



News from The NEST

The Official Monday Folder note of Elgin Lower Elementary

610 J Street
Elgin, Oklahoma 73538
(580)492-3680

April 18th, 2024

Principal-Traci Newell
Counselor- Adalia Kamaunu



THIS AND THAT...

Parents please be sure to return your 2024-2025 enrollment forms as soon as possible if you have not already done so. They must be filled out COMPLETELY!! Please be sure to include emergency contact information.

Pre-K parents just a reminder... Four-year-old shots are due prior to your student attending school next year.

Requests to NOT have a certain teacher must be submitted via email to Mrs. Newell by May 20th. Anything after that date may not be honored as we will begin separating classes for next year.
tnewell@elginps.net

Word of the Week: SERVICE

"Life is for service."
-Fred Rogers

Upcoming Events

April 12th/15th

NO School
Inclement Weather Days

Tuesday, April 16th

Professional Day
No School

Friday, April 19th

Wear Purple to honor Military
Child Month
First Grade Field Trip

Monday, April 22nd

Earth Day

Tuesday, April 23rd

Bus Driver Appreciation

Wednesday, April 24th

Secretary Appreciation

April 29th-May 1st

Patriotic Paint with the Principal

May 2nd

PK Celebration @ 10:00

May 9th

First Grade Celebration @ 10:00

May 10th

Super Kids Day

May 13th

Kindergarten Celebration @ 9:30

5 WAYS TO BUILD LASTING SELF-ESTEEM IN KIDS

BASED ON RESEARCH

1

Give choices and responsibilities

Offer choices (e.g., what shirt to wear). Give age-appropriate responsibilities, like chores around the house (e.g., setting the table, folding clothes, feeding the dog, making the bed).

2

Praise sincerely

Be sincere and specific with your praise. Instead of, "You're the best artist in the world!" say something like, "You're getting so good at coloring in the lines!" or, "This is a beautiful flower."

3

Use failure as an opportunity

Let your kids challenge themselves, make mistakes, and occasionally fail. Then make it clear that you still love them just the same. Encourage them to try again.



4

Avoid harsh criticism and sarcasm

Avoid giving criticism in front of others and while angry. Criticize thoughtfully and gently. Explain to your kids that although you sometimes dislike their actions, you never dislike them.

5

Create opportunities for success

Teach your kids to successfully do things for themselves from a young age. Focus on their strengths. Notice what they enjoy and do well, and give them opportunities to nurture these abilities.

A GUIDED GROWTH MINDSET JOURNAL FOR KIDS
BigLifeJournal.com

LUNCH MENUS AVAILABLE ON THE ELGIN PUBLIC SCHOOL WEBSITE UNDER THE DISTRICT SERVICES TAB!

"Parents need to fill a child's bucket of self-esteem so high that the rest of the world can't poke enough holes to drain it dry." - Alvin Price

MONTH OF THE MILITARY CHILD

Elgin Public Schools is thankful for our amazing military families. Please wear purple on Friday, April 19th to help us celebrate our military students.



Popcorn/Pickle Sale
Each item

**NO
POPCORN/PICKLE
THIS WEEK!**

...s classroom.

The Elementary is housed at three different sites:
For questions please call.

Lower Elementary for
PK-1st Grade 492-3680

South Elementary for
2nd Grade 492-2462

Upper Elementary for
3rd & 4th Grades 492-4067

COUNSELOR CORNER

With the end of the school year coming **REALLY** soon I feel like everyone is so busy! I don't know what it is about springtime and the end of the school year, but I literally feel like I blink and it's over! POOF! :) But you know what, I know that I'm not the only one that feels this way! So take a deep breath and find ways to enjoy the chaos. I am so thankful for the time I've had teaching your students this year! Let's make the next few weeks the best!



Some ideas:

- ***Laugh a little:** whether you choose to make silly glasses, tell a good "dad" joke, or read a funny book, laughter is good for the soul
- ***Deal with the BIG problems:** Less problems = Less stress!
- ***Avoid the negative nellies:** You just don't have time for that!
- ***Work towards a fun reward:** mini-golf date, bonfire in the backyard, mentos and coke rockets in the backyard
- ***Focus on being POSITIVE:** to each and every single person, spread that kindness everywhere
- ***Plan plan plan:** make lists, check them off and don't stress when you don't get to something
- ***Keep pushing:** don't underestimate your child's excitement for the upcoming summer. Their extra energy and excitement can be steered into a beneficial direction.

Oh and...tell a dad joke, or two!
They always make me laugh!

8 Habits of Healthy Kids®

Healthy kids:

- Spend at least 1 hour a day being physically active
- Spend less than 2 hours a day watching TV and playing video and computer games
- Eat at least a total of 5 fruits and vegetables everyday
- Snack on healthy foods and less junk food and sweets
- Drink or eat at least 3 low fat dairy foods a day
- Drink at least 2 glasses or bottles of water a day instead of soda
- Eat less fast food and make healthier fast food choices
- Eat smaller amounts - bigger is not better

SUPER KIDS DAY T-SHIRT

Orders are due
April 23rd.
Shirts will be delivered to the school. Please order your specific grade level color.

Super Kids Day will be May 10th.

Concession stand will be available. Pre-K will pre-order their snacks.

Cost of shirt is \$12.00