

BUILD A BETTER ME



WEST POINT ELEMENTARY

2018-2019



PLANS



PURPOSE



PERSEVERANCE



PATIENCE



West Point Elementary PTA

2018-2019 Volume 7

Upcoming Events

March 1st:

Dr. Seuss Week Launch
School Spelling Bee
Kindergarten Roundup

March 4th—14th:

Fun Run Kickoff & Pledge
Collections

March 5th:

PTA Mtg @ 9 a.m.

March 7th:

Discovery Night

Includes dinner, and if you'd like,
you can bring a \$1 donation to help
fund future Discovery Nights!

March 12th:

Birthday Table

March 15th:

Fun Run Day
PTA Spirit Day
End of 3rd Term

March 17th:

St. Patrick's Day

March 18th:

Professional Day/ No School

March 19th:

Community Council

March 20th:

Pizza w/ Principal

March 21st, 22nd, 23rd:

Seussical Musical
Performances

Mindfulness Summary & Ongoing Practice

Below is the summary of the final 8 mindful lessons this winter. The goal of mindfulness helps us to increase our "thoughtfulness" as we interact with family, friends, and others at home and in the community.

Mindfulness helps each of us to create a greater awareness- and thoughtful space- before we we act/react to everyday life experiences. It helps us to develop more understanding, grace, resiliency, and kindness for ourselves and others.

9. **Heartfulness** – Kindness and Caring on the Playground. Role play and talk about playground situations in which we might show increased compassion on our part.
10. **Emotions**- Name all of the emotions we have and be mindful of how they change how your body feels. By taking a moment to name the emotions, we can develop space in how we choose to react to that emotional experience.
11. **Mindful Movement** – As we go throughout everyday experiences, think and pay attention to the movements of your body, both fast and slow. We often ignore our amazing body. As you work and play, pay attention to your muscles, movement, and touch.
12. **Gratitude: Looking for the Good** – Notice the things that bring us joy. Write down these things for which you are grateful. Make a list each day, for an entire week, about these things. Talk about them as a family, maybe at dinner time.
13. **Mindful Walking** – Practice mindfulness when you are walking places. You're your toes to your waist, notice your body movements, and the sensations in your feet, legs, and body while you walk. Notice how they all work together to get you places.
14. **Mindful Eating** – Use all of your 5 senses when you eat. Take time to appreciate what you eat, as you smell, taste, and eat. Eat a bit slower one day, to just take time to enjoy it. Where did it come from? How does it taste? Describe the texture and taste. Talk about favorite foods and different types of foods.
15. **Mindful Test Taking** – At school and in life we often have tests, job interviews, or important meetings. How do I feel when these times are coming up? Will a moment to do a body scan help me to discover how my body feels at times like this? If I am feeling worried, what helps me to become prepared and calm? Learn to use mindful breathing or other strategies to calm myself, if needed.
16. **Mindfulness Wrap-Up** – Our final lesson was to review and talk about everything we have learned so far in the year. We also reviewed favorite times and places where we each like to practice mindfulness at home and school. **Make mindfulness (breathing, feeling, hearing, seeing, walking, eating) and heartfulness/gratitude part of your daily life, everywhere you go.**

Kindergarten Roundup

March 1 at 2PM will be **WPE Kindergarten Roundup**. All students who will turn 5 before 1 September 2019 are eligible to enroll.

Registration will take place March 8th—27th 2019 from 9-3 daily.

Registration paperwork can be picked up in the office or online on the school website.

Tell your neighbors and friends who may not receive this newsletter.



It's here! The PTA Wildcat Fun Run Fundraiser!

**Kick off Pep Rally- March 4,
watch for Pledge Folders to come home**

Register at FunRun.com

Pledging, Character Building Videos, Pledging Prizes- March 4- March 14

Fun Run Day- March 15, Grade level Run time to come home with Pledge Folders.

All are invited to come cheer on their student at the Fun Run!

(must check in at the office as a visitor)



Our Battle of the Books reading incentive program is off to a great start! It's been delightful to see so many readers come to our table by the fish tank during lunch on Fridays to pick up their book tags and treat! The kids have expressed excitement for the lists and have enjoyed expanding their reading selections. We'll continue this program through the rest of the year, so encourage your little readers to try one of the books from the lists, take the quiz (available in the library) and pick up their awards on Friday! How many book tags will your reader collect?

