BIRDS Students of the Week:

TK-K: Bentlee Alexander - Respect Self & Others
K-KB: Hudson Rolling - Respect Self & Others
1-K: Trigg Langel - Be Positive
1-J: Emerson Arkema - Be Positive
2-S: Reagan Breitharth - Be Positive
2-F: Isabella Galvan - Be Positive
3-S: Lucy Geha - Do Your Best
3-H: Grace Anthony - Respect Self & Others
5-S: Briana Kolbeck - Imitate Jesus
               Meleah Dreckman - Do Your Best
6-L: Melina Garcia - Respect Self & Others
6-C: Ava Langel - Imitate Jesus

These students may wear a Gehlen T-shirt on Thursday, December 16.

BIRD CLASSES OF THE WEEK:

K-PB, 2-S, 4-PH, 4-CH, 5-S, 6-L,

These students may wear a Gehlen T-shirt on Friday, December 17.

UPCOMING EVENTS:

WEDNESDAY, DECEMBER 15
• 9:00 GRANDPARENTS DAY PK-MRS. SCHREINER’S CLASS

THURSDAY, DECEMBER 16
• 9:00 GRANDPARENTS DAY PK-MRS. BICKFORD’S CLASS
• GRADES 3-6 BIRDS BREAKFAST

FRIDAY, DECEMBER 17
• GRADES TK-2 BIRDS BREAKFAST

MONDAY, DECEMBER 20
• PAJAMA DAY! PK-6

TUESDAY, DECEMBER 21
• 1 HOUR EARLY OUT

DECEMBER 22–JANUARY 3
• NO SCHOOL-CHRISTMAS VACATION

Important Information:

It’s hard to believe we have gone from no coats last week to negative wind chill this week! Students need to bring full snow gear to school each day until further notice. This includes winter coats, snow pants, boots, hats, mittens/gloves, etc. We will continue to have outside recess as long as the real-feel temperature is 0 or above.

If you are in need of any winter items for your child(ren), please contact the Elementary Office for assistance!
We are still working towards our PBIS Bird Track goal of 5,000! As of today, we are at 3,800 Bird Tracks! Continue to encourage your kiddos to show those awesome Birds expectations!

Students PK-6 will have a Pajama Day on Monday, December 20! If we make our goal, we will also add our Polar Express Festivities on that same day!

Please mark your calendars for the BIRDS Breakfast for December. We want to honor our students before leaving for Christmas break! If your child was a BIRDS Student of the Week in December, plan to attend on the dates listed under Upcoming Events.

As always, if you have any questions or concerns, please do not hesitate to contact me!

Mrs. Loutsch
PK-6 Principal
aloutsch@gehlencatholic.org

In Guidance class, the sixth graders have been learning about ways to reduce stress. Though we are supposed to slow down during this Advent season as we patiently await for Jesus’ birth, we tend to be even busier as we schedule Christmas parties and gatherings. These busy schedules can lead to more stress. Please don’t forget to take some time to slow down! I have listed below tips for reducing stress at home. Try to commit to working on some of these as a family. Once implemented, you should notice a positive change! I wish you and your family a RELAXING and blessed Christmas break!

1. **Stop overscheduling**
   Does your child have any down time? Is your family able to eat meals around the table as a family, or are you busy running from one activity to another every day of the week?

2. **Make time for play**
   Encourage play that isn’t pressured—with no lesson, competition, or end goal.

3. **Make sleep a priority**
   Sleep is crucial for minimizing stress and also improving school performance. Our brain and body need time to rest! To help in your child’s sleep schedule, try to keep electronics out of your child’s bedroom.

4. **Teach your kids to listen to their bodies**
   Encourage your child to listen to when their body is telling them that something is not feeling right (upset stomach, headache, sore muscles, etc).

5. **Manage your own stress**
   Stress can be contagious. When parents are stressed, their kids are stressed as well. Try to model a stress free life.

6. **Make mornings calmer**
   Try to have an organized home where mornings can run smoothly. This sets students up for a successful day.

7. **Prepare your kids to deal with mistakes**
   For some kids, stress can come from the fear of making mistakes. Remind your child that mistakes are okay. They help us to learn!