Hello Golden Eagle Families!

Spring Conferences are scheduled for Thursday March 3rd and Friday March 4th. Both days will be minimum days to allow for parent teacher conferences on these days. If conferences are requested, your classroom teacher will reach out to you.

We are very excited for the Spring Gala on Saturday March 12, 2022 at the Serrano Country Club. Thank you to all the parents who have purchased tickets and the community members who have donated items to the event. We are looking forward to a fun filled evening of food, drinks, music, raffles, and good company!

Friendly reminder ... Our crossing guards want to remind parents not to drive through the crosswalks while students are crossing and not to block the crosswalk with your vehicle while you are waiting to drop off in the morning or pick up in the afternoon. Thank you for your assistance and cooperation keeping all the students safe during arrival and pick up time.

The lost and found cart has been overrun with winter coats and jackets. Please remind your student(s) to check lost and found if they are missing anything. The lost and found cart is located in front of the restrooms of the multipurpose room.

The all important state CAASPP testing will take place this May. The state uses these tests to measure academic achievements at schools throughout California. State testing will occur for grades 3 - 5 in the month of May. Testing in the area of math will occur during the week of May 2nd and English-Language Arts during the week of May 9th. During the week of May 16th, fifth grade students will be taking the science test. Student attendance during these weeks is very important!

Please be sure to check our Silva Valley Website for upcoming important spring events.

Sincerely,
Mr. Beadle
Silva Valley Principal
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<th>Sunday</th>
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<td></td>
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<td>Basketball Game at Jackson Elementary Silva Valley vs. Jackson 4pm—Girls 5:15pm—Boys</td>
<td>Minimum Day Dismissal Times Grades 1-5 12:07pm AM Kinder 11:15am PM Kinder 2:45pm</td>
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<td>Report Cards Sent Home</td>
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<td>At Silva Valley</td>
<td>4th Grade Field Trip to Coloma</td>
<td>4th Grade “A Touch of Understanding” Assembly</td>
<td>School Board Meeting @ 7:00pm</td>
<td>Coffee &amp; Conversation with the Superintendent in the Staff Lounge @ 8:00am</td>
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<td>No School</td>
<td>Staff Development Day</td>
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- **Sunday, March 5**: All day, No School.
- **Monday, March 6**: Spring Forward! Daylight Saving Time.
- **Tuesday, March 7**: Make-A-Day Prim Day at Silva Valley.
- **Wednesday, March 8**: Read Across America.
Tuesday, March 8th

¡Click Studios will be on the school campus! Students will be called from class to get their picture taken if they missed Picture Day in September.

March 1st—March 15th

Just $25 per book!

Click Here to Order Yours!
February’s Kindness Week was a huge success and lots of fun! To help support the awesome activities of our Student Council, my topic for classroom guidance was, wait for it... KINDNESS!

Some of the highlights included the fact that besides kindness helping strengthen relationships and making the world a better place, it also increases our serotonin levels (feel good chemical in our brain), decreases stress and depression, and lowers blood pressure.

Students were also surprised to learn that although we are born with a natural sense of compassion, it comes more naturally to some. The good news is that we can develop and build our kindness and compassion skills by observing, receiving, and practicing kindness every chance we get. So practice, practice, practice to build that kindness muscle.

We talked about the meaning and importance of having empathy for others, how kindness is literally contagious, and the importance of using the Stop and Think Method (attached) to help make thoughtful decisions about the words we put out into the world.

Lastly, I encouraged students to reflect at the end of each day on all the kind acts they witnessed, expressed, and received, paying special attention to the unkind things they may have said or done, and working to build that kindness and compassion muscle everyday.

Students were also given a copy of The Great Kindness Challenge Family Edition (attached) to help spread kindness throughout your home, neighborhood, and community.

Here are some great resources on kindness:

- **Be Kind** by Pat Zietlow Miller
- **Ordinary Mary’s Extraordinary Deed** by Emily Pearson
- **Each Kindness** by Jaxqueline Woodson
- **Tomorrow I’ll be Kind** by Jessica Hische
- **Empathy Explained** by Mark Ruffalo and Murray
- **Stop and Think Method** (next page)
- **Great Kindness Challenge Family Edition**

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**Before you speak:**

**T = Is it True?**

**H = Is it Helpful?**

**I = Is it Inspiring?**

**N = Is it Necessary?**

**K = Is it Kind?**
Stop and Think
Are your words...

T - Truthful
H - Helpful
I - Important
N - Necessary
K - Kind
Create a kinder world. Take a week, a month or a year. Have fun and complete as many acts of kindness as you can. Your Kindness Matters!

Kind Acts

- Smile at 25 people
- Take a treat to your local firefighters
- Do a household chore without being asked
- Donate something to an animal shelter
- Read a book to a younger child
- Make a thank you card for your librarians
- Entertain someone with a happy dance
- Create a family gratitude jar
- Cheer for every player on both teams
- Deliver a special gift to a child in the hospital
- Make a new friend or welcome a new neighbor
- Send a card or gift to a military family
- Walk or pet an animal - but ask first!
- Go a full day without complaining
- Hold the door open for someone
- Learn to say “Thank you” in a new language
- Embrace your family with a big hug
- Teach something to a younger sibling or friend
- Write or draw a loving note for someone
- Make and display a “Kindness Matters” sign
- Raise funds and donate to your favorite cause
- Watch the sunrise or sunset together
- Breathe, stretch and think a happy thought
- Cut out 10 hearts and leave them on 10 cars
- Thank a bus driver
- Leave a flower on someone’s doorstep
- Be kind to yourself and eat a healthy snack
- Call your grandparents or esteemed elder
- Walk or bike instead of driving
- Say “Thank you” to a police officer
- Bake cookies and share with your neighbors
- Say “Good Morning” to 5 people
- Pick up and recycle trash in your neighborhood
- Take a family walk outside
- Draw a heart in the sand or dirt
- Write a thank you note to your mail carrier
- Make a wish for a child in another country
- Volunteer in your community
- Say “Hi” to someone who looks sad
- Write a happy message with sidewalk chalk
- Paint a kindness rock and randomly place it
- Share food with someone who is hungry
- Sincerely compliment 5 people
- Post a positive message on social media
- Let someone go ahead of you in line
- Help plant a garden
- Reflect on kindness you witnessed during the day
- Create your own kind deed

#GreatKindnessChallenge
www.greatkindnesschallenge.org
Silva Valley invites your lil' partner to come meet the kindergarten teachers!

May 6, 2022
Available times
(limit 20 students per time slot)

8:30am - 9:30am
9:45am - 10:45am
11:00am - 12:00pm

Sign ups are available in the administration office.

Students will be escorted by staff members to a classroom to participate in 3 activity stations. These activity stations are specifically designed to help the kindergarten teachers get a quick snapshot of who your student is and how best to prepare for the upcoming school year. Parents will attend an orientation and have the opportunity to speak with a teacher to learn more about the kindergarten program at Silva Valley.

We can't wait to see you there!