

# Mt. Tabor



# Tiger Tales

**Learning is for everyone**

## Monday

Taco In a Bag  
Sloppy Joe  
Pizza Munchable  
Refried Beans  
Veggie Cup w/dip

## Tuesday

Roast Turkey & Gravy  
Sub Sandwich  
Yogurt Munchable  
Mashed Potatoes  
Green Beans

## Wednesday

Shrimp Poppers  
Ham & Cheese Calzone  
Chef Salad  
French Fries  
Peas & Carrots

## Thursday

Chicken Sandwich  
Mac & Cheese  
Turkey-Ham & Cheese Munchable  
Loaded Mashed Potatoes  
Cauliflower

## Friday

Pepperoni Pizza  
Fish Sandwich  
Yogurt Munchable  
Sweet Potatoe Fries  
Veggie Cup w/dip

## Upcoming Events:

**February 14th— Valentines Day Parties**

**16th— All Pro Dads 7:00 a.m.**

**19th— SCHOOL IS IN SESSION**

**22nd— MLK Program 6:00 pm**

**23rd— Tiger Paw Lunch**

## **A note from Mr. Hughes**

Our annual science fair was held on Tuesday, February 6. We had over 130 students participate in this year's science fair. The top three finishers in each grade level were presented a medal at an awards ceremony held that evening. A big thanks to our guest judges: Mrs. Murphy (former Mt. Tabor principal), Mrs. Peterson (former Mt. Tabor 1<sup>st</sup> grade teacher), and Mrs. Brown (former Mt. Tabor 4<sup>th</sup> grade teacher). They had a tough job with so many awesome projects! Also, thanks to our science fair coordinators: Mrs. Sandifer, Mrs. Herbig, Mrs. Bottorff, and Mrs. Wainscott. Our first place finishers will represent Mt. Tabor at the district science fair on April 5. Congratulations to all of our science fair participants!

Our 3<sup>rd</sup> and 4<sup>th</sup> grade students will participate in ISTEP (Part 1) testing beginning Monday, February 26. Part 2 of ISTEP will be given in mid-April. Our teachers/staff have worked very hard to make sure your child is prepared. Please encourage your child to do their very best on the ISTEP test.

Progress reports for the 3<sup>rd</sup> quarter were sent home with students on Thursday, February 8<sup>th</sup>. A reminder that school will now be in session on President's Day, February 19. This is a snow make-up day.

Have a wonderful weekend!!

**Principal : Scott Hughes**

**Assistant Principal : Sarah Pierce**

**Office: (812) 542-5507**

**Attendance: (812) 542-7302**

**Safe School Hotline: (812) 542-2230**

**Transportation: (812) 542-4707**



From the desk of Ms. Pierce



In Conscious Discipline, there are 7 powers and 7 skills we focus on as adults and use to teach our children. This week, we will focus on the power of Perception and the skill of composure. The power of perception says, "No one can make you angry without your permission. The power of perception puts us in charge of ourselves. It allows us to model the behaviors we want to see, and to be the person we want our children to become. The skill of composure helps us reclaim our power by learning to actively calm ourselves in times of distress.

**Active Calming is a 3-step process:**

**Take three deep breaths** – In Conscious Discipline, this deep breathing is often referred to as S.T.A.R. breathing. Smile, Take a deep breath, And Relax



**Affirm to yourself** – "I am safe. Keep breathing. I can handle this."

**Wish well**— by opening your heart and seeing the preciousness of the person with whom you are interacting.

*Conscious Discipline Parent Education Curriculum*, by: Dr. Becky Bailey

We would like to congratulate all of our young, aspiring scientist's for their participation in the science fair. We had over 130 projects brought in to share. Way to go! The following students placed in the science fair:

Kindergarten- Riley Belden, Nora Omerso & Eva Burden

1st grade- Sara Gonzalez, Bristol Shears & Alton Neimeier

2nd grade— Theo Girdley, Samantha Norwood & Lexi Berryman

3rd grade— Emma Reavis, Parker Hauge, Nadya Yowell & Jayden Messer

4th grade —Ana Gonzalez, Chase Thomas, Lily Hobson & Jordan Browning



The Library at Mt. Tabor would like to thank the NAFC Education Foundation for the \$1,500.00 Great Classroom Project Grant. We created a mobile check out station complete with a laptop, a cordless scanner and a portable cart. THANK YOU!



**FREE PRESCHOOL in Floyd & Harrison County**

**On My Way Pre-K**

**This program is being launched by Indiana. The Primary goal of On My Way Pre-K is to promote access to high-quality pre-K education for low income children.**

**For questions & contact information:**

**Erica Woodward 502-495-8452 or  
ewoodward@sieoc.org**

**Floyd County YMCA Spring Soccer**

Ages 3 thru 12, boys & girls

Registration is now open

March 19th, season begins

More info: [ymcalouisville.org](http://ymcalouisville.org)



**All Pro Dads is Friday at 7:00 a.m. in the cafeteria. Please RSVP online if you plan to attend.**