



# THE FALCON FLYER

VOLUME 6



## MESSAGE FROM THE PRINCIPAL

Parents and students.....you did an amazing job implementing synchronous learning last month. We hope you and your students found the new process easy to use. NACS hope was to continue moving forward with teaching during inclement weather days and from I've seen and heard from teachers, students and parents, that was the case.

We want to thank our PTO for all their support. Little Shots basketball is in full swing and the kids are having a lot of fun. Thirty six classes were offered to students for Spring enrichment. Students could sign up to learn about many things including chess, volleyball, cookie decorating, card making and Spanish to name a few. We know it takes a lot of work to coordinate these fun activities for our students and the entire staff appreciates your efforts.

On February 16, we will be having an all school assembly. Jim "Basketball" Jones will be entertaining our students with enthusiasm and basketball tricks while providing their message of being kind and doing the right thing. This falls in line with our last Falcon Factor where I was "sundae'd" by students who are kind and thought of others first.

Please let me know if I can do anything to support your family.

Courtney Bailey, Principal

FEBRUARY 2024

## IMPORTANT DATES AND EVENTS

February 7  
Professional Dev. Day  
No Student Attendance

February 9  
Valentine Parties  
Grades 1-5

February 9  
Midterm Date

February 14  
Valentine Parties  
Kindergarten

February 14  
Midterms Sent Home

February 16  
All School Assembly

February 19  
President's Day-School  
Closed unless Needed for  
a Make Up Day

February 27  
Student Council Mtg.  
Pick up at 3:15pm



# CEDAR CANYON CARES!

This year we are intentionally working to build an even stronger sense of community at Cedar Canyon. Each day we focus on creating a safe learning environment where students learn how to use their voice to communicate their needs and develop genuine relationships with their peers and staff. Students are learning strategies to work together, resolve conflict, monitor their own emotions, and empathize with others using the program called Trust-Based Relational Interventions. This month we focused on self-compassion and self regulation.

## SELF-COMPASSION



### STICK TOGETHER MEANS:

- Treating yourself kindly when things don't go well.
- Students need to understand that they are going to make mistakes and they need to give themselves grace.
- Kids need to practice giving themselves encouragement and practice mindfulness.



## SELF REGULATION

When we are regulated, we are kinder and more respectful. We are able to focus and perform better. In addition, our emotions and behaviors are easier to manage.



### HOW YOUR BODY FEELS?

While dysregulated, their mind may race, their heart can beat quickly, have high energy, they can feel angry, scared, or overly excited. Kids can use strategies to help them get back in the green.

### STRATEGIES TO REGULATE:

Check Engine	Get a drink	Have a snack
Go for a walk	Fidgets	Gum / chewy candy
Lift heavy items	Magic Mustache	Breathing techniques



# A Script from the Clinic

Hearing Screens for students in grades 1 and 4 will take place in February.

If your student DOES NOT pass this screenings, a letter will be sent home informing you of the results. Please review the information in the letter sent home and have your physician fill out the necessary information. Please return it back with your child as soon as possible. Please call me if you have any questions. Any student that is new to Cedar Canyon will also receive vision and hearing screenings.

Flu season is upon us. I strongly recommend that you protect your family and get your flu shots. **Super Shots is available to those who do not have insurance. To get more information go to [www.phpni.com/supershot.htm](http://www.phpni.com/supershot.htm) . October and November are the best times to get the flu shots to be sure that you are covered through the flu season.**

Please continue to dress your children appropriately for the weather. The kids go out to recess until the wind chill reaches 10 degrees. Children need to be sent to school with a coat, hat and gloves.

If your child comes home wearing different clothes borrowed from the clinic please be sure to wash them and return them as soon as possible. This ensures that there will be spare clothes here at school if your student were to need them. Thanks in advance for your help with this.

Looking ahead, if you are doing some early spring cleaning, the clinic is in need of elastic waist shorts, all sizes, both boys and girls.

*Betsy Bloom, RN, BS*

*637-6101 extension 8508*

*Clinic Hours 8 a.m. to 2:30 p.m.*



## **BOOK FAIR**

**MARCH 4<sup>TH</sup> - 7<sup>TH</sup> 8:00AM - 2:00PM**

**MARCH 8<sup>th</sup> 8:00AM - 1:00PM**

**MARCH 6<sup>TH</sup> 6:00PM - 7:30PM**



# COUNSELOR'S CORNER

FEBRUARY, 2024  
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## RAKTIVIST

RAK students wrote encouraging letters to women fighting breast cancer. Donations that were made and these letters will be placed in a pink box from the local organization Breastie Boxes to provide joy, hope, courage, and love to these strong women. For more information on how you can help follow this link <https://www.breastieboxes.com/>

5th grade will meet on February 14th, during lunch to work on a kindness project for staff. 4th grade will also take their group photo this day, so please wear a RAK shirt.



