

Traverse Mountain Elementary

Tiger Times



THIS MONTH AT A GLANCE

ISSUE 5 • February 2014

Feb 5-6	Common Day (8:00-2:15)	Feb 6	PTA Meeting 9:30am
Feb 5-6	Parent Teacher Conferences	Feb 17	No School
		Feb 20	SCC Meeting 3:45pm

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PRINCIPAL'S MESSAGE

I want to extend my appreciation and admiration to all of you for raising such beautiful children and sharing them with us here at our school. It is a pleasure to come to school each day and see their bright and smiling faces.

I have spent a considerable amount of time observing teachers in their classrooms. Our teachers are outstanding educators. The art of teaching they bring to their classrooms is impressive. There is no question each teacher is committed to the success of their students and meeting their academic goals on their level.

My aim is for students to feel safe during their time at school and that each one has every opportunity to rise to their highest potential academically. It is a pleasure to work with parents as together we assist our students on their road to success.

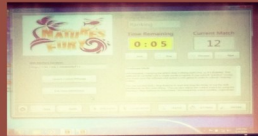
Mrs. Strong, Principal

LEAD: Learn, Encourage, Achieve and Dream.



Pictures: Lego League

Our school's Lego League competition team placed 3rd in the regional competition and moved on to the state competition where they took 6th out of 47 teams in the robotics competition. The only schools that beat us were charter/private schools. We even beat out middle schools. We are so proud of how hard they worked and all that they accomplished. They were amazing!!



Pictures: Red Ribbon Week—Decades Day



Information on Bullying

Dr. Gregory A. Hudnall
Parent Seminar Youth Protection Presentation
Bullying vs Normal Conflict

Normal Conflict

Happens occasionally
Accidental
Not Serious
Equal emotional reaction
Not seeking power or attention
Not trying to get something
Remorseful – takes responsibility
Effort to solve the problem

Bullying

Happens repeatedly
Done on purpose
Serious threat and/or harm
Victim has strong emotional reaction
Seeking power or control
Trying to get material items
No remorse – blames victim
No effort to solve the problem

Why do some children bully others?

Children may bully others for a lot of reasons. These reasons include:

1. Wanting to be in control or feel powerful,
2. Wanting attention from others
3. Poor adult supervision
4. Adult acceptance of bullying
5. Prejudice

Signs that your child might be bullied:

- Lost or destroyed clothes, books, electronic, etc.
- Bruises or injuries that can't be explained
- Loss of appetite
- Mood changes
- Reluctance to go to school
- Sudden loss of friends
- Feelings of helplessness
- Self-destructive behaviors

Children Who Bully

Signs that your child might be engaging in bullying behaviors:

- Impulsiveness
- No empathy for others
- Desire to be in control
- May be arrogant
- Aggressive or easily frustrated
- Defiant towards authority figures
- May be boastful winner and poor loser in competitive games

Your Child is Being Bullied

What to do:

- Talk with your child - be supportive
- Gather information about what happened
- Report suspected bullying to your child's school principal
- Teach your child to seek help from an adult

Cyberbullying

What parents should know:

Cyberbullying occurs when children or teens use the Internet, cell phones or other devices to send or post text or images intended to hurt or embarrass other children or teens. This can include sending mean, vulgar, or threatening messages or images; posting sensitive, private information about another person; or pretending to be someone else in order to make that person look bad. Children and teens can cyberbully each other through emails, instant messaging, text messages, web pages, blogs or chat rooms.

Prevent Cyberbullying

Tips to prevent cyberbullying:

- Keep your computer in easily viewable places
- Talk regularly with your child about on-line activities that he or she is involved in
- Tell your child that you may view his or her on-line communication at any time
- Consider installing parental control filtering software and/or tracking programs
- Educate your child about the consequences of inappropriate use of his or her electronics, such as losing internet access or use of their cell phone

How to Handle Cyberbullying:

- Strongly encourage your child not to respond to the cyberbullying
- Do not erase the message or pictures (save as evidence)
- Try to identify the individual doing the cyberbullying
- Consider filing a complaint with your service provider.
- Contact your child's school
- Contact the police if cyberbullying involves acts such as threats of violence, extortion, obscene or harassing phone calls or text messages, harassment, stalking, hate crimes or child pornography.



