January Events
- Wednesday, January 9th: School Board Meeting- 6:00-9:00pm in the SHS Library
- Thursday, January 10th: Welcome Back to School! Assembly at 8:15am
- Wednesday, January 16th: School Board Work Session- 6:00-8:00pm in the SHS Library
- Monday, January 21st: Martin Luther King, Jr. Day- NO SCHOOL FOR STUDENTS

Don't forget to clip your Box Tops!
Our school gets 10 cents for each one. Fill your sheet (included with this newsletter) and send it in your child’s folder. Thank You!!

December Bear Paw Winners
Great job following our school rules!
**Principal Points**

Happy New Year Baranof Bears!

Welcome back, I hope everyone had a wonderful holiday break and has had a good start to the New Year! Thank you parents and volunteers for assisting with class winter parties and our cookie decorating party in the commons. The parties, and our entire day, were a huge hit and students really enjoyed themselves. Thank you for your time and generosity, it is truly appreciated.

Our Baranof’s Winter Caroling Assembly was so much fun! Again, it is always a pleasure to have friends and families involved!

Jill Lecrone
Principal

---

**Music Notes**

I hope everyone had a wonderful holiday!

The new year brings so much new and exciting learning in the music room and all over school. We have 2 very important concert dates coming up.

Our 1st Grade program is on Wednesday, March 6th at 6:30 p.m. in the Performing Arts Center.

Our Kindergarten program is on Thursday, April 25th at 6:30 p.m. in the Performing Arts Center.

I will be sending home more information as we start practicing our program songs.

Have a safe and happy start to our new year and as always, if you have any questions, please don’t hesitate to contact me.

jonesk@sitkaschools.org or 966-1318 (Baranof message phone)

Keep singing!
Mrs. Jones

---

**Library News**

Welcome back! We have been mastering the use of manners when entering the library, using our shelf markers properly, and listening to directions. All classes are ready to check out books, either to the classroom for kindergarten, or to home for our 1st grade students. It has been so exciting to see each of our students learn their way around the library. Please continue to support your early reader by asking about the books they are looking at or checking out.

Mrs. Leach
leacha@sitkaschools.org
966-1337
Counselor’s Corner
HOW TO HAVE A HAPPY KID

All of us know that the key to a really good life is happiness. As adults, we also know that daily stress can make it difficult to feel joy and happiness. A series of recent studies show that happiness can be a learned life skill (https://greatergood.berkeley.edu/). It is possible to learn a specific way of thinking that will increase your chances of having a happy life. Most importantly, YOU CAN TEACH SKILLS TO YOUR CHILDREN THAT WILL HELP THEM HAVE A HAPPY LIFE.

Looking at the world in a positive, optimistic way and taking the time to recognize the good things in life are keys to feeling happy. Here are some easy and enjoyable ways to help your children learn skills that lead to happiness for life.

1. Take good care of yourself. For early elementary school children, their parents are the most important people in their lives. When parents engage in substance abuse and domestic violence, children suffer in permanent ways.
2. Set a time each day as an entire family to join together and share what each of you is grateful for that day. Simple times to do this are at dinner or before bed.
3. Teach your children to verbalize (say out-loud) what is beautiful and enjoyable about their life experiences and the world around them.
4. Model (show with your own behavior) an optimistic outlook on life.
5. Encourage your children to be kind to others in small and big ways. Kindness can come in many forms from smiling at others, to recycling, to giving away a special toy to someone in need. Expressing kindness is one of the fastest ways to release the chemical in our brains that fuels happiness, dopamine.
6. Set aside time each day to play with your child. Let your child lead the play and give them your devoted attention. Find opportunities to engage your child in pretend play. If you are busy, try giving your child 15 minutes of playtime with you that they can count on every day.

Jeanine Brooks, MSW, Sitka School District Early Support Program Coordinator, 966-1321

P.E. News

This month we are starting to learn and practice basic basketball skills in P.E. class. For most students this is the first time they are experiencing basketball and a wonderful opportunity to support them if they are playing basketball outside of school with other agencies. Basic dribbling, shooting and passing skills are learned, as well as the basics of playing defense. We start off by using small, softer balls that encourage success at first, then graduate up to mini ‘real’ basketballs that produce a true bounce. A phrase our students already know is “shooter’s U, follow through” to ensure they are using proper arm technique when shooting a basketball. Starting them young at basketball in our basketball rich community! Our DRUMS ALIVE program is also progressing nicely as our students are really learning how to ‘Match a rhythm’ and learn to play a steady drum beat while exercising and having fun!

As always, please feel free to join us here in P.E. class to help out or just watch the fun we have!

‘Mr. Joe’ Montagna
Baranof Elementary School P.E. teacher
907-966-1326
<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td></td>
<td><strong>NO SCHOOL</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Thank you for helping! Clipped Box Tops are each worth 10¢ for your child’s school. Bonus certificates should not be attached to this sheet – please submit them separately.

To see more ways to earn cash for your child’s school, go to BTFE.com.