<https://resources.finalsite.net/images/v1535579112/davisk12utus/gpkjk8ju52gnzwmmdxf/2018->

Dr. Seuss Read Across America week is coming up March 4th-8th. To remind children to keep reading we'll have them dress in fun and wacky ways all week. Children who meet the reading challenges will be awarded prizes at the end of the week. We also encourage families to join

SEUSS Week March 4th-8th

Monday: Fox in Socks

Wear Wacky Socks

Tuesday: Whoville

Crazy Hair Day

Wednesday: Cat in the Hat

Wear a Hat Day

Thursday: Theodore Thursday

Dress Like Your Favorite Seuss Character

Friday: Oh, The Places You'll Go!

College Shirt Day

Reading Challenges

Read

100 min.

200 min.

400 min.

Earn

Seuss Pencil

Seuss Bookmark

Book



West Point Elementary School proudly presents
"Seussical the Musical Jr."

Come see all your favorite Dr. Seuss characters and stories come to life on stage! As our talented performers sing, dance and play, you'll discover that there's nothing better than a really good think; that you're never alone in the universe; and that a person's a person, no matter how small. So bring the whole family, from the smallest of small to the largest of all.

Performance Dates:

- Thursday, March 21 at 6:30pm
- Friday, March 22 at 6:30pm
- Saturday, March 23 at 2:00pm

Performances will be held in the gymnasium at West Point Elementary School. Tickets will be available to purchase online beginning on March 8th. There will be a link on our school's website (<https://westpointel.davis.k12.ut.us>). All seating will be reserved at \$4 per person. Children ages 2 and under are free if they sit on a lap.



BUY YOUR
Yearbook


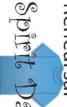



Pay Online on MYDSD.

Get yours Today!

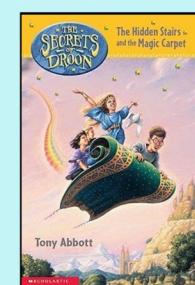
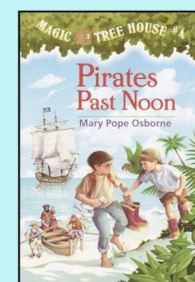
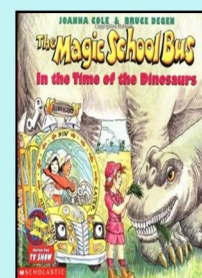
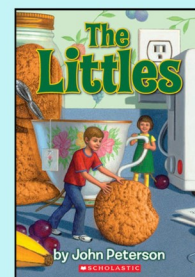
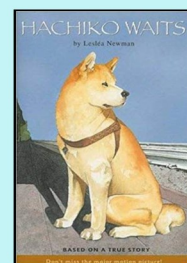
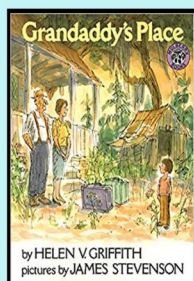
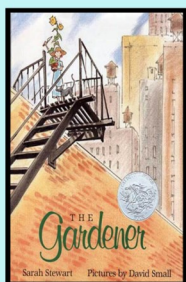
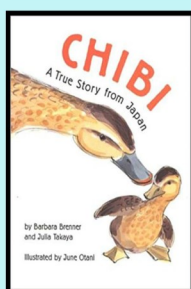
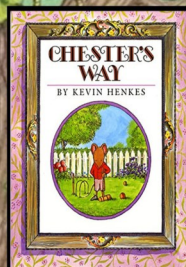


MARCH 2019

West Point Elementary 801-402-2750
 Attendance: 801-402-2756
 Like us on Facebook!
 (West Point Elementary &
 West Point Elementary PTA)

