone in the school stops what they are doing and takes three big deep breaths, in through the nose for 5 seconds and out through the mouth for a little longer (simultaneously, following the prompts I give) and are encouraged to think about the kind actions they will take to make the upcoming day a positive one for everybody. Afterward everybody shares a smile or an upbeat gesture and we move on with our day.

Taking those three deep breaths, in through the nose and out through the mouth, while thinking positive thoughts is a strategy we ask our students to use whenever they feel the need to calm down and collect themselves. It really works well when a teacher does it along with the student. Many of our teachers use this practice for their whole class to get them refocused and return to work. I use the practice often throughout the day to clear my mind, relieve stress or to make sure I "am in the moment" for when I need to change gears and be thoughtful about a situation I am about to address.



ATTENTION 4TH GRADERS!



The fourth graders at Mountain View Elementary have been invited to perform alongside the Kenai Peninsula Orchestra and students from other local elementary schools in an upcoming concert called, "Link-Up: The Orchestra Moves!" Students participating in this collaborative program will sing and play recorder with our community orchestra.

The concert for Mountain View and other central peninsula schools will take place **the afternoon of Saturday, January 21st, at Kenai Central High School**. Students should be at KCHS at 1:45pm to practice with the orchestra so the concert can begin at 3:00 pm

Site Council Agenda

Thursday, January 19

4:00 PM

Mountain View Elementary Library

- I. Call to Order
- II. Approval of Agenda
- III. Approval of Minutes
- IV. Public Comments
- V. Review of presentation to KPBSD School Board
- VI. PowerPoint of Federal Programs – Title VI (Indian Education)
- VII. Overview of Kenaitze Youth Advocate Tutor Program
- VIII. Legislative information regarding upcoming budget process
- IX. Adjourn

Central Peninsula & Cooper Landing Child Find Screenings for Infants & Preschoolers

The Kenai Peninsula Borough School District and Frontier Community Services Infant Learning will be offering Child Find screenings for children birth to 5 years. The screening clinic will be on Friday, January 27, 2017 from 9:00 – 3:00 at Frontier Community Services, Suite 32 B, in the Red Diamond Center. We will screen your child's early development, motor skills, speech, early learning concepts, vision & hearing. To make an appointment or for more information, call 714 - 6647.

CONGRATULATIONS!



SOARING EAGLES FOR DECEMBER

Zoe Cole, Jerry Davis, Devon Duniphin, Gage Engle, Arianna Hensley, Brody Iverson, Aben Larson, Cooper Medcoff, Benjamin Merritt, Ellsi Miller, Blake Morris, Simon Musgrove, Makalani Nicholas-Silvira, Aiden Nunley, Leia Parkki, Keyahna Quimby, Cupcake Rolls, Glenna Strongheart, Katie Van Sky, Shelby Wong