

Valley Newsletter

January 2022



UN BOLETÍN EN ESPAÑOL TAMBIÉN ESTÁ DISPONIBLE EN EL SITIO WEB DEL VALLE

Superintendent Notes — Mr. Anderson

Family Literacy Night

The Family Literacy Night will be held on the evening of January 13, 2022 (Thursday) from 6:30 to 8:00pm. Parents, please join us with your children for an evening of fun activities. Find out what reading activities are going on in your child's classroom and learn how you can help your child become a better reader. Each student will receive a book and bookmark of their choice. Tables will be set up for English Language Learners to provide information on how you can help your child be more successful in the classroom. Refreshments will be served. We look forward to seeing you on the evening of January 13, 2022.

Text Messaging Service

If you are new to the district or have changed phones you can "opt in" to our text messaging service. Please follow these directions:

Open up text/messages

To: 1-877-708-8480

In the message type: Valley

Click send

We will send out messages and other important school announcements from time to time. If you have questions, please contact the district office at 208-829-5333.

School Attendance

Idaho Code 33-202 states that parents or guardians are required to have children ages 7 through 16 enrolled in and attending public, private, or parochial school. The intent of Valley School District is to have students attend school on a regular basis. Regular and consistent attendance results in increased learning. All students registered at Valley Schools must be in attendance in each classroom 90% of the time when that class is in session. No credit will be granted to students missing more than 9 days per semester.

Information from the National Center for Educational Statistics

- Chronic student absence reduces even the best teacher's ability to provide learning opportunities.
- Students who attend school regularly have been shown to achieve at higher levels than students who do not have regular attendance.
- The relationship between attendance and achievement may appear early in a child's school career.
- Absenteeism in kindergarten was associated with negative first grade outcomes such as greater absenteeism in subsequent years and lower achievement in reading, math, and general knowledge.
- High school dropouts have been found to exhibit a history of negative behaviors, including high levels of absenteeism throughout their childhood, at higher rates than high school graduates.
- Students who eventually dropped out of high school missed significantly more days of school in first grade than their peers who graduated from high school. In eighth grade, this pattern was even more apparent and, by ninth grade, attendance was shown to be a key indicator significantly correlated with high school graduation.

Success in school starts with showing up!

SCHOOL BOARD

ZONE 1: Kortney Romer

ZONE 2: Dusty Standlee

ZONE 3: Jim Ritchie

ZONE 4: Matthew Kimmel

ZONE 5: Kevin Black

CONTACT NUMBERS

Superintendent: 829-5333

High School: 829-5353

Middle School: 829-5961

Elementary: 829-5961

Food Service: 829-4107

Special Service: 829-5961

Technology Services: 829-4165

District Fax: 829-5548

ON THE WEB

valleyvikings.org

Students and Stress – Mrs. Richardson

With all of the changes we have experienced over the last two years, it is important to look out for our kids' mental health. We are often unaware of the stress our kids are feeling. Watching for emotional, behavioral and physical cues can help parents identify and provide guidance for a child who is experiencing increased stress.

The American Psychological Association recognizes some of the following as possible signs of stress: Watch for negative changes in behavior
People of all ages, but especially younger children, have a hard time recognizing and reporting the experience of stress. In kids, stress often looks like changes in behavior.

Common changes can include:

- acting irritable or moody
- withdrawing from activities they usually enjoy
- routinely expressing worries
- complaining more than usual about school
- crying
- displaying surprising fearful reactions
- clinging to a parent or teacher
- sleeping too much or too little
- eating too much or too little

For teens look for the changes listed above and also:

- significantly avoiding parents
- abandoning long-time friendships for a new set of peers
- expressing excessive hostility toward family

Stress can also appear in physical symptoms such as:

- stomach aches
- headaches

If a child frequently complains of stomachaches or headaches (when they have been given a clean bill of health by their physician) or if these complaints increase in certain situations (e.g., before a big test) that child may be experiencing significant stress. These kinds of changes in behavior are not always linked to excessive stress, but negative changes in behavior are almost always a sign that something is wrong. Look out for these behaviors to help you determine an appropriate response or intervention.

Listen and Translate

Because kids can't always recognize and name "stress," they may use different language to identify it. They may use words like: "worried," "confused," "annoyed," and "angry." Or they may say negative things about themselves, others, or the world around them (e.g. "No one likes me," "I'm stupid," "Nothing is fun."). Listen for these types of words and statements in order to try to figure out why they're being said, and whether they point to increased stress.

How to Help

- One of the most important ways parents or guardians can help is by listening to their child and taking their feelings seriously. Even good stress, like sports, a new job or the holidays can cause anxiety.
- Visit your regular health-care provider if necessary. They can suggest different support options and refer you to other services who could give you more help.

Children and young people's negative feelings usually pass. However, it's a good idea to get help if your child is distressed for a long time, if their feelings are stopping them from getting on with their lives, if their distress is disrupting family life or if they are repeatedly behaving in ways you wouldn't expect at their age.

Valley School District No. 262
882 Valley Road S.
Hazelton, Idaho 83335

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Valley School District
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Hazelton, ID 83335
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ECRWSS

End of Semester - Valley Leadership

The end of the semester was Friday, December 17th. Parents, please look for report cards being sent home with students sometime after January 7th. Parent/Teacher Conferences will be at midterms of the 3rd quarter, Monday, February 7th. Monday tutoring will be the following days: January 24th and January 31st from 9:00am-12:00pm. All Middle School and High School students can attend if they come prepared to work on assignments. Students are not required to be there the entire time but students must be picked up no later than noon. Thanks!

Community Christmas Baskets— Toni Ellorieta

Thank you to everyone who helped with the Christmas basket initiative with monetary donations, food, and toys. A special thank you to the many volunteers who gave time to make this project happen. A warm and heartfelt thank you is extended to the Valley students who participated in the Change War to raise money and also to the crew that helped me shop for toys. Thank you to my classes for wrapping what seemed like an endless amount of presents. The 73 children and 55 families who received gifts and food baskets had a wonderful Christmas this year. The generosity from our Valley community exemplifies the true meaning of Christmas. Thank you so much for your continued support of the Community Christmas Baskets!

Spring Driver's Education 2022— Mrs. Lamun

The spring driver's education class will begin at 6:30 am on February 23rd. Parents must attend the first day of class for the first half hour and again near the end of class. Class will be held from 6:30 -7:30 am Tuesday-Friday and from 8-11 am on Mondays. Class will run approximately through March. Drives will be scheduled in addition to the class hours. The cost is \$200. You must pay at least \$100 to reserve your space in the class and must be paid in full by the end of class. First signed and paid will have the first priority. If we do not get at least 12 we will cancel the class and refund your money. You must be 14 ½ before Tuesday, February 22nd to be eligible to take the spring class and to purchase a permit. People with questions about this may contact me. Students MUST have purchased their permit BEFORE class on the 23rd. The cost is \$21.50. If you do not have your permit by the first day of class, you may not be in the class. Sign up in the high school office and get the necessary information and paperwork before going to get your permit. You must get an Idaho Driver's Manual from the DMV while you are getting your permit. You will need it for the first day of class and the school does not provide them. Information is also located in the district website. IF you have any questions please see or call Mrs. Lamun.

