



NEWSLETTER

DECEMBER 2025

HEALTH VALUE - ACHIEVEMENT



Radiate Confidence

DIRECTOR MESSAGE

Happy Holidays! I can't believe the holidays are just around the corner. This year is going by so quickly! We have a such a great community and I'm so grateful for all of you and what you do to make our school amazing!

Intensives are next week! It is one of my favorite weeks. Students are so engaged in their learning. We have some really fun intensives planned and I'm so excited to see the students engage in the learning. Our teachers are so fantastic! We are so lucky to have teachers that care deeply about your children and work tirelessly to create meaningful experiences for them. I can't wait for you to see what they have been working on! Please make sure your student is here everyday. They won't want to miss out.

We have had a lot of change this year and we are getting into a good rhythm. The shorter school day has helped teachers have more prep time and has made a big difference in the way lessons are delivered. Thank you for making that work for your family. Please make sure you are checking your email. This is the way we communicate with families and we need you! Each one of our parents matters. We love to have you on fieldwork, in the school helping in classrooms and with displays, at FCO meetings, and at all of our celebrations. Thanks for all of your tireless hours of work to help support our students and their growth. Parenting can be tough and we are grateful for your partnership in your student's education.

However you celebrate the season, we hope you are healthy, happy, and taken care of. We wish you the best and hope you have a happy holiday an amazing New Year! Thanks for being part of Greenwood's family. We are grateful for each one of you!



How to Talk to Your Child or Teen About Not Wanting to Go to School

It's common for kids of all ages to resist going to school at times. The best first step is to stay calm, curious, and nonjudgmental—kids share more when they feel listened to, not pressured.

ELEMENTARY AGE: USING THE "80% RULE"

If your child says, "I don't want to go to school today," pause before assuming they're being careless or dramatic. Young children often struggle to explain what's wrong.

Try saying:

"I hear you're not feeling up for school. Is something bothering you? We don't need to feel 100% to try—80% is enough. You may feel better once you're there, and we can talk more after school."

Why it helps:

The 80% Rule teaches kids that they can still move forward even on "off" days—and that school attendance remains important.



MIDDLE SCHOOL AGE: BUILDING A SMOOTH ROUTINE

If your tween/teen says, "I'm too tired to go," remember that middle school can be mentally and socially draining.

Try saying:

"I get that you're tired. How about we create a morning routine that makes starting the day easier? Maybe a favorite breakfast or a quick energizing activity. A steady routine helps you get going—even on tough mornings. After school, let's talk more about what's making mornings hard."

Why it helps:

A predictable, calming routine reduces stress and helps students get out the door—even when they're low-energy.



Calendar Events

December

- 2 - After School Club - Lego (last day)
- 5- Forest Celebration Crew K-8
- 8 - Adventure Monday - K-1 grades
- 12 - Forest Crew (K-5)
- Miss Courtney's Crew
- 15-19 - Winter Intensive Week K-8
- 15 - UG Space Camp Intensive fieldwork, Kindergarten Fieldwork - Loveland
- 16 - UG Art & Music Intensive fieldwork, UG Drama Intensive fieldwork, UG Rock Climbing Intensive fieldwork, Kindergarten Expert - Discovery Gateway
- 17 - UG Drama Intensive fieldwork, UG D&D Intensives fieldwork, UG Rock Climbing Intensive fieldwork, UG Art & Music expert visit
- 18 - UG Drama Intensive fieldwork, UG D&D Intensive fieldwork, UG Rock Climbing Intensive fieldwork
- Dec 22 - Jan 2 - Winter Break No School
- Jan 5 - Teacher Learning Day - No School



State Parent Resource & Support Website - [LINK](#)



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We have grit



The weather is getting cold - make sure your kids are dressed warm!



Winter Wellness: Spotting Seasonal Sadness in Kids

As winter brings shorter, darker days, some children may experience seasonal sadness.