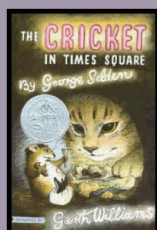
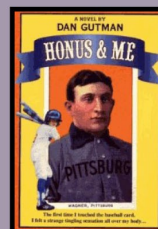
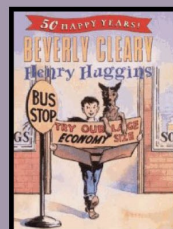
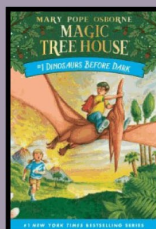
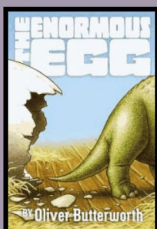
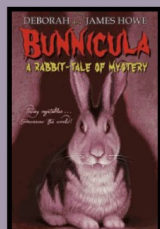
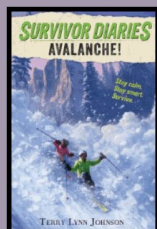
SUN	MON	TUE	WED	THU	FRI	SAT
					1 Dr. Seuss Wk. Launch Orchestra 8:45 – 9:30 1:30 p.m. Musical Rehearsal – All 	2
3	4 Strengthening Families Class 6 – 8:30 p.m.	5 PTA Mtg @ 9	6 Orchestra 7:45 – 8:45	7 7:50 a.m. Musical Rehearsals Discovery Night	8 Orchestra 8:45-9:30 1:30 p.m. Musical Rehearsal – All 	9
10	11 Strengthening Families Class 6 – 8:30 p.m.	12	13 Orchestra 7:45 – 8:45	14 7:50 a.m. Musical Rehearsals	15 3rd Term Ends Orchestra 8:45-9:30 1:30 p.m. Musical Rehearsal – All 	16
Daylight Savings Begins						
17	18 Strengthening Families Class 6 – 8:30 p.m. Professional Day No School	19 2nd Grade Fieldtrip 3:30 p.m. Dress Rehearsal Community Council @ 3:45	20 Orchestra 7:45 – 8:45 Pizza w/ Principal	21	22 Orchestra 8:45-9:30 	23
				<u>Musical Performance</u>		
24	25	26	27 Orchestra 7:45 – 8:45	28	29 Orchestra 8:45-9:30 	30

WHY FIT IN WHEN YOU WERE BORN TO STAND OUT? - DR. SEUSS

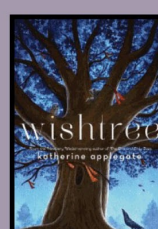
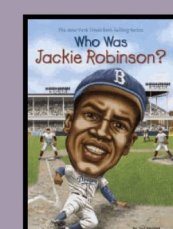
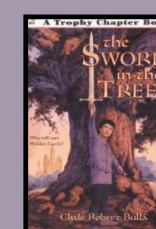
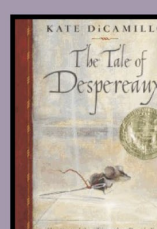
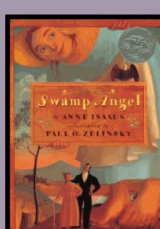
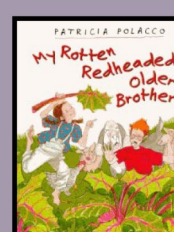
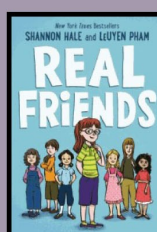
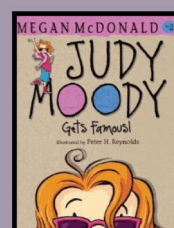
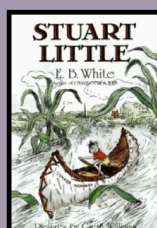
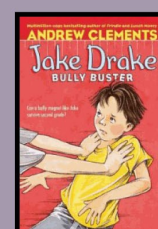
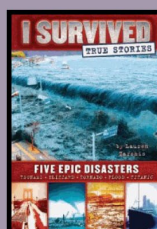
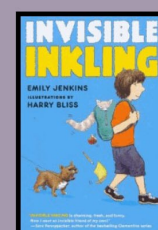