Utah Parent Center
Special needs, extraordinary potential



Upcoming Events

Utah Parent Center and Alpine School District Special Education Department want to invite you to participate in Parent Night.

Thursday, February 20, 2014

Legacy Elementary Media Center
28 East 1340 North, American Fork

Preschool Parents: 5:30 - 6:20 PM

Transitioning from Preschool to Kindergarten:

How the process works including assessment procedures, determination of needs, available placements and timelines. Presented by Linda Chadburn, Alpine School District Preschool Teacher Leader. **Please DO NOT bring children to this class. We will NOT have childcare available.**

School-Age Parents: 6:30 - 7:30 PM

Sensory Tools and Strategies

Sensory tools and strategies to manage sensory issues and behaviors at home. Presented by Ryan Hemming and Nathan Pope, Occupational Therapists in Alpine School District.

If you have questions about Parent Night, email Maria at maria@utahparentcenter.org
For more information on upcoming events, visit the special education community calendar at <http://alpineschools.org/departments/special-education/community-resource-calendar>

**Bridges February Parent University:
Annual Parents of Individuals with Autism Panel**

Wednesday, February 5, 2014 – 6:30 PM

Kids on the Move – Multipurpose Room
475 West 260 North Orem

A panel of parents with older children on the Autism Spectrum will share their insights and lessons learned. Time will be set aside to ask the panel questions. Please feel free to invite grandmas, grandpas, neighbors, friends, etc. Everyone is welcome to attend and you do not need to call and reserve a spot. Reserve your spot for childcare early because they go fast, call 801-221-9930 ext 100.

Utah County AD/HD Support Group

Thursday, February 13, 2014

7:00 - 8:30 PM
Provo City Library – Young-Card Room #308
550 North University Ave., Provo

Guest Speaker: Greg Pavich, M.D.
Topic: Behavior/ Parenting Strategies

Greg Pavich, M.D., grew up in a military family and has lived in many parts of the country. He earned his B.S. degree in Chemistry at the University of Utah and continued there into medical school. He completed his pediatric residency at Keesler AFB in Biloxi, MS. After residency he served for 3 years with the Air Force in Hampton, VA at Langley AFB. He now works at Alpine Pediatrics in Saratoga Springs, specializing in helping children with developmental delays and behavioral disorders, as well as asthma and diabetes.

Utah Parent Center

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Disney's Peter Pan Jr

presented by:



**Traverse Mountain Elementary— 2500 W Chapel Ridge Rd. Lehi, UT 84043
Non-Profit, EIN: 27-2426261, Tax Exempt #: 11882990-016-STC**

We are asking for donations to help our school present a fabulous performance of Peter Pan Jr beginning March 20, 2014. Since our school is relatively new, our funds are limited and we are in need of mostly donated supplies to put on this production.

We would love your support by donating, loaning, or discounting: cash, gift cards, sound equipment, concessions, refreshments for the cast and crew, costumes and props, lighting, supplies to build our sets, jewelry, makeup, or printing.

All donations will assist our school's mission of helping every child:

Learn new skills and self-confidence.

Encourage children to develop self-discipline and use teamwork.

Achieve a great performance and

Dream.

Benefits of Supporting Traverse Mountain Elementary Musical Production:

Recognition-Your business will be recognized on all promotional materials and programs received by the students and parents of Traverse Mountain Elementary. We'll also mention your support in an email from our principal that goes out to all the parents with children at our school.

Community Support-Our families lean towards supporting local businesses that donate to Traverse Mountain Elementary.

Tax Deduction-Your donation will be tax deductible and we'll provide you with a thank you letter that documents your donation for use when preparing your taxes.

Please know that all contributions you make will positively impact our organization and its students, both those that perform and those that enjoy the performance. Thank you for your thoughtful consideration of our request and we look forward from hearing back from you.

Please contact: Shellie VanOrman; Phone: 801-718-7435, or vanormansa@msn.com to make your tax-deductible donation today! Thank you so much for your support!

