Dear Silva Valley Parents / Guardians,

Silva Valley Elementary School will continue to remain open for in-person learning in the AM / PM Hybrid Schedule. Per the revised CDPH guidelines, all students are required to wear face coverings while on school grounds. I must say students are doing a fabulous job wearing their face coverings at school and parents have been doing a great job keeping their students at home if they have low-risk general symptoms. Great job everyone!

Our awesome PTA will be organizing our second fundraiser this school year in February - Dance Fit. The Dance Fit kickoff will begin on February 16th and will culminate on February 25th with a live virtual live dance party. Each student will be given a t-shirt and prizes will be distributed on Friday March 12th. Thank you for supporting our PTA.

Upcoming Events I would like to highlight:
- **Friday February 5, 2021** - Spirit Day - Sports Day (Dress up in your favorite sports team)
- **Friday February 12, 2021** - No school (Lincoln’s Birthday)
- **Monday February 15, 2021** - No school (Presidents’ Day and Washington’s Birthday)
- **Tuesday February 16, 2021** - PTA Sponsored Dance Fit Begins
- **Thursday February 25, 2021** - Dance Fit Party
- **Friday February 26, 2021** - End of Trimester 2
- **Thursday March 4th & Friday March 5th** - Parent Conferences (at teacher’s request only)
- **Friday March 5th** - Report Cards sent home

Please continue to wear face coverings, practice social distancing, wash your hands frequently, and **keep your student home if they are feeling ill**. Be sure to communicate to the office if your student will not be attending school. Stay healthy and be well!

Go Golden Eagles!

Brandon Beadle
Principal, Silva Valley Elementary
Silva Valley Sports Day
Friday, February 5th

Join in on the fun!
Wear your favorite team's shirt, hat or jersey.
February Counselor’s Corner

In the February spirit of love and kindness, I thought a message about love language and a Kindness Challenge would be appropriate.

Teacher’s were given a copy of the 2021 Great Kindness Challenge check-list to share with their students and encourage them to take the challenge completing as many as possible. If you haven’t seen it floating around your house or buried in a backpack, I encourage you to print it out and make it a family project by sharing a smile and making the world a better place one good deed at a time.

**Connect with your child using the 5 LOVE Languages**
(from The 5 Love Languages of Children by Gary Chapman)

**Physical Touch**
- Sit near or beside your child
- Offer lots of hugs and kisses
- High Fives!
- Playing piggyback
- Play games like Twister
- Making up handshakes
- Gently squeezing their hands to say, “I love you”
- Snuggling close on the couch and reading together

**Words of Affirmation**
- Use encouraging words and phrases often
- Saying, “I love to watch you...(play, draw, etc.)
- Say “I love you” many times a day, in different ways or languages
- Creating a name of affection for them
- Writing love notes and leaving them sound the house or in a lunchbox

**Quality Time**
- Listening to their stories and feelings
- Bring your child along while running errands
- Look at the stars together
- Allow them to help you around the house

**Acts of Service**
- Taking walks together and having conversations
- Stop what you’re doing and make eye contact
- Lay in their bed at night until they fall asleep

**Gifts**
- Choose small tokens or homemade presents
- Gift them a special song
- Keep a sticker chart for their achievements
- Create a photo album for them
- Make them a special treat or favorite meal
- Gift them a book you can read together
- Give them something special you’ve received from your own childhood or teenage life
Your Kindness Matters

We challenge you to complete as many acts of kindness as you can. Remember, social distancing is kind, too!

Stay safe, have fun and smile big knowing you are making the world a better place!

Kind Acts

- Smile at 25 people
- Leave a nice note on your friend’s desk
- Sincerely compliment 5 people
- Pick up 10 pieces of trash on campus
- Be kind to yourself & do 10 one-minute exercises
- Tell a joke & make someone laugh
- Be kind to yourself & eat a healthy snack
- Learn something new about your teacher
- Draw a picture & give it to someone
- Wink & flash a peace sign to greet a classmate
- Recycle your trash
- Design a kind craft for your family
- Cut out 10 hearts & leave them for friends to find
- Entertain someone with a happy dance
- Make a kind poster for cafeteria helpers
- Show appreciation to a counselor or mentor
- Say “good morning” to 15 people
- Design a thank you for the PTA/PTO
- Make a wish for a child in another country
- Say “thank you” to a crossing guard
- Invite a new friend to play/hang out with you
- Send a thank you to your superintendent
- Place a nice note on a family member’s pillow
- Raise funds for a cause you care about
- Go a whole day without complaining & use only positive words for the entire day
- Tell a current or past teacher how they’ve inspired you
- Step up for someone in need
- Make and display a KINDNESS MATTERS sign
- Create a thank you note/sign for essential workers
- Make a bookmark for a friend
- Hold the door open for someone
- Pat yourself on the back
- Make 10 Love Links for Kindness Unites Paperchain
- Write a thank you on a bandage for the nurse
- Listen to your teacher the first time
- Call or video chat your grandparent or esteemed elder
- Paint a rock & leave it somewhere to surprise someone
- Learn to say “hello” in a new language
- Bring a flower to the office staff
- Show appreciation to your principal creatively
- Help your teacher with a needed task
- Say “hi” or cheer someone up who looks sad
- Be on time for school
- Make & display 10 positive notes around your house
- Wave & say thank you to room duty or campus supervisor
- Make & deliver a happy card to a senior friend
- Say “sorry” to someone you may have hurt
- List 10 things you are grateful for
- Embrace your family with a big hug
- Create your own kind deed

#GreatKindnessChallenge
GreatKindnessChallenge.org ♦ KidsforPeaceGlobal.org

(Your Name Here)
Parenting the Love and Logic Way®

ZOOM Class

Parenting can be challenging in normal times, parenting during a pandemic brings new and unique challenges. Come join me to learn strategies that will help us to come through this not just surviving, but thriving!

