

Mountaineer Monthly

January 2022



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Dear Students and Parents,

We have almost completed the first two terms of school. Second term will end on January 13th, followed by a District Development Day on January 14th, which means no school for students. We appreciate all who took the time out of their busy schedules to attend Parent Teacher Conferences. It's great to be able to celebrate the hard work and accomplishments of our students. Moving forward we will continue to hold the second conference during December, as Term 2 will be ending at Christmas Break beginning in 2022. A BIG thank you to the PTA for providing dinner during the conference. It was appreciated and amazing as always.

December was definitely a month of excitement and great accomplishments. Our 5th graders completed their NOVA course and a graduation was held. Officers from Mapleton and Spanish Fork came and shared their excitement, along with one of the dogs that helps the officers catch people that are involved in criminal activity. Students were able to see the dog in action!

It was also great for the students and staff to be able to participate in school wide Sing Around the Trees. It was nice to get to be together again, and we enjoyed a special treat from the Student Council who led and played at our final sing around.

In January we are looking forward to White Ribbon Week and our annual internet safety assembly, Netsmartz. We work on safety protocols all year in our keyboarding classes, but are excited to highlight and remind students of the importance of making good choices while using devices.

We are also finishing up our GAINS Rounds and have been enjoying Mrs. Fillmore's expertise in enhancing the Arts at Mapleton Elementary. Dance and Movement have been our schools focus for this year, and I've watched students enjoy many lessons provided in their classrooms.

The drill that we will be practicing school wide is a FIRE Drill. We are going to run this a little bit differently than we have so far this year. On a regular fire drill we usually check the halls and then announce to evacuate. For this drill we will check the halls and then announce a lockdown. This just allows us to make good and potentially different decisions based on the needs of our situation.

Thanks for all of the support,

Mrs. Cami Thomas

PTA NEWS and NOTES:

The PTA Board wants to wish all of our students and parents a Happy Holiday season! We are so thankful for all that you have contributed to the PTA and our efforts to serve the students of Mapleton Elementary throughout 2021 and are looking forward to a great 2022.

We'd like to thank Natalie Christensen for arranging a delicious Zupas meal for SEP dinners on December 9th.

Red and White Ribbon week is coming up on January 10-13 and we're going to have the following dress up days:

Monday: We're "RED-dy" to make a difference. (Wear LOTS of Red)

Tuesday: "Give drugs the BOOT" (western day)

Wednesday: "Team up For Internet Safety" (wear apparel of your favorite sports team)

Thursday: "Keep 🌴 Palm and carry on drug free" (Hawaiian day)

Please join us at our PTA meeting on January 11th at 9:30am.

We are now accepting nominations for the positions of President Elect and Secretary for the 2022-23 school year. Feel free to nominate yourself, your friend or your nemesis for one of these positions! Nominations are due by January 2nd. <https://forms.gle/ApaPXZ344r9vbmj78>

Visit our blog at mapleton.nebo.edu and click on the PTA Link

While you are at our website, please make sure to take a second to learn how you can earn money for our school through Amazon and Smith's purchases. It's fast and easy to do!

WHAT'S HAPPENING THIS MONTH

- ❖ Jan. 5th: Fire Drill in the PM
- ❖ Jan. 6th: Visit from Mrs. Kimball-Associate Superintendent
- ❖ Jan. 10th: 9:30am-School Community Council Meeting
- ❖ Jan. 11th: 9:30am-PTA Meeting
- ❖ Jan. 13th: End of Term 2
- ❖ Jan. 14th: No School for Students: District Development Day
- ❖ Jan. 17th: Martin Luther King Holiday-No School
- ❖ Jan. 28th: Spelling Bee Lists will go home for 3rd-5th Graders



COUNSELOR'S CORNER

Hello!! Welcome to Counselor Corner. I was given this resource and I wanted to pass it along to our parents. Please consider participating in this program, or sharing it with friends and family, to help our families and community.

Did you know that one in three children currently live in a stepfamily? This includes many of the children within the Nebo school district. Utah State University's "Healthy Relationships Utah" has developed a program specifically for this underserved population and we'd love your help spreading the word. Smart Steps is a free, research-based curriculum that parents can attend virtually or in-person.

Throughout this course, facilitators teach evidence-based strategies on increasing family unity, empathy led discipline, family finances, strengthening the couple relationship, healthy co-parenting, and stress management. Stepfamilies face unique challenges but we're here to help.

You can learn more about our program here:
<https://extension.usu.edu/hru/courses/smart-steps-for-stepfamilies>

SMART STEPS: Strengthening families for generations to come

No cost adult class focusing on:

Stepfamily strengths and building stronger relationships

Finding common ground and handling conflict

Stepparenting strategies, child development and discipline

Strengthening the couple relationship

Communication skills with the child's other parent

Self-care and managing stress

completion.

Register here:



View class dates and other classes at:



Direct questions to:

Shauntell

(801) 717-5671

Registration required to receive course materials and certificate of

[Christina Shakespear](#)

[Elementary School Counselor](#)

[Mapleton Elementary - \(801\)-489-2850](#)

[East Meadows Elementary - \(801\)-798-4015](#)

[COVID-19 Resources - UtahStrong@utah.gov - 385-386-2289](#)

[Mental and Emotional Support - https://healthcare.utah.edu/uni/safe-ut/#overview](https://healthcare.utah.edu/uni/safe-ut/#overview) - 833-372-3388