Dear Cougar Families:

It’s hard to believe the holiday season is already upon us. The season is a time for us to spend with friends and loved ones. It is also a time for us to laugh and celebrate with those we care about. We must not forget it is also a time for us to reflect on all the good we have experienced in our lives and once again prioritize the things in our lives that are important to us.

When we think about prioritizing things in our lives, it is also a time to think about setting new goals for the coming year. As we set our goals, we may also want to help our children set goals for their coming year as well. Goals help our children with a vision of what they want to accomplish and how to get there. When helping our children set goals, we need to be sure they are realistic and attainable. The child also must have an interest in their goal and want to work toward its achievement. Goals not only teach commitment and dedication; they also provide us with a feeling of success when we reach them. In order to help your child set a goal, talk to him/her about what they would like to accomplish during the second semester of the school year and what they need to do to accomplish this goal. The last and most important thing is to celebrate your child’s success in reaching their desired goal. This helps create a feeling of success and responsibility in our children.

On behalf of the Sunset Ridge staff, I would like to wish you and yours a very happy holiday season. We want to thank you for your continued support of our school as we work together as partners in your children’s’ education.

Sincerely,
Brian Winefsky, Principal

As your child looks forward to the month of December sometimes higher levels stress can arise. You might see changes in their attitude, behavior, and emotions. Here are a few tips for helping your child manage their stress:

1. Recognize that a negative attitude or poor behavior choices can be a result of stress. This doesn’t mean that your expectations for respectful behavior should change. 2. Acknowledge your child’s stress. Let them know you understand that change can be hard. 3. Listen to your child. Let them tell you about their school day, the good parts and the bad parts. 4. Help them identify their feelings. Are they frustrated, mad, sad, confused, overwhelmed? Finding the correct feeling word(s) can help reduce stress. 5. Validate their feelings. Never tell them they shouldn’t feel a certain way. 6. Tell your child about the importance of school and doing their best, even when it’s hard or they don’t want to. Hold firm to your expectations. 7. Be careful not to put too much pressure on your child for grades or performance. Every child learns differently and at their own pace.

As we venture towards the New Year, you can visit the website SecondStep.org. There are parent resources on the site that seek to improve your student’s success. As we wrap into winter break find time with your student(s) to practice stress relief techniques. In addition to the district based website I have a school website https://covertpesd92.weebly.com/ that has some great resources and other things that I think might be helpful or useful. Check it out!

For parents of students who are in the eighth grade, please take some time this month to talk about high school. We had our feeder high school come and talk with your student. Registration needs to be turned back in promptly to ensure that the electives your students chooses will be available to them. Copper Canyon will be visiting your student’s classroom virtually on December 2nd. I cannot stress enough that this is the time of the year to be planning out and registering your student for their freshman year.

If you have questions or need to get ahold of me my school office number is (623) 772-2730 and my email address is ncovert@pesd92.org. Let’s make December a month to remember here at Sunset Ridge Elementary School.