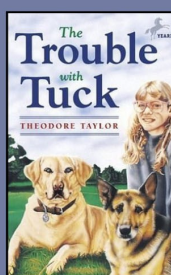
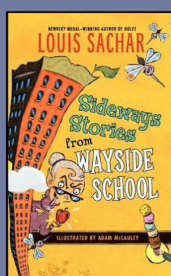
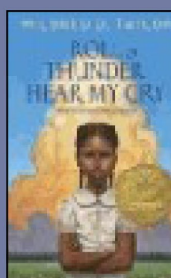
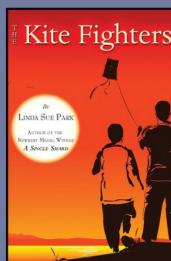
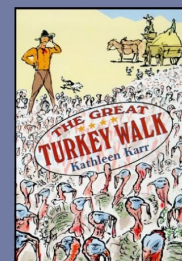
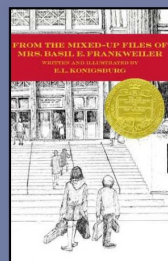
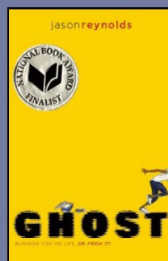
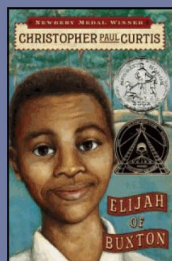
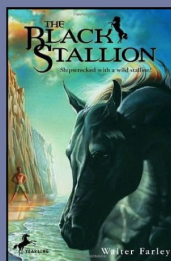
2019 Davis Book Battles, 1st & 2nd Grade List

Title	Author
Aunt Isabelle Tells a Good One	Kate Duke
The Bravest Dog Ever	Natalie Standiford
Chester's Way	Kevin Henkes
Chibi	Barbara Brenner
The Gardener	Sarah Stewart
Granddaddy's Place	Helen V. Griffith
Hachiko Waits	Leslea Newman
The Josphina Story Quilt	Eleanor Coerr
The Littles (Book 1)	John Peterson
Magic School Bus in the Time of Dinosaurs	Joanna Cole
Pirates Past Noon	Mary Pope Osborn
The Hidden Stairs and the Magic Carpet	Tony Abbott



2019 Davis Book Battles, 3 rd -4 th Grade List	
Title	Author
Avalanche!	Terry Johnson
Bunnicula	Deborah and James Howe
Cricket in Times Square, The	George Selden
Dinosaurs Before Dark	Mary Pope Osborne
Enormous Egg	Oliver Butterworth
Henry Huggins	Beverly Cleary
Honus and Me	Dan Gutman
I Survived True Stories: Five Epic Disasters	Lauren Tarshis
Invisible Inkling	Emily Jenkins
Jake Drake, Bully Buster	Andrew Clements
Judy Moody Gets Famous!	Megan McDonald
My Rotten Redheaded Older Brother	Patricia Polacco
Real Friends	Shannon Hale
Spunky Tells All	Ann Cameron
Stuart Little	E.B. White
Swamp Angel	Anne Isaacs
Sword in the Tree	Clyde Robert Bulla
Tale of Despereaux, The	Kate DiCamillo
Who Was Jackie Robinson?	Gail Herman
Wishtree	Katherine Applegate





2019 Davis Book Battles, 5 th – 6 th Grade List	
Title	Author
Black Stallion, The	Walter Farley
Elijah of Buxton	Christopher Paul Curtis
From the Mixed Up Files of Mrs. Basil E. Frankweiler	E.L. Konigsburg
Ghost	Jason Reynolds
Great Turkey Walk, The	Kathleen Karr
Indian in the Cupboard, The	Lynne Reid Banks
Kite Fighters	Linda Sue Park
Lion, the Witch and the Wardrobe, The	C.S. Lewis
Maniac Magee	Jerry Spinelli
Mysterious Benedict Society, The	Trenton Lee Stewart
Roll of Thunder, Hear my Cry	Mildred D. Taylor
Running Out of Time	Margaret Peterson Haddix
Shiloh	Phyllis Reynold Naylor
Sideways Stories from Wayside School	Louis Sachar
Some Kind of Courage	Dan Gemeinhart
Trouble with Tuck, The	Theodore Taylor
Tuesdays at the Castle	Jessica Day George
Underground Abductor, The	Nathan Hale
What was the Great Depression	Janet Pascal
Wild Wings	Gill Lewis