Other School News

Book Fair

Here is a link to the BOOK FAIR SIGN-UP GENIUS! We need volunteers to help with short shifts in the library during the book fair! Mrs. Gifford is offering the \$5 gift certificate for every shift that is worked. It is always had a great time! If you haven't done it before you should give it a try!

*This is one of those rare volunteer opportunities that has been designated as a "no small children" event. (I know several moms who have traded babysitting during this time in order to make it work though!)

Thanks for your consideration!

<http://www3.signupgenius.com/mobile/index.cfm?action=signups.signup&URLID=60B0E4BA5A82C7-book&jqPageID=reloaded&CFID=10903079&CFTOKEN=465225a486468390-96BD9CED-5056-A00D-3012B5A470E84A54>

Help Us Feed the Teachers!

Parent Teacher conferences are this week and we looking for people to help feed our teachers. Please look at this sign-up and see if there is something you are willing to help with. Thank you!

<http://www.signupgenius.com/go/60B0E4BABA72C7-parent>

Box Tops

Our next big deadline for Box Tops submission is February 28th! That is the day that they need to be mailed in so please have them turned into the school by February 26th. This is our next big push for the year. Please turn in all those box tops that you have been saving and let's see if we can meet our goal. We have done well so far, but we still have a ways to go. We will be drawing 5 winners each week in February. Turn in those box tops any way you want: taped to a sheet, in a baggie, loose, etc. We will take them any way you want to give them to us. Please turn them in!!!!



Lora Story

Kindergarten

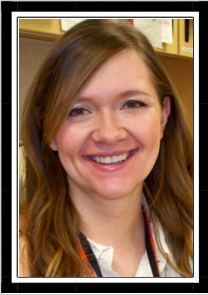
I became a teacher because:	From the time I was 5 years old and started Kindergarten, I just loved school! That was when I decided that I wanted to become a teacher.
If I wasn't a teacher I would be:	A nurse.
Who is someone from history you would like to meet and why?	Benjamin Franklin, Thomas Jefferson, and Abraham Lincoln.
Did you ever get sent to the principal's office? Why?	No, never.
What is your favorite book? Who is your favorite author?	Johnny Tremain, Esther Forbes Charlie and the Chocolate Factory, Matilda and Roald Dahl.
What is your favorite food? Treat?	Chocolate
If you could travel anywhere in the world, where would you go?	The South Pacific and the Carribean
Anything else unique about you we can include in the newsletter?	I am an identical twin. I love playing tennis and swimming.



Nikki Thorpe

1st Grade

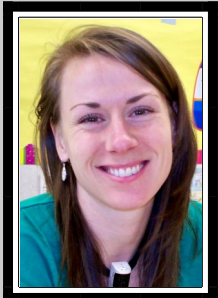
I became a teacher because:	Ever since I was a little girl I either wanted to be a teacher or a nurse.
If I wasn't a teacher I would be:	I would stay at home and enjoy spending time with my 2 year old son.
Who is someone from history you would like to meet and why?	I think I would like to meet Martha Washington. I would like to know what it was like to be the very first lady of our country.
Did you ever get sent to the principal's office? Why?	I never got sent to the principal's office, but I did get sent out in the hall once in 3rd grade. My teacher thought it was a good idea for us to do yoga every morning and he took it very seriously. Me and a couple of other students were talking during yoga time so we got sent out into the hall. While we were out there the principal did come walking by and asked us why we were out in the hallway.
What is your favorite book? Who is your favorite author?	I don't know that I have a favorite book. I do like reading books by Mary Higgins Clark. I like mystery and suspense, but nothing too scary.
What is your favorite food? Treat?	I love chocolate covered cinnamon bears...
If you could travel anywhere in the world, where would you go?	I love anywhere that it is warm. I wouldn't mind going to Costa Rica.



