

WELCH WEEKLY REMINDER

September 22, 2021



Bully Prevention Week: On Wednesday, September 22nd give Bullies the Boot, Cowboy-up and be a friend, Dress like a Cowboy/Cowgirl and wear Western gear. On Thursday, September 23rd Throw Shade on Bullies, Wear sunglasses.

SEL Tips from Ms. Boris: Social-Emotional learning is the process of developing and using social-emotional skills. Students with strong social-emotional skills can manage daily challenges, build positive relationships, and make better decisions. One-way students can better manage their emotions is with mindful breathing. This week's mindful breathing is called focused breathing. Focused breathing is when we slow down our brains for a moment to concentrate on our breathing. When we concentrate on, or think about our breathing, it calms us down. Breathing deeply sends a message to your brain to calm down and relax. Have your child practice focused breathing to manage their emotions.

- Take a moment and sit up tall and close your eyes.
- Take a big, big breath in and slowly breathe out (pause 5 seconds).
- Breathe in and think, "inhale." breathe out and think, "exhale." (pause 5 seconds)
- Breathe in and think, "inhale." breathe out and think, "exhale." (pause 5 seconds)
- Breathe in and think, "inhale." breathe out and think, "exhale." (pause 5 seconds)

Circle Drop-off (SAFETY FIRST) - Please be aware that in the morning, parents have the option of dropping their child(ren) off for school in the front circle, or park in an acceptable parking area and either escort or have your child(ren) walk to the school using the crosswalks. Students should never be dropped at crosswalks or exit vehicles from the street. When dropping your child (ren) off **in the circle**, please make sure you pull all the way forward so as not to cause a backup. There is **NO PASSING** in the circle at any time. We ask that you be patient (especially on rainy and snowy days), as safety of students is our number one priority. Please note that due to the volume of walkers and sidewalk congestion, there is **no** parking available in the circle in the afternoon.

Breakfast - Doors will open at 8:15 for students having breakfast in the cafeteria, to allow your child enough time to eat without being late for class. Please be sure your child comes to the main doors promptly at 8:15 a.m. if going to breakfast.

Upcoming Events

September 24 th	Teacher In- Service, No school for students
September 29 th	Interim Reports Issued
October 8 th	Teacher In-Service CRHS Homecoming Parade @ 5:00 p.m.
October 11 th	National School Lunch Week
October 13 th	PTA Meeting @ 4:00 p.m.