



Explorer News

Principal's Message - Mr. Jeremy Brunner

If there was one message I wish I could convey to students at this time of year it would be: If you miss school, you will miss out!

September is National Attendance Awareness month. School attendance is an important issue for Foothill Elementary School, and we would like to ask for your assistance with helping all students miss less school.

If you try to get your child to school on time every day, thank you! It is not always easy. Sometimes shoes have disappeared and homework folders must be found. If you are making the effort to teach them to be responsible and get here on time you are helping them gain a character trait that will help them throughout their lives.

Part of our mission is to prepare children to enter the workforce after finishing school. A manager of a business would most likely fire an employee who repeatedly missed work or showed up late. If we, together as educators and parents, fail to teach children to be on time, where will they learn it?

When students are late they disrupt the class and they miss valuable instruction. Teachers can provide excellent instruction and engaging lessons but a student must be here to benefit!

Truancy is also correlated to increased risky behaviors among teenagers. For a fact sheet with references to various studies, see <http://goo.gl/v6FWA0>.

We need your help to make sure your children are here on time. If they have been arriving on time, thank you! If your child has been arriving late or missing school, please do everything you can to get them here on time every day. If they miss school, they will miss out!

Sincerely,
Jeremy Brunner
Principal

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Foothill Fall Festival - September 15 - 5-8pm

Get a Clue - Spy Investigations!

Students become members of (FPI) Foothill Private Investigators.

Blaster Tag, Fingerprinting, Forensics, Laser Obstacle Course, Mystery Booths, Get out Games, I Spy, Invisible Ink, Invisible pens, Spy Glasses, etc!!!!

Bring cash for food

Sweeto Burrito, Spud, 7 Brothers, Charlie's BBQ, Sportzdogs, Fudbuds, Dip 'n Dots, Pizza



PTA President's message

Amy Oakey

Dear Foothill Parents,

Welcome back! We are excited to be starting another great year at Foothill. We hope everyone had a wonderful summer. We hope the kids are excited to be back and that they have enjoyed getting to know their teachers and classmates these past few weeks.

For the PTA message this year we are going to mainly focus on the events that are taking place each month. We have a lot of programs that PTA supports. We would love to have your help with many of these programs. Please consider signing up to help out. Throughout the year we will be sending out emails letting parents know what help is need. If you would like to be on our PTA email list please send your name and email address to oremfoothillpta@gmail.com.

The Fall Festival is going to be on Friday, September 15th from 5-8 PM. The theme this year is "Get a Clue!". It is all about investigation and mystery. There will be fun activities throughout the week where students will be able to use their investigative skills to solve some mysteries around Foothill. It is going to be an entertaining evening with plenty of mysterious activities as well as the traditional bounce houses, pony rides, bottle pop and cake walks, and many other fun and exciting activities.

Information on ticket prices will be coming home soon, so be watching for it.

There are many ways to help with Fall Festival. We need help setting up either in the afternoon on Thursday, or throughout the morning and afternoon on Friday. "Many hands make light work" and we would love your help. Please come to the gym and see how you can help.

You can also help out by signing up for an half hour time slot to run the booth/activity of your child's individual teacher(s). The teachers will have these sign ups in their classrooms. So, please ask them what help they need.

The Fall Festival is going to be on Friday, September 15th from 5-8 PM. The theme this year is "Get a Clue!"

We have a wonderful Art Program that is completely run by the PTA Art Committee and parent volunteers. Please consider signing up to help with art in you child's classroom. There will be an orientation meeting on September 19 at either 10 AM or 1 PM. Check in a the office and they will let you know where to go.

Orchestra, Choir, and Ballroom will be starting up soon. Please watch for information to be coming home shortly.

PTA meetings will be held on the second Wednesday of the month from 10-11 AM. Please check in at the office and they can tell you where to meet. Light refreshments will be served. Please consider joining PTA.

We look forward to working with you this year!

Amy Oakey

Orem Foothill Elementary PTA





Upcoming Events

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
4 Labor Day - No school	5	6	7	8
11 Early Out Day	12	13 PTA Meeting - 10am	14	15 PTA Fall Festival - 5-8pm
18 Early Out Day	19	20 School Picture Day	21	22 5th Grade Native American Day
25 Early Out Day	26	27	28 5th Grade Science/Engineering Fair	29 Kindergarten Dads Day
2	3	4	5	6

September Birthdays!

Nolan Hansen	1
Darlene Hebert	19
Caroline Judd	25
Cheryl Zacharias	25
Colton Story	26
Corrine Lindorff	28

Next Month...

Parent Teacher Conference	October 4-5
Clear Creek 6th Grade	October 9-11
Fall Break - No School	October 19-20
Professional Development - No School	October 23
Halloween Parade, 9:30 - 10:30	October 31

In other news...



