

## Important Dates

- Dec. 3 – Pike Road Basketball Game
- Dec. 4 – AS vs Montgomery Academy Game
- Dec. 7 – AS vs Montgomery Catholic Game
- Dec. 8 – AS vs Southside Basketball Game
- Dec. 15 – AS vs Pike Road
- Dec. 16 – Progress Reports Issued
- Dec. 18 – AS vs Ellwood Basketball Game
- Dec. 21 & 22 – e-Learning Day
- Dec. 22- Jan 2 – Winter Break

## Highlights

Congratulations to the Eagle of the month students.

- Kindergarten-Leah Smith
- 1<sup>st</sup> grade-Katelynn Howard
- 2<sup>nd</sup> grade-Leon Smith
- 3<sup>rd</sup> grade-Taliyah Smith
- 4<sup>th</sup> grade-Ava Orum
- 5<sup>th</sup> grade-Ronterricus Clark
- 6<sup>th</sup> grade-Destinee Douglas
- 7<sup>th</sup> grade-Destiny Reese
- 8<sup>th</sup> grade—Dyshun Johnson
- 9<sup>th</sup>-grade-Makashia Burns
- 10<sup>th</sup> grade-Arianna Steele
- 11<sup>th</sup> grade- Elisa Golson
- 12<sup>th</sup> grade-Ariel Parker
- Provence- Payton Boice
- Teacher- Tameko Graham
- Staff- Quinnette Shuford

Congratulations to Mrs. Elizabeth McHugh, our 5<sup>th</sup> & 6<sup>th</sup> grade teacher! She was named as Autaugaville School's Teacher of the Year. Go Mrs. McHugh! Her dedication to the school, students, and community is honorable and we congratulate her on this well-deserving honor.

## Best wishes to Mrs. Womack

Mrs. Earnestine Womack, our Instructional Aide, will be retiring at the end of December. We wish her much joy and happiness as she begins a new chapter in her life Thank you, Mrs. Womack, for all that you have done for our school and children. We will miss you!



**Mission Statement:** "The mission of Autaugaville School is to engage the mind and encourage the imagination of all students in a safe and caring environment."

**Vision Statement:** "Forever learning, Forever a success"

## COVID Cases

COVID cases in the community are on the rise. Wearing masks in public, social distancing, avoiding large gatherings, and handwashing are the best ways we have at this point of combatting this virus. Please continue to monitor your children for symptoms every day before school: temperature of 100.4 or greater, cough, sore throat, nausea/vomiting/diarrhea, headache, loss of taste or smell. If your children MUST stay at home. If someone in your home tests positive, your children MUST stay home...even if they are feeling fine. Thank you for your continued efforts to keep our building healthy.

## Reminders

For the safety of your child, please making sure that they are leaving the campus after school. There is no supervision on campus after 3:07 PM. Together we will strive to keep our students safe!

If your child is absent from school, please send a doctor's or parent's excuse upon return to school. If your child is going to absent for an extended period of time, please contact the front office. We will make arrangements to collect assignments to prevent your child from getting behind in his or her classes.

If your child tests positive for COVID, please provide administration with documentation from the physician as soon as possible. You will likely know results a day or two sooner than the public health officials are able to inform us at school. We can greatly reduce the spread of COVID within our school by identifying close contacts quickly.

## Attendance Matters

A missed school day is a lost opportunity for students to learn. Teachers plan many lessons and activities that just can't be made up or recreated as make-up work. Additionally, classwork is progressive and each day of learning builds on the day before. Absences from school cause gaps in that progression. More effort is needed to catch up than to keep up. Research shows that students who chronically miss school fall behind academically.

We recognize there are times when missing school cannot be avoided, such as in cases of illness or for a funeral. When this is the case, please contact the school as soon as possible the morning of the absence. Teachers will prepare make-up work and you may pick it up and work on it at home when your child starts feeling better. If you cannot pick up the make-up work, another possibility would be for the school to send work home with a student who lives close to you. Your child will benefit by having as much of the make-up work done as possible when he/she returns to school.

Some things that can be done to increase student attendance and limit time out of class are scheduling doctor appointments during off school days/hours and scheduling family vacations around school holidays.

## 6 Tips for Good Mental Health This Holiday Season

- **Get enough sleep.** When stress interacts with a lack of sleep, it has a profound impact. If you're not getting enough sleep, try to take 10 to 20 minutes during the day to meditate or relax by listening to music or reading a book.
- While volunteering your time can make you feel good, be careful to not overdo it, as a heavy workload in the holiday season can cause undue stress.
- **Eat and drink in moderation.** Be realistic with yourself. Know that you're going to have a couple of big meals over the next several weeks, and that's okay; you shouldn't feel guilty. Give yourself permission to enjoy yourself as long as you don't overindulge night after night.
- **Get out and spend time with people you enjoy.** When people aren't feeling well, they'll tend to isolate themselves. But catching up with close friends who you truly enjoy being around can give your mood the boost it needs to feel refreshed.
- **Perform an act of kindness.** Giving your time to help someone else can lift your spirits. By volunteering at the local food pantry or homeless shelter, you're not only doing good for other people, but for your mental health as well.
- **Plan gifts earlier than later.** A lot of stress can come from deciding what gifts to buy for loved ones. Try to plan ahead to relieve the pressure of scrambling from store to store at the last minute.

## Merry Christmas

From the Autaugaville School Teachers and Staff

As we head into the Christmas break the faculty and staff at Autaugaville School would like to would like to take this opportunity to wish everyone a blessed holiday season and a joyful Happy New Year! We look forward to your return in the new year. We will continue to build relationships, nurture goals, and celebrate our many gifts in the fresh, new year ahead.

