

# CAPITOL HILL SUPPORT STAFF UPDATES

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## Winter Wonderland!

Hello Capitol Hill families!

We are arriving at a wonderful, busy, and challenging time of the year and that can cause some feelings of stress and frustration! Please remember to take time for self-care.

December is a great time to check on an important part of school: attendance. Too many absences, excused or unexcused, can keep students from succeeding in school and in life. How many days missed are too many? 10% of the school year. That's 18 missed days, or 2 days a month. What does this mean? For elementary students, it means students have a harder time being at grade level for reading. For middle schoolers, it can mean the difference between passing or not passing important courses. For high schoolers, this can mean students might not be on track to graduate.

So, what can you do?

1. Ensure your child(ren) regularly attend school. January is a great time to reset and start fresh!
2. For students who get sick or have health conditions that affect their attendance, connect with their teacher to get materials sent home and help support their learning as best you can at home.
3. Read with your child regularly.
4. Keep track of your child's attendance.
5. Stay connected with your child's teacher and support staff. It takes a village!



## What's going on in Elementary School this month?

-Biweekly classroom lessons grades 1-5.

Topics this month include:

- Bullying Prevention Unit

-5th grade parents, we will continue academic advising meetings with your children as part of their Personal Learning Plans. Check Xello to see what students are up to!

## What's going on in Middle School this month?

-8th graders will start their Academic Advising Meetings as part of their Personal Learning Plan with Mr. Fomafung.

- 6th grade will meet with a representative from Breakthrough Twin Cities to learn more about their program. Check out their [site](#) to learn more

-7th & 8th graders will have their Bullying Prevention Lessons.

## Quote of the Month

“We cannot cure the world of sorrows. But we can choose to live in joy.”

- Joseph Campbell

## Resources

[Capitol Hill School Counselor Website](#)

## Good to Know

- [Electronics Policy](#)
- [Middle School Bell Schedule](#)
- [How to open a combination lock](#)
- [Parent Campus and Schoology Quick Access](#)