Wednesday Evenings // 6:30-8:30

March 3rd, 10th, 17th and 24th // April 14th and 21st
(We will not meet during spring break, 3/31 & 4/7)

Class Tuition: $25 per individual/couple
(includes 1 parent workbook)

Email pearlsofparenting@gmail.com to register for this

ZOOM Parenting the Love and Logic Way® class

Payment for the class and parent workbooks will be dropped off and distributed at the Buckeye District Office.
Dear Buckeye Families,

The Buckeye Union School District fosters a culture that promotes the health, safety, and well-being of students, parents and staff. In an effort to continuously support this commitment, the district has partnered with Care Solace.

Care Solace is an online resource with a live 24/7 concierge meant to assist individuals in finding local mental health related programs and counseling services. Care Solace is a tool for school staff and families to connect with community-based mental healthcare resources and providers. Their proprietary care navigation system taps into a vast database of mental healthcare resources to find carefully vetted local therapists and programs in minutes.

School district families and staff may access Care Solace services in two ways:

1. Call (888) 515-0595 to speak with someone from your Concierge team
   - Representatives are standing by to take your call or email 24/7

2. Visit your custom district link: www.caresolace.com/busd
   - Answer ten easy questions to receive an extensive list of referrals to applicable care providers. Care Solace takes into account all types of private insurance including Medi-Cal, Medicaid, and Medicare and those that have no insurance. The platform also filters by age, gender, zip code and special request.

Care Solace is now available for use by district families and staff at no cost. Care Solace does not require a name, address, phone number, or date of birth. All information entered on the Care Solace tool is completely confidential and securely stored.

Please note, this service is an optional resource available by choice and is not mandatory in any way. Care Solace is not an emergency response service or mental health services provider. In the event of a life threatening emergency, please call 9-1-1 or the National Suicide Hotline 1-800-273-8255. If you are interested in seeking counseling-related services at this time, please consider visiting www.caresolace.com/busd.

Warmest regards,

Nicole Schraeder
Director of Student Services
Buckeye Union School District
Happy February Golden Eagle Families!

In February we have, what we hope to be, the biggest fundraiser of the year, the Silva Valley Dance Fit event brought to you by Boosterthon. We are happy to partner with Boosterthon again because they definitely know how to bring the energy and make things fun for the kids. Fundraising has been a challenge this school year, yet our expenses for many programs are the same, we hope that your kids have fun participating in this multi-day fitness based fundraiser and are able to help earn money for our school. Our goal is $12,000, this is approx. $25/student and will help purchase and replace chromebooks that have been essential and used greatly for learning while distance learning. Last year Silva Valley students were able to raise $24,000 at our Fun Run event, we can do this Silva Valley!!

**Important Dance Fit dates:**
- Feb 2nd- pledging begins
- Feb. 16th- Pep Rally- Videos shown in class during school
- Feb. 25th- Dance Fit Party

**Dine Out for Dollars:**
- Feb. 24th- Chic-Fil-A

Additionally, Silva Valley PTA is looking for new members to fill open positions on the PTA board. There is a critical need for the positions of President and Vice President, who have both termed out. Silva Valley PTA board positions include:

- **President**
- **Vice President**
- **Secretary**
- **Treasurer**
- **Parliamentarian**
- **Historian**

If you would like to help the PTA, but do not feel that you can commit to a board position, several committees are looking for help as well. Please reach out to Silva Valley PTA at silvavalleyptaedh@gmail.com for more information.
Our Silva Valley Dance Fit fundraiser will kick off in just 3 weeks on February 16th. Our goal is to raise $12,000 for Chrome Books and to strengthen our school community. This year, fundraising is more critical than ever to provide learning resources and fund our school budget. We’ve asked our friends at Booster to power our fundraiser to make it more profitable, fun, and easy for everyone. We have worked closely together to ensure this event follows the safety and health guidelines of our school.

Here’s what all students can get excited about:

- Fun, engaging character development lesson
- A high-energy event to give our school a much needed boost of fun!

If your family feels it’s not in the position to financially support the school, that’s ok. Families can actually support our school by also SHARING about our fundraiser with friends and family online. Sharing IS supporting.

**Key dates to remember:**

- Donating Opens - 2/2
- Register on [FUNRUN.COM](https://funrun.com), SHARE, & GIVE! Fundraiser Kick Off - 2/16
- Event Day - 2/25

**SAVE THE DATE! You’re Invited!**

Please click on link to see a trailer about our upcoming event

[https://vimeo.com/40560995/8bc6208715](https://vimeo.com/40560995/8bc6208715)

Thank you for supporting Silva Valley Elementary through the Silva Valley Dance Fit!
Wednesday, February 24th
Dine for Dollars
Sponsored by the Silva Valley PTA
2679 East Bidwell Street, Folsom