

# Mountain View Elementary School

## "Kenai's Neighborhood School"

January 31, 2020  
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Karl Kircher, Principal  
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283-8600

### \*IMPORTANT DATES\*

**Tuesday, February 11**  
PTA MEETING  
4:00 PM in the Library

**Friday, February 14**  
VALENTINES DAY



**Friday & Monday**  
**February 14 & February 17**  
PARENT-TEACHER  
CONFERENCES  
NO SCHOOL FOR STUDENTS

**Monday, February 11 –**  
**Friday, February 17**  
BOOK FAIR  
Open in the Library  
during school hours and  
Parent-Teacher Conferences



**Wednesday, February 19**  
EARLY RELEASE DAY  
FOR STUDENTS  
Students will be dismissed  
at 1:55 PM

**Thursday, February 20**  
SITE COUNCIL MEETING  
4:00 PM in the Library

## MindUP™

**MindUP™** is the new Social Emotional Learning Curriculum that we are introducing at Mountain View Elementary this year. MindUP™ is a Collaborative for Academic, Social and Emotional Learning or (CASEL) select program, and as such has extensive research to back its effectiveness.

The first half of the MindUP™ Curriculum focusses on helping students understand the parts of the brain and deepen their understanding of their own mental processes. Kids are fascinated by the fact that their brain is made up of different parts with different functions. As they begin to understand more about the processes of, feeling, thinking and learning, the groundwork is laid for them to **monitor and regulate their behavior, calm themselves in the face of anxiety, focus their attention, and take control of their learning.**

**Two core practices** of MindUP™ are **Focused Awareness** and **Mindfulness.**

**Focused awareness** is simply the practice of pausing, listening, and focusing on your breathing. As students become proficient at this practice, they learn to quiet their brain and get ready to learn. This practice also reinforces the habit of responding to anxiety by focusing on breathing.

**Mindfulness** is about attending to the here and now in a considerate, non-judgmental way. The MindUP™ curriculum has multiple sensory awareness lessons that help students learn and practice focusing their attention on the task-at-hand and filtering out unnecessary stimuli.

The second half of the MindUP™ curriculum is dedicated to helping students **develop a positive mindset and includes lessons on perspective taking, choosing optimism, and appreciating happy experiences. The final lessons focus on gratitude and kindness.**

Find out more about **MindUP™**, and how it can benefit your students at school and at home by coming to our **MindUP™ parent night on February 26<sup>th</sup>**. There will be a presenter from the MindUP™ team. More details will be coming soon.

## District News: School Safety Closure or Delayed Start Information

Parents and guardians, school safety is a top priority in the KPBSD. It's important for you to know what to do before, during, and after a school emergency, weather related delayed start, or school closure. Please visit the webpage, <http://bit.ly/EmergencyInformationKPBSD> to familiarize yourself with A.L.I.C.E., KPBSD emergency terms and actions, and how to learn if there will be a two-hour delayed start or school closure.

In the event of two-hour school delays or closures, official announcements will be made on the KPBSD website homepage, the KPBSD Facebook and Twitter feeds, and shared through the KPBSD Mobile App, social media, and your local radio and television stations. Schools with automated call systems may notify families directly. Timing of the decision is crucial so we can notify transportation before busses begin their routes, employees head to work, and students and families prepare for a school day, potentially waiting at bus-stops. The decision to close school for the day, or institute a two-hour delay start, is the responsibility of the Superintendent of Schools. If school remains open, and you, as a parent, do not believe it is safe for your child to travel to school, use your best judgment to determine what is safest for your child. Please notify the school if your child will not attend.

## Cold...Flu...Sore Throat season is HERE!!!!

Please...if your child tells you they do not feel well before school, check their temperatures..look them over to see if they look sick. If they have a fever of 100 degrees or over, PLEASE keep them home. If they come to me with a temperature over 100, I am going to call you to come and pick them up.

If you have to give them Tylenol or Ibuprofen to start their day, when it wears off they are going to be miserable (and their fever will return) and they will not be able to learn and focus if they do not feel well. Also by then, they will have shared whatever their little bodies are trying to fight, with everyone else in their class.

Over the counter medications need to be given from the Nurses office. If you send in cough drops or cough syrup, I am happy to give it but I need permission from a parent. The OTC form is on the KPBSD website under -"Departments"-- "Health Services"--Over the Counter Medication Form. Please complete and send with the medication (you may want to have one printed ahead of time or pick one up from my office). If you do not have the ability to print a form, a note with the student's name, name of the medication, how often you want them to have it, your printed name and signature should be sent with the medication.

Remember, as always, hand washing is our first line of defense against the spread of illness. We practice it here at school, please reinforce at home.

Good hand hygiene, covering coughs, lots of water and rest are the best, least expensive and most effective ways we can all work to keep ourselves and our families (here and at home) healthy!



Wishing you a Happy and Healthy 2020!  
Nurse Debbie



## SAVE THE DATE – FEBRUARY 26TH

### MINDUP™ PARENT WORKSHOP

### MOUNTAIN VIEW ELEMENTARY

The MindUP™ team will be revisiting our school for an Extension Day Workshop. During this visit they will be holding a program workshop for parents, which you are encouraged to attend. During this interactive workshop you will learn about the MindUP™ curriculum and be given tools and tips on how to integrate MindUP™ into your home and family life. For Parents, MindUP™ provides new techniques to better cope with and manage the challenges of work/life stress. MindUP™ also helps parents build healthy relationships between siblings, their children and the community, and finally, between their children and themselves.

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## MORE INFORMATION COMING SOON!



### About MindUP™

In 15 lessons, MindUP™ helps children enhance their self-awareness, concentration, abilities, problem solving skills, and pro-social behavior while exploring positive human qualities.

MindUP™ was created to help children understand the ways their minds work, how their thoughts and feelings affect their behavior, and has four goals:

- 1) Foster mindful focused awareness
- 2) Increase positive human qualities, such as empathy, perspective taking, helpfulness and kindness
- 3) Increase optimism and the sense of well-being, while gaining resiliency traits
- 4) Foster a cohesive, caring classroom climate