



## December 2022

Hello Croghan Families!

Wow! It is so hard to believe that December is already here! Croghan will be celebrating the holidays with T.E.A.M. Reindeer inspired by *T.E.A.M Rudolph and the Reindeer Games*, a children's book adapted by Doe Troiano. The members of Croghan's Literacy Committee have planned a week of Reindeer Reading activities beginning December 12th that ends with a FUN FILLED REINDEER DAY on Monday, December 19th. Classrooms in grades 3-5 have been paired with a "buddy class" in Kindergarten through Grade 2 to assist with activities.

Here are some spirit wear days to match our holiday fun:

Monday 12/12: Holiday Flair (tinsel, holiday hats, necklaces, etc.)

Tuesday 12/13: Dog/Cat/Animal Print (to go with the book *Olive the Other Reindeer*)

Wednesday 12/14: Shiny and Bright

Thursday 12/15: Blizzard Day–White Out!

Friday 12/16: Ugly (or Fun) Holiday Sweater

Monday 12/19: Reindeer Day (wear brown, antlers, etc.)

Tuesday 12/20: Pajama Day

We are in need of the following donations for Reindeer Day:

- Oreo Cookies (20 packages)
- Chocolate Frosting (15 cans)
- Candy Canes (450)
- Hershey Kisses (2 large bags)
- Mini M&Ms—from the baking aisle (5 bags)
- Small plates (450)
- Napkins (450)
- Mini Pretzels (3 large bags)
- Snack-Sized Zip-Lock Bags 450
- Oatmeal (25 large containers)

Donations can be dropped off at the main office by December 14th.

Thank you for your continued support!

Bridget Smith, Principal

Christina French, Assistant Principal

Join the **Croghan Families Facebook Group**. Scan the QR Code to join or you can search Croghan Families on FaceBook. We will use the Croghan Families group to share information, reminders, event updates, announcements and more. Comments will be turned off. If you have any questions or comments regarding a post please call the Croghan office at 419.332.1511 or via email.



# STUDENTS

## Attendance Policy

- Students are allotted 5 days of excused absences without a doctor's note in one school year.
- After 5 days of excused absences a doctor's note is needed. Otherwise absences will be considered "unexcused".
- If a student tests positive for COVID proof is needed. For example: a note sent from a doctor OR a picture of the COVID test to include student's name and date.
- If proof of COVID is presented to the office, the absences due to COVID will not count toward a student's 5 days.

## Habitual Truancy

- 30 or more consecutive hours without a legitimate excuse
- 42 or more hours in one school month without a legitimate excuse
- 72 or more hours in one school year without a legitimate excuse

As the weather turns colder, just a reminder that students who are eating breakfast may enter the building at 8:20 AM. Students not eating breakfast can enter the building at 8:30 AM. If it is raining and/or snowing students will need to stand outside until the time listed above. We do not have staff in the building to monitor students earlier than the times listed above. Please remember to send your children to school with a winter coat, hats and gloves for recess.

## Transportation Home

If a student's transportation home is changing for the day, please contact the school office at 419-332-1511 by **2:30pm**. Thank you!



# Nurse's Corner

## Remembering to Take Care of You!

As busy people, professionals and parents, it's easy to roll our eyes when we're asked we're taking care of ourselves. We know self-care is important, but did you know that our personal self-care demonstrates to kids that things like rest, socializing and eating well are keys to their own overall health and wellness?

**Here are 5 self-care tips to help you be at your best:**

**Think small.** Even regular, brief walks, short conversations and an occasional night out with friends can make a difference.

**Get help from trustworthy friends and family.** They'll feel helpful with something important to contribute to.

**Find a local support group.** Churches, nonprofits and other organizations offer services that offer support for parents, siblings and even extended families. If a support group is not your style, consider finding your own therapist for support and guidance.

**Nurture, praise and support the kids in your life, but don't overprotect them.** Set clear limits and reinforce them consistently. Children learn quickly; if caregivers do difficult things for them, they will allow it.

**Take care of your relationships.** Nurturing your relationships are as important as nurturing our children.

When you're on an airplane, you hear the safety message to "Put the oxygen mask on yourself first." It's true. We must take care of ourselves first before we can help our children and others. And taking care of ourselves first helps prevent you from responding to your kids in an emotional or fatigued state.



**Kids can't make learning their top priority if their basic needs aren't met. Their focus is on survival and what's going to happen when they go home.**

Rachel Klaiber  
School nurse, Ohio



# COMMUNITY

# THE ZONES OF REGULATION

A CURRICULUM DESIGNED  
TO FOSTER SELF-REGULATION AND  
EMOTIONAL CONTROL



Students reflect on what events or “triggers” push them into the Yellow and Red Zones. When students can identify their triggers, they are more likely to better brace themselves for what is to come. This allows more time to problem solve or use their “tools” to cope. Can you identify your child’s triggers?

## TOOLS WE CAN USE!

- Count to 10
- Wall push-ups
- Positive Self-Talk
- Jumping Jacks
- Go For A Walk
- Shoulder Rub
- Bounce
- Carry Something Heavy
- Fidget Ball
- Hug
- Read
- Listen to Music



## Pennies By the Pound

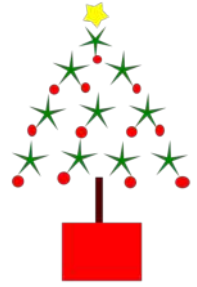
Congratulations to all of the students at Croghan! They collected a total of 225 pounds of pennies! Mrs. Hanson’s class had the most pennies with 22 pounds! Way to go! All contributions were donated to United Way.



# COMMUNITY

## *From the School Counselor . . . . .*

**Compassion** is the Word of the Month for December. This month we will be focusing on performing random acts of kindness towards one another, learning about empathy and how to show empathy for others and "THINK"ing before you speak. Is what you are going to say True, Helpful, Inspiring, Necessary and Kind?



### **Important Dates**

12/5/22-12/8/22- Santa Shop

12/8/22- Mobile Dentist

12/9/22- Mobile Dentist

12/13/22- Fourth Grade to Hayes Center

12/20/22- Second Quarter Grading Period Ends

12/21/22-1/2/23- No School- Winter Break

1/3/23- Students Return to School

1/16/23- No School- Martin Luther King Day

