



January Newsletter

Havasupai Elementary

880 Cashmere Dr., Lake Havasu City, AZ 86404

<https://havasupai.lhusd.org>

<https://www.facebook.com/havasupaielementary>

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Welcome Back To School Happy New Year 😊

School Hours:

Monday, Tuesday, Thursday, Friday 8am-2:30pm

Wednesdays 8am-1pm- Parents, please mark your calendars to help you pick your student up on time.

Principals Corner

Welcome back, Coyotes! 😊 We are excited about our upcoming events and can't wait to work with you. Using the CNA (Comprehensive Needs Assessment), our Site Based Council will be evaluating how our school is doing in terms of leadership, curriculum, school culture, and community involvement. We would love to hear your input so we can continue to improve and meet the needs of our community. As always, our PTSO works to ensure all of our students and staff have what they need to be successful. In addition, our counselor and teachers are implementing the new Toolbox curriculum for K-2 students! There is a parent workshop to see what it is all about and learn the 12 tools of coping that our students will be utilizing. The more consistency there is between school and home, the more successful our students will be in using these tools and learning how to work through difficult situations. These tools are good for ALL of us! We hope to see you at the workshop! We appreciate all of your participation and support!



Upcoming Events

January 4 - School Resumes

January 5

Site Based Council @ 3:15

Zoom - evaluate school

<https://us02web.zoom.us/j/8372642900?pwd=Q58xRzVOZTgyUVVjUUVNHZ3BXUUh1UT09>

Meeting ID: 837 264 2900

Passcode: 195452

January 7

PTSO @ 3:15(Zoom)

<https://us04web.zoom.us/j/77631750740?pwd=UEFVTDVncHh2b1hveTc0SEdBTlFBUT09>

Meeting ID: 776 3175 0740

Passcode: GoCoyotes!

January 18

No School Martin Luther King Day

January 20

Spirit Day- Dress like 100 years old

January 28

Parent Workshop – Toolbox

Learn the 12 tools of coping

Join Zoom Meeting

<https://zoom.us/j/94815396678?pwd=GhHcjdHaFBuQ2kyeTJ0TWtjclU5UT09>

Meeting ID: 948 1539 6678

Passcode: 3wyn11

Help Support Havasupai Elementary!

Amazon Smile

Support HAVASUPAI PTSO by shopping at AmazonSmile. When you shop AmazonSmile, Amazon will donate to Havasupai PTSO. It's easy – you can support us every time you shop by going to <https://smile.amazon.com/ch/47-5199232> or smile.amazon.com and choosing Havasupai PTSO. Thank you for supporting our school!

PTSO MEETING

Time: January 7, 2021 03:15 PM Arizona

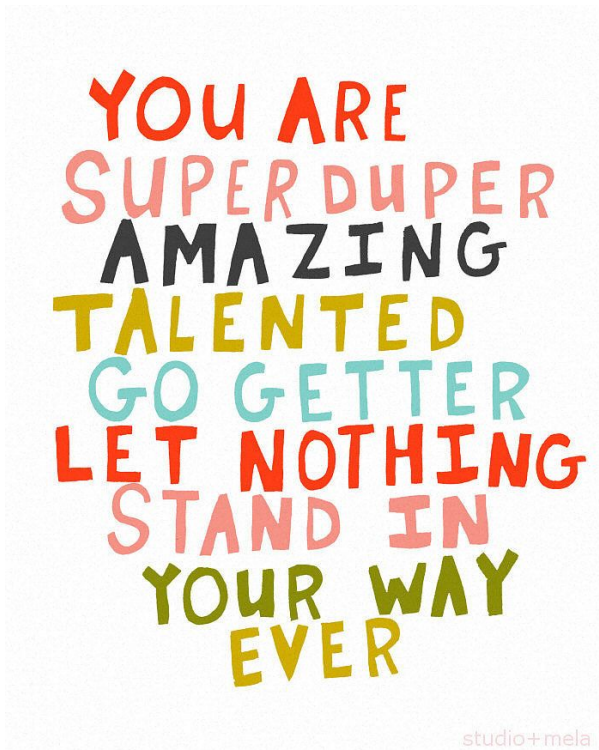
Join Zoom Meeting

<https://us04web.zoom.us/j/77631750740?pwd=UEFVTDVncHh2b1hveTc0SEdBTFBUT09>

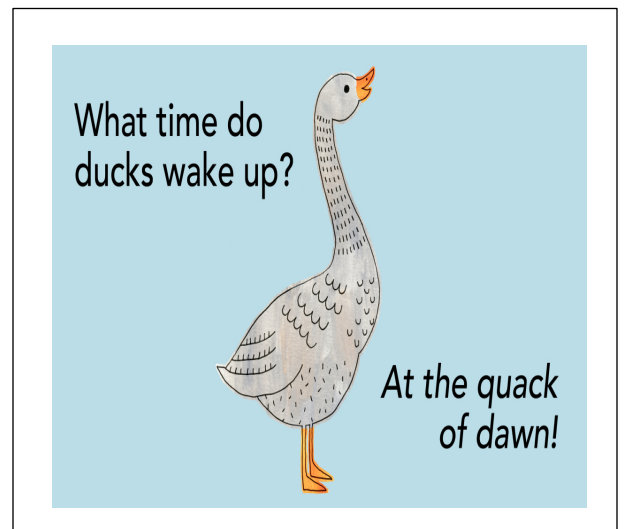
Meeting ID: 776 3175 0740

Passcode: GoCoyotes!