Foothill Ballroom Dance Team

What did Michael Jordan (Legendary Basketball Player), Arnold Schwarzenegger (Professional Bodybuilder/Actor) and Christian Bale (Actor-Batman) have in common? They all took dance lessons! Well boys you're in luck because Foothill has an amazing ballroom dance team that performs and competes at UVU and BYU. We took 2nd place last year! We have a few more spots for boys in 4th-6th grade. We meet twice a week in the morning before school from 8-9am and start the week of Labor Day (September 5th). For more information, contact Kim Friess at 801-362-2111 or come fill out a registration form in the front office.



Foothill Choir

Foothill Choir is starting next Monday, September 11 at 2:30. This is a fun, social way for your kids to experience music and learn a new skill! Please contact, Sara Ward at sarajoward@gmail.com if you'd like to sign up for Choir.



Foothill Orchestra

Join the Foothill Orchestra! If you currently own a string or woodwind instrument and are taking lessons from a music teacher, you are eligible to join our school orchestra. The orchestra practices every Wednesday morning at 8AM at the school. Please contact, Sara Ward, at sarajoward@gmail.com if you'd like to sign up for Orchestra.



Foothill Art Program

Art Kickoff Meeting will be Tuesday, September 19th at 10 AM or 1 PM in the Faculty Room. Please attend this meeting for more information about volunteering with our wonderful art program. If you have any questions or concerns, feel free to email us at foothillartsprogram@gmail.com or call/text Erin Bentz 321-223-0308 or Jen Jorgensen 801-376-9851.

Box Tops for Education

September Box Top News

Welcome to another great year of Box Tops. Foothill collected \$1844 from Box Tops last school year and we are striving to pass that total this year. Your students should have brought home the August Box Top Collection sheet which has a place for 50 Box Tops. If they did not you can place your collection of summer Box Tops in a baggie with your child's name and teacher's name clearly written on the bag or on a note in the baggie. These were due on Aug 31 but we will still accept them. Please make sure they have not expired and the 4 letter code is fully visible on the Box Top. Have your child place the sheet or baggie in their classroom Box Top box which should be located by their classroom door. Once again prizes will be given out this year for everyone who turns in a collection sheet or baggie of Box Tops. The September collection sheet has been handed out also and is due on September 29th. Let's make it a great year for Box Tops!

Sundance Ski and Snowboard School

for Foothill Elementary
Ages 8 and up for skiing,
9 and up for snowboarding.

Mark your calendar!
2018 Season
Feb 12, Feb 26, March 12, March 19
All Mondays from 4-6pm

Cost is \$200
(or \$160 with season pass – passes go on sale Labor Day weekend and are discounted \$100 through Oct 31)
Ski/snowboard rentals available for \$10 per session
Helmet rental for \$5 per session

Registration opens in November –
watch for a link in this newsletter or on our website.

For questions, contact Katrina Larson at
leifandkatrina@yahoo.com or 801-361-0287

Nursing News

September 2017

With the beginning of a new school year, it's important to remember that this can be a stressful time for children. Childhood can seem like a carefree time, but children still experience stress. In preschoolers and kindergartners, separation from parents can cause anxiety. As kids get older, academic and social pressures (especially trying to fit in) create stress.

While it's not always easy to recognize when kids are stressed out, short-term behavioral changes e.g. mood swings, acting out, changes in sleep patterns, or bedwetting can be indications. Some kids have physical effects, including stomachaches and headaches. Others have trouble concentrating or completing schoolwork. Still others become withdrawn or spend a lot of time alone. Younger children may pick up new habits like thumb sucking, hair twirling, or nose picking; older kids may begin to lie, bully, or defy authority. A child who is stressed also may overreact to minor problems, have nightmares, become clingy, or have drastic changes in academic performance.

Remember that some level of stress is normal; let your kids know that it's OK to feel angry, scared, lonely, or anxious and that other people share those feelings. Reassurance is important, so remind them that you're confident that they can handle the situation.

Most parents have the skills to deal with their child's stress. The time to seek professional attention is when any change in behavior persists, when stress is causing serious anxiety, or when the behavior causes significant problems at school or at home.

If you need help finding resources for your child, consult your doctor or the counselors and teachers at school.

I AM LOOKING FORWARD TO A GREAT SCHOOL YEAR!!!!

Kim Lowe, RN, School Nurse

HERE ARE A FEW IDEAS TO HELP YOUR CHILDREN COPE WITH STRESS

1. Proper rest and nutrition can boost coping skills.
2. Help your child cope with stress by talking about what may be causing it. Together, you can come up with a few solutions like cutting back on after-school activities, spending more time talking with parents or teachers, developing an exercise regimen, or keeping a journal.
3. Books can help young kids identify with characters in stressful situations and learn how they cope. Check out "Alexander and the Terrible, Horrible, No Good, Very Bad Day" by Judith Viorst; "Tear Soup" by Pat Schweibert, Chuck DeKlyen, and Taylor Bills.