

# Mt. Tabor



# Tiger Tales

**Learning is for everyone**

## Monday

Taco In a Bag  
Sloppy Joe  
Pizza Munchable  
Refried Beans  
Veggie Cup w/Dip  
Mandarin Oranges

## Tuesday

Pepperoni Pizza  
Fish Sandwich  
Yougurt Munchable  
Garden Salad  
Sweet Potato Fries  
Veggie Cup w/dip

## Wednesday

Oven Fried Chicken  
Ham & Cheese Calzone  
Chef Salad  
Baked French Fries  
Peas & Carrots

## Thursday

Chicken Sandwich  
Mac & Cheese  
Turkey, Ham & Cheese  
Munchable  
Potato Coins  
Steamed Cauliflower

## Friday

Turkey w/Roll  
Stuffing  
Mashed Potatoes & Gravy  
Green Beans  
Cranberry Sauce  
Desserts

## Upcoming Events:

**January 18th- All Pro Dads 7:00 a.m.**  
**21st- MLK Day/No School**  
**25th- Tiger Paw Lunch 12:00**  
**February 4th - PTO Meeting 6:00 p.m.**  
**5th- Science Fair Awards 6:30 p.m.**

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

A reminder that there is no school on Monday, January 21<sup>st</sup>, in observance of Martin Luther King Jr. Day. The annual Mt. Tabor Martin Luther King program will be presented by our third graders on Thursday, February 7<sup>th</sup>, at 6:00 p.m.

Report cards for the second quarter were sent home with students on Thursday, January 10<sup>th</sup>. If you did not receive your child's report card or have questions please contact your child's teacher. Please take to time to read with your child and practice those math facts.

School attendance is very important. School starts at 8 a.m. However, we have had a lot of illness including the flu. If your child is sick please keep them at home until they are well. Don't forget to call the school if your child is going to be absent. Our attendance hotline number is (812) 542-7302. Some preventive actions that the Center of Disease Control recommends to prevent the spread of germs: try to avoid close contact with sick people, cover your nose or mouth with a tissue when you sneeze or cough, wash your hands often with soap and water, and avoid touching your eyes, nose and mouth.

I know there is the possibility of some snow over the weekend, so be safe. A reminder that school closing/delays are shared via the school district's website and local media (television and radio) outlets. Enjoy your weekend!

**Principal : Scott Hughes**

**Assistant Principal : Sarah Pierce**

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

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

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



From the desk of Ms. Pierce



After a long week at school, your children may get tired. Tired can come out all sorts of ways! Avoid meltdowns by remembering:

1. You might be tired too! Model self-regulation by being aware of how you feel and taking extra breaths. We have a breathing technique called S.T.A.R. It stands for:

- Stop & smile
- Take a deep breath
- And
- Relax

Even if you start to feel like a nut, you are just one breath away from being a STAR. The choice is yours!

2. When children are tired, their brain-body states might be asking: Am I safe? Or, am I loved? Little things like picking out a cupcake or playing with toys can become overwhelming tasks. If you notice your child struggling, it's time for D.N.A.:

D = Describe your child's face, voice and body signals. "Your face is going like this." (Demonstrate)

N = Name the feeling you believe your child is experiencing in a tone that seeks to understand. "You seem angry."

A = Acknowledge your child's positive intent, desire and feeling message. You wanted (name desire)" or "You were hoping (name desire)."

Cupcake Example:

Your face is going like this (demonstrate).

You seem disappointed.

You wanted the cupcake with the blue frosting.

With eye contact, touch and empathy, tell your child, "You're safe. Breathe with me. You can handle this."

Toy Example:

Your face is going like this (demonstrate).

You seem frustrated.

You were hoping to get the blue truck.

Draw icons to represent each event listed. It does not have to be fancy. Keep it simple and enjoy your time!

<p><b>Save the Date!</b></p> <p>PTO Father/Daughter Dance</p> <p>Saturday February 9th, 2019.</p> <p>More details to come</p> 	<p><b>The 100<sup>th</sup> Day of School</b></p> <p>Celebrate the 100th day of School!</p> <p>Friday January 18th, 2019</p> <p>Many fun activities are planned. Please check with your homeroom teacher.</p>
 <p><b>Free Medical Clinic</b></p> <p><b>Dental, Vision and Hearing</b></p> <p><b>Sunday January 20, 2019</b></p> <p><b>8:00 a.m.- 5:00 p.m.</b></p> <p><b>New Albany High School</b></p>	<p><b>IMPORTANT DATES</b></p>  <p>School will be in session on Monday, February 18th, 2019 as a snow make-up day.</p>