



Puma Press

Linking Learning to Life



Principal's Message

Puma Families,

What a great start to the New Year! Thank you so much to everyone that took part in our field day, or helped us celebrate at our 2nd quarter awards ceremony. Your support means so much!

We also want to thank all of our families who came out for School Choice Night. We are honored that you have chosen to be part of the Tres Ríos family. Amazing things are happening here!!

Respectfully,

Steve Rickert

Important Information

Safety Tip: Let's get moving!!! It is a beautiful time of year to get out there and MOVE!!! Everyone can benefit from regular exercise. Kids who are active will have stronger muscles and bones have a leaner body because exercise helps control body fat be less likely to become overweight decrease the risk of developing type 2 diabetes. Lower blood pressure and blood cholesterol levels.

MYD TIP: It is time for the mid year MYD reboot. In January teachers and students collaborate to reinforce our one school rule by engaging in activities exploring how the school would function without this important rule. Examining the rule in this way not only helps students understand the importance of learning, safety and well-being at school, but the actions that promote and violate this rule. Over the course of multiple activities and discussions requiring student input, a sense of ownership over classroom structures is reviewed and revisited.

Technology Tip: Cyberbullying is any type of harassment, taunting, or threats that are done via numerous forms of social media. With so many apps and websites available, with a click of a button, a humiliating message can be spread quickly to thousands, even millions of people. Kids can take pictures and videos of a peer, edit, and post them on sites that allow friends and strangers to pass judgment, sometimes in the cruelest of ways. Too often, kids think posting an embarrassing photo of someone or making a snide remark is funny, without thinking through the consequences or the feelings of a peer. They may not even define what they are doing as a form of bullying. Unlike traditional bullying, **cyberbullying can occur anywhere, anytime, 24/7**. As a result, the impact and potential for damaging consequences are far greater

School Wellness: Try to teach your child about the importance of a well-balanced meal. Have her demonstrate that knowledge by packing her own lunch, or occasionally planning family dinners. Make sure she has half the plate filled with fruits and vegetables. Try to talk to your child about the food she's eating when you're not around. If she is into sports, highlight the importance of a healthy diet to her athletic performance. If she's concerned about her complexion, highlight the impact of healthy foods and water to a clear complexion. When you explain the benefits of healthy eating as it applies to things she's particularly concerned about, she may be more likely to take your advice.

Kids at Hope: Recently, the American Academy of Pediatrics, in a book it published entitled Building Resilience in Children and Teens, by Dr. Kenneth R. Ginsburg, endorsed Kids at Hope as one of four initiatives in the country that effectively uses positive youth development to transform families, schools and communities.

Our School Focus

Service learning classes are moving smoothly into the project portion. First grade has harvested all of their fall and winter foods. They were able to try each new item and describe the taste and texture in their garden journals. Eighth grade is well on their way with choosing their own service learning project and deciding how they can impact their community

Dates to Remember

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| <input checked="" type="checkbox"/> 2/7- K @ H Assembly Café
8:30 am | <input checked="" type="checkbox"/> 2/17- Presidents Day No
School |
| <input checked="" type="checkbox"/> 2/11- Governing Board Meeting District @ 6pm | <input checked="" type="checkbox"/> 2/26- Dollar Dress Down |
| <input checked="" type="checkbox"/> 2/11- Father Daughter Dance café @ 5 pm | <input checked="" type="checkbox"/> 2/3-2/28 AZELLA Testing |

Stay Connected

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Facebook: facebook.com/TresPumas



We practice and believe the Kids @ Hope Philosophy...All Children are capable of success.
NO EXCEPTIONS!!!