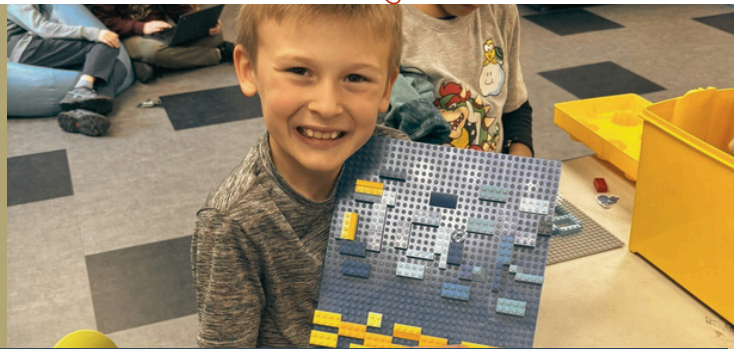
Signs can include

- ongoing irritability,
- changes in sleep or appetite,
- loss of interest in activities,
- trouble concentrating, or
- frequent physical complaints like headaches or stomachaches.

Keeping routines steady, encouraging open conversations about feelings, and supporting healthy habits such as regular sleep, outdoor time, and balanced meals can help boost your child's mood.

If these changes last more than two weeks or begin to affect your child's schoolwork, friendships, or home life, consider reaching out to a pediatrician or mental-health professional. With awareness and support, families can help children navigate the winter months with greater comfort and resilience.

Ms Liz



Now Enrolling & Intent to Return

Intent to Return - All current students. This automatically enrolls your child for next year, form must be completed to secure their spot.
Deadline: January 14, 2026
Where to Submit: Visit the school's website and click on the [Enroll Now](#) at the top, then Intent to Return button to complete the form.

New Student Enrollment (Including Kindergarten)
If you have a child entering Kindergarten, or if you have a sibling or new student you wish to enroll, please complete a New Student Enrollment Application.

- Click on the [Enroll Now](#) button on our school's website.

Submit applications for new students and upcoming kindergarteners for the 2026-2027 school year!

Safety Corner

December Safety Drill - Secure "Get inside, lock outside doors"

When Used - Emergency happening outside the building

Students are trained to - return inside the bldg & do business as usual

Staff are trained to - bring everyone indoors, check exterior doors, increase situational awareness, account for students & adults, do business as usual



See Safety Page on School's Website



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FAMILY LITERACY ACTIVITIES WHILE DRIVING IN THE CAR

- **Audiobooks:** Listen to a kid-friendly audiobook together, and pause to discuss the plot, characters, and new vocabulary.
- **Storytelling:** Start a story with a sentence and have each person add another sentence to continue the tale, building narrative skills and creativity.
- **"I Spy" with a twist:** Play "I Spy" by describing a word based on its starting sound (e.g., "I spy something that starts with the /s/ sound").

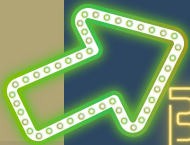


Adventure Days - Cycle 2

Adventure Day was a huge success across all grade levels. K-3 students explored the Ogden Nature Center, grades 4-5 hiked Ice Box Canyon, and 6-8 students completed a 6-mile trek up Old Snowbasin Road. Students showed grit, teamwork, adaptability, and great care for each other and the natural world. Our Specials teachers shined as outdoor educators, and we're grateful to all carpools and chaperones who made the day possible.

These experiences help students learn they can do hard things and support our school-wide goal to Radiate Confidence.

We're excited for Cycle 3 - "Reciprocity and Gratitude"—and remind families to send students dressed for winter weather.



FREE BREAKFAST

ALL students are welcome to enjoy free breakfast every morning from

7:40-7:55 AM

It's a great way to start the day full and ready to learn! We've noticed some students getting hungry before lunch, so please make sure they eat breakfast either at home or at school. If your child needs a mid-morning snack, please coordinate with their teacher to send one in.



PARENT RESOURCES LINK

You can find different community resources, including mental health, family needs, behavior support and more.

[LINK](#)

FCO PARENT MEETING

December 5 @ 2:30 PM

Activities with Mr. Crew for kids while parents attend the meeting!

