

# TURTLE TALES

Campbell Elementary School Newsletter



## APS Weather Alerts

A reminder from the APS website:

In case of snow, ice, or other unusual conditions such as power outages and excessive heat, school officials may decide to close school, delay school opening, or send students home early. News about these decisions is communicated as soon as the decision is made in these ways:

- Posted on the APS home page.
- Sent by e-mail to APS School Talk subscribers who elect to receive emergency announcements.
- Recorded on the telephone hot line, 703-228-4277, in English and in Spanish.
- Posted on the Comcast Cable Channel 70 and Verizon FIOS Channel 41 School-Community Bulletin Board.
- Called in to local radio stations.

## Outdoor Classroom by Ms. Christy

Welcome back from Winter Break! Were you able to get outside in your time away from school? What did you notice? Next time you are out, consider taking this list of things your family can search for outdoors: **melting ice, an evergreen tree, a shovel, animal tracks, a tree with one leaf, an insect, a snowman, a frozen puddle, a bird, a pinecone.**

Take a crayon and paper to make tree rubbings. Display the rubbings inside to remind you how incredible nature can be. Even with all the cold you may see signs of planning (and even planting) in the coming weeks. We can't wait to share our adventure with you!

## Counselor Corner by Ms. Sullivan

I hope your New Year is off to a happy and healthy start! January's counseling lessons will focus on Emotion Regulation; specifically, how to calm down when we have strong feelings like anger, worry, or frustration. This month, students will practice How to Calm Down in the lower grades (Stop! Name your feeling. Calm down using counting, belly breathes, and positive self-talk!), and how to manage difficult feelings like anxiety in the higher grades.

Please remember the Campbell counseling and student service staff are here to support your student with things like strong feelings, friendship issues, school concerns, and building social skills! If you'd like to refer your student for counseling services, please submit a Google Form through

## Winter Wear

Parents are asked to send students to school in coats, gloves, and hats. Due to a very successful Holiday Drive, Campbell has a few winter coats available. Parents of students in need of a warm winter coat can contact Ms. Monica Castillo Burgos

**Thank you to the entire Campbell Community for a successful Holiday Drive!**

**Welcome Back and Happy New Year!**

## UPCOMING EVENTS

- 1/9: PTA Meeting– 6:30 PM
- 1/10: Early Release– 12:26 PM Dismissal
- 1/15: No School– Holiday
- 1/26: No School– Grade Prep Day
- 2/2: Family Game Night
- 2/13: PTA Meeting– 6:30 PM
- 2/14: Early Release– 12:26 PM Dismissal
- 2/19: No School– Holiday