Quote:



Funny Joke:





NURSES NEWS

Parents – thank you for doing your part to keep our students and staff safe!

We ask that you follow this daily checklist before sending your child to school. If your child displays any of the following symptoms, please keep him/her home and report it to our attendance and health office.

*Fever of 100.4 or higher

*Shortness of breath or difficulty breathing

*Chills, Coughing

*A student with daily runny nose or congestion due to allergies should NOT be kept at home.

In the event your child gets sick at school, please have a plan in place of who can pick him/her up if you are not available.

Students will need to be out of school as quickly as possible for any symptoms. Your diligence will help us keep our students and staff safe.

We appreciate your support!

Is it coronavirus (COVID-19), the flu, a cold or seasonal allergies?

All 4 can look very similar, making it hard to tell the difference. Use the chart below to help you decide when to seek care for your or your child's symptoms.

	Coronavirus (COVID-19)	The Flu	A Cold	Seasonal Allergies
What are the most common symptoms? Keep in mind: You may have 1 or all of these symptoms.	Fever Cough Shortness of breath or difficulty breathing Chills Repeated shaking with chills Muscle pain Headache Sore throat New loss of taste or smell	Aches Chills Cough Diarrhea (loose poop)* Fatigue Fever Headaches Runny nose Sore throat Stuffy nose Vomiting* <small>*more common in children than adults</small>	Cough Fever* Mucus dripping down your throat (post-nasal drip) Runny nose Sneezing Sore throat Stuffy nose Watery eyes <small>*rare</small>	Itchy eyes Runny nose Sneezing Stuffy nose Watery eyes
How long does it take for you to have symptoms after you are exposed?	2 to 14 days	1 to 4 days	1 to 3 days	Right away
How long do symptoms last?	Not known	3 to 7 days	7 to 10 days	As long as you're exposed to allergens

For more information, visit [AtriumHealth.org/Coronavirus](https://www.AtriumHealth.org/Coronavirus)

COUNSELOR'S CORNER

What is positive thinking?

Positive thinking is a mental and emotional attitude that focuses on optimistic and positive thoughts and expects positive results.

Self-talk is a stream of unspoken thoughts that run through your head. These automatic thoughts can be positive or negative.

Changing our mindset to positive thinking can lead to OPTIMISM



It is important as children get older, that they learn how to handle life's twists and turns and how they can overcome challenges and believe in themselves.

Here are some tips on how to build self-worth in children:

1. Don't get upset about mistakes: everyone makes them, but the important thing is how we learn from them.
2. Allow kids to fail; trial and error is how we learn.
3. Set goals
4. Show your love: let your child know that you love them, no matter what.
5. Help kids find their passion and identity.
6. Embrace imperfection: being less than perfect is human and OKAY.
7. Encourage your child to try new things.

Positive affirmations are positive phrases that can be repeated over and over to teach you how to get rid of negative thoughts.

Name: _____

Date: _____

POSITIVE THOUGHTS & AFFIRMATIONS

1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. All of my problems have solutions.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me learn and grow.
11. Today is going to be a great day.
12. I have courage and confidence.
13. I can control my own happiness.
14. I have people who love and respect me.
15. I stand up for what I believe in.
16. I believe in my goals and dreams.
17. It's okay not to know everything.
18. Today I choose to think positive.
19. I can get through anything.
20. I can do anything I put my mind to.
21. I give myself permission to make choices.
22. I can do better next time.
23. I have everything I need right now.
24. I am capable of so much.
25. Everything will be okay.
26. I believe in myself.
27. I am proud of myself.
28. I deserve to be happy.
29. I am free to make my own choices.
30. I deserve to be loved.
31. I can make a difference.
32. Today I choose to be confident.
33. I am in charge of my life.
34. I have the power to make my dreams true.
35. I believe in myself and my abilities.
36. Good things are going to come to me.
37. I matter.
38. My confidence grows when I step outside of my comfort zone.
39. My positive thoughts create positive feelings.
40. Today I will walk through my fears.
41. I am open and ready to learn.
42. Every day is a fresh start.
43. If I fail, I will get back up again.
44. I am whole.
45. I only compare myself to myself.
46. I can do anything.
47. It is enough to do my best.
48. I can be anything I want to be.
49. I accept who I am.
50. Today is going to be an awesome day.



COYOTE OF THE WEEK FOR THE MONTH OF December

January Character Trait - Trustworthiness

Trustworthiness means other people can count on you to do the right thing.



<p>Mrs. Nelson</p>	<p>Mrs. Bravata</p>	<p>Miss Mann Harper Cabaniss</p>
<p>Mrs. Anderson</p>	<p>Mrs. Robison Christopher Marquette</p>	<p>Mrs. Kuch</p>
<p>Mrs. Berry</p>	<p>Mrs. Hansen</p>	<p>Mrs. Neece</p>
<p>Mrs. Shauer Jazlyn Chavez</p>	<p>Ms. Dickinson Blake Kistler</p>	<p>Ms. Johnson Colton Williams</p>
	<p>Mrs. Barkett</p>	<p>Mr. Nigg Chloe Kershaw</p>