Karlie Walker

3rd Grade

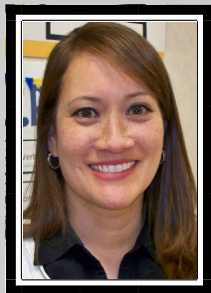
I became a teacher because:	I became a teacher because it's so rewarding. I love helping and watching children grow and succeed each day. There is always something new every day and it keeps teaching fun and exciting. I love working with kids because they are so funny and I learn something from them each day.
If I wasn't a teacher I would be:	If I wasn't a teacher I would be a stay at home mom and teach piano.
Who is someone from history you would like to meet and why?	I would like to meet Walt Disney because he was such a creative person and I would have liked to have known what he was like in person. I'd like to ask him what he thinks of his company today.
Did you ever get sent to the principal's office? Why?	Nope.
What is your favorite book? Who is your favorite author?	Harry Potter series. J.K. Rowling.
What is your favorite food? Treat?	Food: Any kind of fruit. Treat: Anything chocolate.
If you could travel anywhere in the world, where would you go?	Europe.
Anything else unique about you we can include in the newsletter?	My dog is basically my first child. I just had my first baby—a darling little girl!!



Rachelle Crockett

4th Grade

I became a teacher because:	I had some pretty amazing teachers who had a huge impact on me as a youngster. I wanted to be that inspiration for others.
If I wasn't a teacher I would be:	I would be a marine biologist. The ocean is amazing! Either that or an underwater photographer.
Who is someone from history you would like to meet and why?	Amelia Earhart. She's a woman who didn't limit herself. She followed her dreams and her passions (all the way to the end).
Did you ever get sent to the principal's office? Why?	I never did get sent to the principal's office. I was too shy as a child to cause any mischief.
What is your favorite book? Who is your favorite author?	My favorite book is whatever I happen to be reading. One of my favorite authors is Gail Levine.
What is your favorite food? Treat?	Ice cream, ice cream, and ice cream.
If you could travel anywhere in the world, where would you go?	I would go to Costa Rica. Tropical rain forests, the Caribbean, monkeys, amazing snorkeling... need I say more?
Anything else unique about you we can include in the newsletter?	I love to run, pole vault, body surf, and watch old movies.



Jenny Dipko

Learning Lab

I became a teacher because:	I enjoy interacting with kids! They do and say the funniest things. I also want each student to feel successful in the academic growth that they make, large and small.
If I wasn't a teacher I would be:	A pastry chef, a librarian, a young adult author, or star of a FoodNetwork show where I can travel around eating food. :)
Who is someone from history you would like to meet and why?	The Hawaiian queen, Liliuokalani. She faced her challenges with courage and personal dignity.
Did you ever get sent to the principal's office? Why?	No—I was pretty good.
What is your favorite book? Who is your favorite author?	I have too many. I like reading young adult books. My kids and I read the same ones and talk about them. Some I can think of are Rick Riordan, Suzanne Collins, Brandon Mull, and Pittacus Lore.
What is your favorite food? Treat?	I'm a "foodie" - I like all food! I love "local" Polynesian food, especially laulau, mac salad, palusami, and poi. I love ALL treats—especially dark chocolate ones in any combination (peanut butter, mint, coconut, caramel, marshmallow, etc.) except bacon and garlic. I've tried those and don't care for them. :)
If you could travel anywhere in the world, where would you go?	I am a life-long hula dancer! I used to own a small business called "the Dip-Ko". I made and sold cream cheese stuffed, chocolate dipped strawberries covered in toppings (like toffee bits, nuts, crushed Oreos, etc).



Sherri Christensen

1st Grade

I became a teacher because:	I became a teacher because I love kids and I love seeing their eyes when they light up with knowledge.
If I wasn't a teacher I would be:	If I wasn't a teacher I would be a full time Mom because I love kids.
Who is someone from history you would like to meet and why?	I would love to go back in time and meet our founding fathers. I have such a high respect for those people who had so much depth in their thinking for others.
Did you ever get sent to the principal's office? Why?	Yes, because one day I walked home from school during school hours.
What is your favorite book? Who is your favorite author?	I don't really have a favorite author, but I love to read.
What is your favorite food? Treat?	I really enjoy Café Rio chicken or pork salad and an ice cold diet coke is always a treat.
If you could travel anywhere in the world, where would you go?	I would love to go to Europe and learn about my ancestors and their history.