

Principal's Corner-

Greetings Fox Hollow Parents,

What a wonderful first week I have had at Fox Hollow Elementary. It started out with a School Spirit assembly where I was introduced to the students, teachers and parents. I received a Fox Hollow t-shirt and polo that I will wear with pride! We also celebrated the great work of students that exemplified the character trait of courage and we recognized an outstanding educator, Mrs. Gallegos (The "Shine" Award). It was a great celebration and I felt welcomed in my new position. To top it off, I loved the school's spirit as the students sang the school song. Fox Hollow is a great place to be!

I wanted to take another minute to mention that I have met already with many parents and students about questions and concerns they have had about my vision for learning and the direction we will be moving as a school. Thank you for coming in and allowing me to talk with each of you. I am looking forward to more visiting as we have the Family Math and Art night on February 24th (5:00-7:00 p.m.) and I welcome you all to come meet with me and to be a part of this wonderful evening prepared by our outstanding and qualified staff.

Have a Great Weekend! Shawn

Brooks

Principal, Fox Hollow Elementary

Key Calendar Dates-



February 17: Presidents' Day, no school

February 24: Kindergarten Online Registration

(Opens at 8:00 a.m.)

February 24: Family Math and Art Night

(5:00-7:00 p.m./ Pizza)

Perseverance-

This month with our character education program, students will be learning about perseverance. The concept of perseverance can most often be found in one's active pursuit in overcoming obstacles. Perseverance is a uniquely human characteristic that identifies an individual's ability to spend long periods of time devoted to a single goal or set of goals. Those who persevere are able to set goals for themselves and then take active, calculated steps toward those goals. People demonstrating high levels of perseverance are able to handle significant, sometimes repeated, setbacks in pursuit of goals. Fox Hollow students will benefit from the study of this important character trait. (*See the attached sheet on perseverance.)

Attendance-

Help Your Child Succeed in School: Build the Habit of Good Attendance Early

School success goes hand in hand with good attendance!

DID YOU KNOW?

- ❑ Starting in kindergarten, too many absences can cause children to fall behind in school.
- ❑ Missing 10 percent (or about 18 days) can make it harder to learn to read.
- ❑ Students can still fall behind if they miss just a day or two days every few weeks.
- ❑ Being late to school may lead to poor attendance.
- ❑ Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in kindergarten, so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work.

WHAT YOU CAN DO?

- ❑ Set a regular bed time and morning routine.
- ❑ Lay out clothes and pack backpacks the night before.
- ❑ Find out what day school starts and make sure your child has the required shots.
- ❑ Introduce your child to her teachers and classmates before school starts to help her transition.
- ❑ Don't let your child stay home unless she is truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- ❑ If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make her feel comfortable and excited about learning.
- ❑ Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- ❑ Avoid medical appointments and extended trips when school is in session.

I hope this information is helpful as we work together to help students succeed with their education. If you have further questions or would like to visit about attendance, please don't hesitate to drop by the school to talk with office administration. We are happy to help in any way we can. Thank you for your support

How can I help my kid avoid digital drama?

To adults, digital drama and cyberbullying may seem one and the same. But to kids, there's a difference. Unlike [cyberbullying](#), which involves repeated harassment of someone, digital drama is the everyday tiffs and disputes that occur among friends or acquaintances online or via text message.

[Read More Here](#)

Wellness: The Importance of Washing your Hands

Despite our vigilance to stay healthy amidst the flu season, you probably know someone who has suffered from the flu or a cold this winter. Here are several quick reminders to help you and your family stay healthy and recover quickly:

1. Get plenty of sleep. Taking time to recuperate is one of the best things you can do to keep your body healthy and strong.
2. Drink plenty of fluid. Drinking water helps fight against the flu, wards off headaches, and flushes toxins from our bodies. When we are sick, especially when we have a fever, we are at risk for dehydration. Be sure to drink plenty of liquids to keep the body hydrated. Warm beverages like tea can be particularly soothing when we are not feeling our best.
3. Gargling with salt water can help to reduce swelling in the throat and loosen mucus. A study in Japan found gargling with green tea reduced the likelihood of getting the flu due to green tea's catechins, a type of antioxidant which may help prevent infection.
4. Enjoy a steamy shower to help moisturize your nasal passages and clear out mucus in your nose and throat.
5. Regularly wash your hands with soap and water. We frequently touch our eyes, nose, and mouth without even realizing it. All are places where germs can enter the body and make us sick.

Of course, you want to seek medical attention if your condition does not improve and limit your contact with others to prevent the spread of illness.

Have a great week!!