



# OAK HILLS EAGLEGRAM

Week of May 4<sup>th</sup>, 2018

## PTA News

**PTA BOARD MEETING** – Tuesday, May 8<sup>th</sup> at 11:30am. This will be our last board meeting for the school year, and it will be a potluck luncheon. Please come so that we can vote on next year's board members.

**FIELD DAY** will be May 31<sup>st</sup>. We need a lot of parent volunteers! If you can help, please contact Grace Stevenson at [stevenson.grace@gmail.com](mailto:stevenson.grace@gmail.com)

Our **NEW CHAIRS** are here! Thank you again to all who participated in the chair fundraiser during the Little Mermaid Musical.



Week of May 7<sup>th</sup> – May 11<sup>th</sup>

- Monday:** Meatballs & Cheese Bites
- Tuesday:** Beef & Bean Burrito
- Wednesday:** Roast Chicken
- Thursday:** Hot Dog
- Friday:** Pizza Stuffwich

## From the Administration

Hello Oak Hills Students and Parents,

I am Mike Page, the new principal. I have heard great things about Oak Hills Elementary, and I am so excited for the opportunity to be a part of this great community! Here is a little about me...I've been in education for 25 years as a 2<sup>nd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> grade teacher, and have been an assistant principal for the last few years. My wife, Suzanne and I are the parents of five children, four girls and a boy. We have six grandchildren with one more coming in June. We love this phase of our lives! I grew up in Bountiful, which makes me excited to a part of this community again. I love being in education and interacting with the children! I love the opportunities I get to make a difference by influencing and helping children reach their potentials. I look forward to getting to know you and working with you to help your children become the best they can be.

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A HUGE shout out to **Samantha Jensen** for winning the State of Utah 3-D Art Award of Excellence in the Intermediate category. Her 3-D art entry won 1st place out of hundreds of entries. The award ceremony was this past week. Congratulations to Samantha!

## Looking Ahead...

Please check the **LOST & FOUND** for any items that may belong to your students. There are three tables in the middle hallway full of personal belongings. Also, we have several sets of keys and cell phones – if you are missing any of these items, please check with us in the office.

**School registration** - If you or anyone you know is moving, please contact the office and let us know as we are planning for the upcoming school year. If you know of anyone moving into our school boundaries, please have them contact the school office as soon as possible.

## Counselor Corner - Mindful Schools Week #15

Today was our 15<sup>th</sup> mindfulness lesson. We learned about **Mindful Test Taking**. This lesson weaves together various mindfulness skills previously taught, to increase students' awareness of their bodies and emotions while preparing for and taking tests. We practiced calming the body and mind before taking a test.

- Invite your child to teach you how to use mindfulness to calm the body and mind before taking a test.
- Practice **Mindful Breathing** or the **Body Scan** with them in the morning before they go to school on test days.

Please see the attached flyers for information on **First Aid Mental Health Training** and a series on important topics such as digital safety and healthy relationships.

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***Davis School District Hosts***

## **YOUTH MENTAL HEALTH FIRST AID Training**

*Similar to 'First Aid' and CPR, 'Mental Health First Aid' teaches individuals how to help youth experiencing mental health challenges or crises.*

**WHO:** Any Davis School District Employee  
**NO FEE for the training- re-licensure points awarded**  
**Paid substitutes are available**  
**Lunch is provided (on full day courses)**  
**Participants given certification as a "Mental Health First Aider"**  
**Community members welcome for no charge (sub pay only applicable to DSD employees)**

**WHAT:** Training on Youth Mental Health First Aid in Davis School District  
**Register at [aware.usu.edu](http://aware.usu.edu)**

**WHEN:** Choose from **ONE** of the following trainings:

**April 16, 2018 8am-4pm**

Davis School District Kendall Building, PDC East  
70 E 100 N Farmington, UT 84025

**May 15, 2018 8am-4pm**

Davis School District Kendall Building, PDC East  
70 E 100 N Farmington, UT 84025

**West Point Junior High School (both days mandatory for completion) 2:30pm-6:30pm**

April 20<sup>th</sup> and April 27<sup>th</sup> (stipends paid to DSD employees upon completion of course)  
2775 W 550 N, West Point UT 84015

**Syracuse High School (both days mandatory for completion) 3pm-7pm**

April 19<sup>th</sup> and April 26<sup>th</sup> (stipends paid to DSD employees upon completion of course)  
665 S 2000 W Syracuse, UT 84075

**WHY:** Mental health challenges – such as depression, anxiety, psychosis and substance use – are shockingly common in the United States. In fact, more than one in five American adults will have a mental health problem in any given year. The National Council for Behavioral Health certifies individuals throughout the nation, including Davis School District, to provide Mental Health First Aid courses to prepare their communities with the knowledge and skills to help individuals who are developing a mental health problem or experiencing a mental health crisis. Identified on SAMHSA's National Registry of Evidence-Based Programs and Practices, the training helps the public better identify, understand and respond to signs of mental illnesses. For more information on Mental Health First Aid, visit [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org).

Contact: Christy Hutchinson, Prevention Coordinator DSD  
801-402-5159, [chutchinson@dsdmail.net](mailto:chutchinson@dsdmail.net)

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## LET'S TALK: COMMUNITY PREVENTION & RESILIENCE SERIES

FREE

**6-8 PM**  
Thursday  
Evenings

**WEBER STATE UNIVERSITY, DAVIS**  
(2750 University Park Blvd. in Layton)

For adults and youth ages 10+

Free parking

No registration necessary

**April 12**

**Talk Saves  
Lives**

Mindfulness

**May 10**

**Digital Safety**

How Electronics  
Affect the Brain

**June 14**

**Healthy  
Relationships**

Emotion Coaching



For more information, contact: [AngieS@DBHUtah.org](mailto:AngieS@DBHUtah.org) | (801) 773-7060



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