



# January 2017



## Escalante News

### School Schedule



Breakfast begins at 8:00AM//Breakfast ends at 8:30 AM

First Bell 8:40AM//Tardy Bell 8:45AM  
Students Excused at 3:15PM

### Drop off from 8am - 8:30

Please have your children at the school **BEFORE** the bell rings so they can be on time and we can prevent the dangerous "rush" in the parking lot to drop off kids in the morning!

### Dates to Remember

- Jan 10, 2017 - SCC/PTA 6:00PM - 7:00PM
- Jan 16, 2017 - No School Martin Luther King Day
- Jan 24, 2017 - Utah Food Bank



### Getting To School On Time

Mornings can be stressful. Here are some things you can do to reduce the stress:

1. Have your children choose their clothes the night before.
2. Let your children know what is for breakfast instead of offering many options during the week. Weekends can be more relaxed and provide time for larger breakfast meals.
3. Pack backpacks the night before. Put backpacks, coats, and shoes by the door.
4. Establish a consistent morning and evening routine.
5. Make bedtime the same time every night.
6. Be a good role model.



### Walking Safety

Practice and remind children to:



- \* Walk on the sidewalk. If there is no sidewalk and you have to walk in the road, face the traffic so that you can see cars coming and keep as far from the roadway and as far away from the traffic as possible.
- \* Cross only at corners or marked crosswalks. If there is a crosswalk button, press the button and wait for the walk sign to indicate that it is safe to cross.
- \* Stop at the curb sign of the corner road, look left, then right, and then left again before you step into the street.
- \* Walk, don't run. This gives time for drivers to see you before you enter you roadway

### Message from the Principal

#### DID YOU KNOW?

**Children who regularly eat meals with their families tend to do better in school and avoid risky behavior. Eating dinner together is great, but other meals count, too. If you work at night, maybe you could make time for a family breakfast. Or on a weekend, try a picnic lunch!**

**Mrs. Gonzalez**