### Hats, Coats, Gloves , and Mittens!

If your student needs a winter coat, hats , gloves, or mittens during the winter please let Mrs. Antos know! We have been fortunate enough to have an abundance to share for those in need!



## RANDOM ACTS OF KINDNESS SPIRIT WEEK!

Random act of kindness day is February 17th!

See below for details on our book drive/spirit week to support Kate's Kart!

Bring a NEW book for The week or a \$1/day.

The grade with the most books (or money) brought in will get a ice cream party! Every \$5=counts towards one book





# BOOK Drive

## Cedar Canyon RAKtivist

### February 12th-16th

Join us for a spirit week to help raise money and books for Kate's Kart!

Please bring in one book for the week or a \$1/day to participate!

Monday: PJ/Slipper Day

Tuesday: Western Day

Wednesday: Valentine Colors Day

Thursday: Favorite Team/Hat Day

Friday: Neon Day



## Wish List:

These are the books in highest demand.

- Touch and feel board books
- Lift the flap board books
- Picture books with Disney Characters
- Animal Fact books
- Child or adult coloring books
- World Record Books

Kate's Kart distributes NEW books at 25 Northeast Indiana and Northwest Ohio hospitals. Each month, around 4,000 books are given to hospitalized children. A team of volunteers and hospital staff work together to ensure that all children receive the joy and comfort the gift of a brand new book brings.

**All books must be BRAND NEW and CURRENT TITLES.**

Cash and check donations are accepted. Please make checks to: Kate's Kart, Inc. Donations accepted on Venmo @Kateskart and Paypal (info@kateskart.org) too!

Visit [KATESKART.ORG](http://KATESKART.ORG) for more information about the organization, along with a more detailed wish list.

Questions? Cassie Antos: [cassie.antos@nasc.k12.in.us](mailto:cassie.antos@nasc.k12.in.us)

Krista Layman, Kate's Kart Director - [krista@kateskart.org](mailto:krista@kateskart.org)





# STUDENT COUNCIL NEWS:

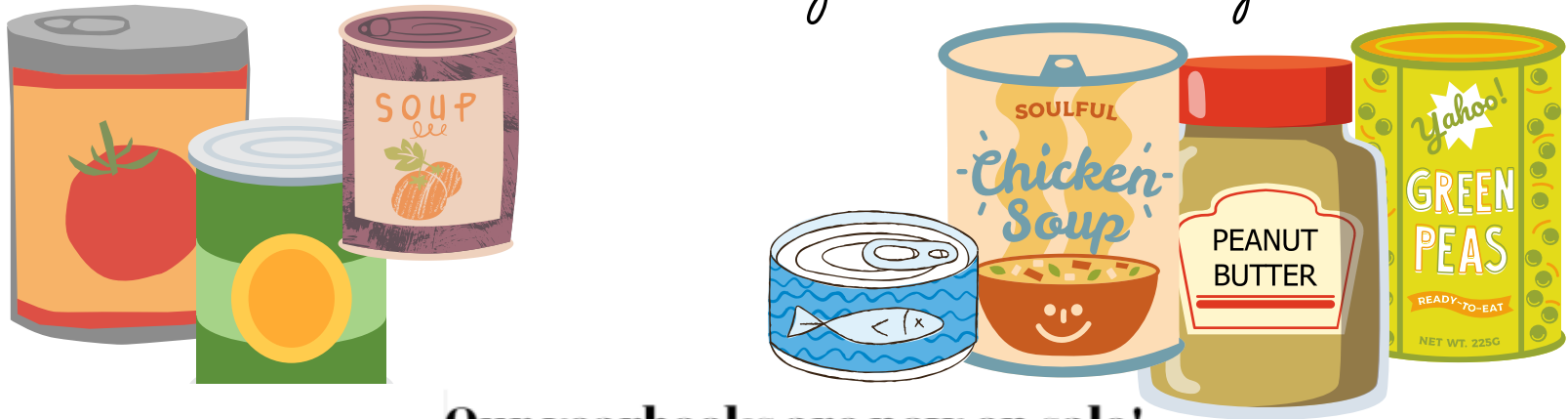
We will hold the food drive the week of March 4 – 8th.

We are looking to collect any canned or shelf stable foods. Classes will compete to see who can collect the most food items.

Winners will receive a class pizza party and runners up will get a sweet treat!

**Bonus points will be awarded to these items: cooking oil, powdered milk, canned tuna, pasta, and pasta sauce.**

*All items will be donated to Lighthouse Community Center.*



## Our yearbooks are now on sale!

Our 5th graders have been busy taking pictures at all of the events. They even chose the theme of the yearbook this year and are busy working on designing the pages! We are selling only hardback covers as we transition with a new yearbook company. We are excited to show off what we have been working on.

Yearbook fliers have been sent home, however, if you need a new one they are in the front office. You can order online at [ybbpay.com](http://ybbpay.com) Yearbook ID Code- 15191224. The order deadline is 3/15/2024.

