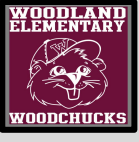


# WORDS FROM WOODLAND



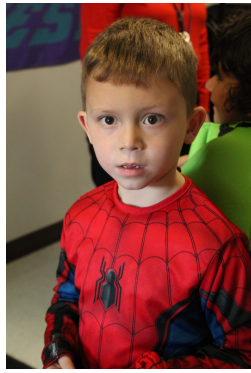
Woodland School Newsletter  
December 2018

## **From the Principal, Jeff Heaney**

As we are in the midst of the holiday season, it is with warmth that I acknowledge the Woodland staff and students for their commitment to excellence. One of the greatest aspects of my job is that I get to visit classrooms each and every day. I am extremely proud to say that our entire staff is committed to the academic, social and emotional growth of our students. There is no doubt that the students of Woodland are in great hands. It is also wonderful to report that our students are not only great academically but are also outstanding human beings. Each day I witness so many students demonstrating exemplary character traits and taking care of one another. As I sit here thinking about how my wife and I plan to budget for all of the holiday gifts, I am reminded that the best things in life don't come wrapped in a box. The memories we make with family and friends truly mean the most. I am personally fortunate to not only be surrounded by wonderful, supportive people at home but also here at work. Now more than ever, it is important that we take time for the people and things that matter most in life.

On behalf of the entire staff of Woodland, I would like to take this opportunity to wish you a happy, healthy and memorable holiday season. May the cold winter days be warmed by the love of family and friends. It continues to be my sincere pleasure to be a part of the Woodland Family! There is no doubt that it is "Always a Great Day at Woodland!"







# Counselor's Corner

November/December 2018

## Minimizing Stress during the Holiday Season

The holidays can be a busy time of the year and stress can be more common during these times. The stressors of the holidays can impact both children and their families. It is helpful to work as a family to cope with any stressors that arise and create fulfilling memories during the holiday season.

**The Importance of Routines:** During the holiday season it can be easy to have a change in routines. Engage in conversation with your children about any changes to help prepare them. After an event or activity, it is important to return to your routine and stay consistent (e.g. waking up/getting ready in the morning, meal and bed times). Returning to a usual routine can help children smoothly transition back to school after the holiday breaks.

**Get Moving- Be Active:** Children often realize when adults are feeling stressed or overscheduled. Schedule a time for your children or your family as a whole to eliminate technology and participate in outside activities (e.g. walking, sports games, exercise, scavenger hunts). The fresh air can help release anxious emotions and maintain a positive mindset.

**Schedule Quiet Time/Space:** Take the time to incorporate quiet time without overstimulation. Ask your children what calm activities they like to participate in, especially during eventful days (e.g. coloring, drawing, reading, watching a movie, taking a walk, mindfulness).

**Avoid Overscheduling:** Minimize the amount of activities scheduled by prioritizing and deciding as a family which events are necessary to attend. Ensure that your children are receiving enough sleep. It is recommended that children receive an average of 9-12 hours of sleep per night to maintain a healthy lifestyle.

**Lend a Helping Hand:** Provide your children with different tasks that they can help with to prepare for the holidays (e.g. cleaning, setting the table, choosing a gift). Praise and offer positive reinforcement for their assistance, independence and responsible behaviors. Engage in conversations with your children about the meaning of the holidays and giving back to others and the community.

**Be Present:** Set an intention for the day, especially when your days are filled with several activities and events. Practice gratitude by asking your children to express things in their life that they are thankful for. Disconnect and focus on the laughter, connection and love spread throughout this time of year. Consider participating in deep breathing, meditation, progressive muscle relaxation and/or yoga.

Resources used for this edition of the Counselor's Corner:

[https://www.ssdmo.org/rotate\\_features/11\\_10/11-10\\_HolidayStress.html](https://www.ssdmo.org/rotate_features/11_10/11-10_HolidayStress.html)

<https://childmind.org/article/how-to-take-the-stress-out-of-the-holidays/>

<https://www.verywellfamily.com/holiday-stress-and-anxiety-in-children-620516>

<https://www.healthychildren.org/English/healthy-living/sleep/Pages/Healthy-Sleep-Habits-How-Many-Hours-Does-Your-Child-Need.aspx>

For further details or information, please contact your child's guidance counselor:

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**Mrs. Midge Johnson**

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**Mrs. Carol Brown**

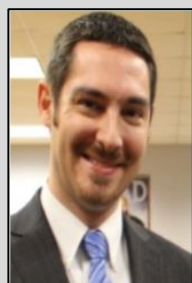
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## **Superintendent's Corner**



The Board of Education approved the 2019-2020 school calendar at its November 5, 2018 meeting. The calendar is available under “News” at [www.warrentboe.org](http://www.warrentboe.org). The first day of school for students will be Tuesday, September 3, 2019 and the last day of school (if all snow days are used) will be Friday, June 19, 2020.

While we are thinking ahead, I am pleased to share that the Board of Education will be engaging the entire Warren Township community in a strategic planning process which will culminate in the adoption of Warren Township Schools Strategic Plan 2020. School districts undergo this process periodically to ensure that the direction of the district matches the educational values and desires of the community. Warren Township last completed this process during the 2012-2013 school year. Stay tuned for details about how you can get involved in this important work.

Next month, I will provide a detailed overview of the zero long-term debt referendum that will be going before the voters on January 22, 2019. Information about the critical capital improvements that will be made through this process - with no impact on the local taxpayer - can be found by visiting <https://www.warrentboe.org/referendum/>.

**Matthew A. Mingle, Ed.D.**

Each month students who demonstrate exemplary behavior and character are given the Woodland "Superhero" Award. It is our goal for students to realize that we all have the power to be superheroes by demonstrating acts of kindness and by being good human beings. Students' names are announced during morning announcements and they are given a special certificate.

### October Superheroes

**Kindergarten-** Shane Stoddard and Isiah Mohallim

**1st grade-** Kieran Melia, Beatrice Young and Chelsie Limbo

**2nd grade-** Abigail Ruffner and Marley Edwards

**3rd grade -**Olivia Matos and Timmy Kardos

**4th grade-** Alex Pinto and Sammy Deo

**5th grade-** Mia Bigos, Aidan Sarcevic and Jocelyn Ezzat





Please send in your Box tops. This is an easy way for the PTO to generate money. That money is then used for wonderful assemblies, classroom celebrations and other future events for our students



Date	Event
Friday, 12/7	1st grade Gingerbread Houses Spirit Day: Winter Pajamas
Friday, 12/14	PTO Meeting- Dr. Mingle visits 9:30am
Tuesday 12/18	1st and 2nd grade Musical 10am
Wednesday 12/19	PTO Luncheon for Staff
Thursday 12/20	Spirit Day: Ugly Sweater Kindergarten Parties
Friday, 12/21	Early dismissal 1:20pm
Monday, 12/24- Tuesday 1/1	No School-Winter Break