

Hawk Happenings

February 2023

Dear Spring Lake Families,

Our Character Trait for February is: *Honesty*
Honesty is when you speak the truth and act truthfully.

Happy February! We are looking forward to some fun and educational activities this month.

- White Ribbon Week: February 13th - 17th (see more information below)
- Valentine's Day: Tuesday, February 14th
- Recess Dads: Friday, February 24th

There will be **NO SCHOOL** on **Monday, February 20th (President's Day)**.

Next Month Calendar items:

- March 6th-9th - Book Fair
- March 9th - SEP Conferences
- March 10th - NO SCHOOL!
- March 16th - Spring Pictures
- PTA Fundraiser - March 20th - 29th (Penny Wars)
- March 22nd - NO SCHOOL!
- March 31st - 5th Grade Maturation @ 2:30 PM
- April 3rd - 7th - SPRING BREAK!

Hope you have a wonderful month and please reach out to me if you have any questions/concerns!

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WHITE RIBBON WEEK

February 13th - 17th

White Ribbon Week consists of 5 fun-filled days at school to help students think carefully about their online choices.

White Ribbon Week addresses many issues including online safety, cyberbullying, screen time and emotional wellness.

Mon, Feb 13th (wear white): *"I will use technology to show kindness and respect."*

Tue, Feb 14th (wear hearts): *"I will give priority to real life relationships."*

Wed, Feb 15th (favorite sports/exercise): *"I will choose healthy activities to handle stress and boredom."*

Thur, Feb 16th (favorite activity or color): *"I will choose to balance my day."*

Fri, Feb 17th (favorite character): *"I will remember that not everything online is real."*



Attention **Nebo** Parents

join our Mental Health Series focusing on...

Emotional Regulation: Part 1 Recognizing What's Wrong

February 22, 2023

6:00–7:00 PM via Zoom



REGISTER HERE:

<https://cookcenter.info/NeboFeb22>

Nebo
SCHOOL DISTRICT





Inclement Weather Procedures

- **Children should arrive at school dressed for the weather of the day so they can safely and comfortably enjoy recess as they will be expected to go outside most days.** All children will be expected to go out for recess except in extreme weather conditions: Very cold temperatures (below 20 degrees), heavy rain or snowfall, and unhealthy air/inversions (we check air quality daily).
- Please label all coats, jackets, hoodies, gloves, etc. with your child's name so that items can be easily returned when dropped or misplaced.