## Meet the Yearbook Crew!



## PTO VOLUNTEER DATABASE SIGN-UP

IF YOU MISSED THE QR CODE ON BACK TO SCHOOL NIGHT, PLEASE SIGN-UP BELOW FOR THE 2023-2024 PTO VOLUNTEER DATABASE. VOLUNTEER OPPORTUNITIES INCLUDE CLASSROOM PARTIES, BOOK FAIR, HOLIDAY SHOP, PARENT WORKROOM, PTO COMMITTEES, LITTLE SHOTS, MOVIE NIGHT, AND MORE.  
[HTTPS://CEDARCANYONPTO.ORG/VOLUNTEER](https://cedarcanyonpto.org/volunteer)

AS A REMINDER, YOU MUST COMPLETE YOUR OWN BASIC CRIMINAL BACKGROUND CHECK IF YOU INTEND TO VOLUNTEER, CHAPERONE, OR PARTICIPATE IN ACTIVITIES THAT INVOLVE EXTENDED INTERACTION WITH STUDENTS OTHER THAN YOUR OWN. BACKGROUND CHECKS WILL BE COMPLETED THROUGH RAPTOR TECHNOLOGIES. THE LINK CAN BE FOUND ON THE DISTRICT WEBSITE UNDER PARENTS. THERE IS A COST OF \$15.00 TO SUBMIT THE BACKGROUND CHECK AND IT IS VALID FOR THREE YEARS. IF YOU ANTICIPATE VOLUNTEERING IN THE CLASSROOM, GOING ON A FIELD TRIP, HELPING WITH FIELD DAY OR SIMILAR ACTIVITIES, PLEASE COMPLETE A BACKGROUND CHECK. IF YOU DON'T REMEMBER IF YOU HAVE COMPLETED THIS, PLEASE CALL THE OFFICE AND WE CAN VERIFY THAT INFORMATION.

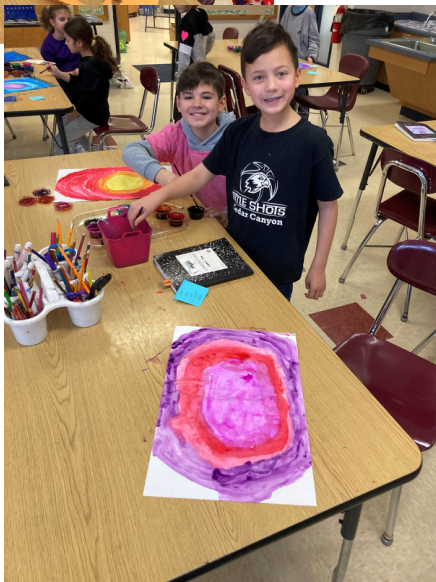
## ART NEWS

Mark your calendars! The FAME Festival will be March 16th and 17th at the Grand Wayne Center. More information will be sent home as the event draws nearer.

During the month of January, we have been working on winter landscapes. Some classes will finish early and have time for a quick Valentine's Day project right before we start clay. Remember, art class is messy (and downright dirty thanks to clay!), please don't send kids in their nicest clothes on art days 😊



Alexis Harry, Art Teacher





# MUSIC NOTES WITH MRS. WEIDNER

1st and 2nd grade have been working hard on their musical, Pajama Party! Their musical will be on Wednesday, March 6 at 6:30pm. We can't wait to perform for you! Please see the invitation below for more information:

## 1-2 Pajama Party Invitation

The 5th grade band will also have their spring concert at the musical on March 6! Don't forget to encourage your child to practice Power Rock at home. Please see the invitation below for more information:

## Band Invitation

4th grade students got their recorders in January! Recorders, while maybe not every parent's favorite music unit, are one of the oldest instruments we have record of. They are great for teaching students the value of practicing something until you can do it right, determination, hand-eye coordination, and processing skills. It takes a lot of brain power to read a note in the music, figure out which letter it is, remember how to play it on an instrument, and play the instrument with a good sound- all while keeping a steady beat! They're also many of our students' first instruments they've owned and are a great steppingstone to 5th grade band for students who are interested. Recorders may have already come home, or they will come home soon (they aren't sent home until the class can play a harder song with good technique!). Thank you for encouraging your child to practice something new!

### A Peek into Music Class:

3rd grade- We worked on form, which is the music is put together. For this lesson, each student got a colored flashlight that was assigned a certain part of the music. In this song, during the first part of the song William Tell Overture, a blue flashlight would shine, but for the next part that sounds different, students with red flashlights would shine their lights. During a third part, students with a purple flashlight would shine their flashlights.

4th grade- Day 1 of recorder! We learned the notes B, A, and G. When your child brings their recorder home, see if they can play a song for you from their book!





# GYM NOTES

In PE we started the semester with team building games. We also had a fun fitness week and winter themed games.

