



September Newsletter 2021

Letter from Assistant Director - Darroll Young

HELLO MOUNTAIN SUNRISE FAMILY,

What a great first 3 weeks of school! It is hard to believe that we have already been in school for that long! Our students have come in ready to learn and we are starting to settle into the daily routines. Please remember that **you play a vital role in your child's success at school**. The good news is that children are born learners. They are curious about the world around them.

Here are some tips that parents can use to help their children be successful in school.

1. Get a plan and stick to it.

Set a specific "quiet time" every day for general reading or other activities. Write the schedule on paper and post them in your house. Children are more likely to follow rules that they helped create.

2. Be a cheerleader.

For a child to feel good about learning, he must first feel good about himself. Encourage your child by praising him for his efforts. Express interest in their school activities.

3. Make no excuses.

Avoid giving your child a reason for making excuses. Even if you think your child will feel better if you do so. Success in the future will require your child do the best they can. You will not help your child by encouraging them to make excuses whenever it is convenient.

4. Light a fire.

Be enthusiastic! It can be contagious. Don't give the message that math and reading is a boring chore. Children who do well enjoy learning. If your child does not seem motivated to do well in school, try to find ways to make the learning fun.

5. Make learning "real."

The best learning is hands-on. Show how school work skills are needed and used in day-to-day life. Examples? A child who helps make a meal learns fractions, telling time, reading and multi-step problem solving. Show your child what is

under the hood and work on your car! Get their "help" to balance the checkbook. Have your child jot down notes, reminders and shopping lists.

7. Set the right mood.

Make your home a place where it is easy for your child to learn. Make sure that your child has a place to study. Be near enough to answer questions. The example you set will make more of an impression than your words. The more interested you are in the work they do at school, the more your child sees you learning, the more excited they will be about learning. Make sure your child sees you reading!

8. Encourage Accountability

Your child can learn to "face the music" for poor or incomplete work. While you should be actively involved with being sure your child does their work, don't carry the whole load.

These are just a few great ideas we can do at home to help our kids learn. We thank you for all your support at home! We can not tell you how impressed we already are with your great kids and how much we look forward to a great year with our Mountain Sunrise family!



Best regards,

Darroll Young (Coach), Assistant Director

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☎ (801) 882-2525

CALENDAR DATES TO REMEMBER

September 6 (Monday) - LABOR DAY - No School

September 15 (Wednesday) - PICTURE DAY

September 30 (Thursday) - MICHAELMAS FESTIVAL

September 30 (Thursday) - Emotional Wellbeing Tools for Families

6:30 - 7:30pm

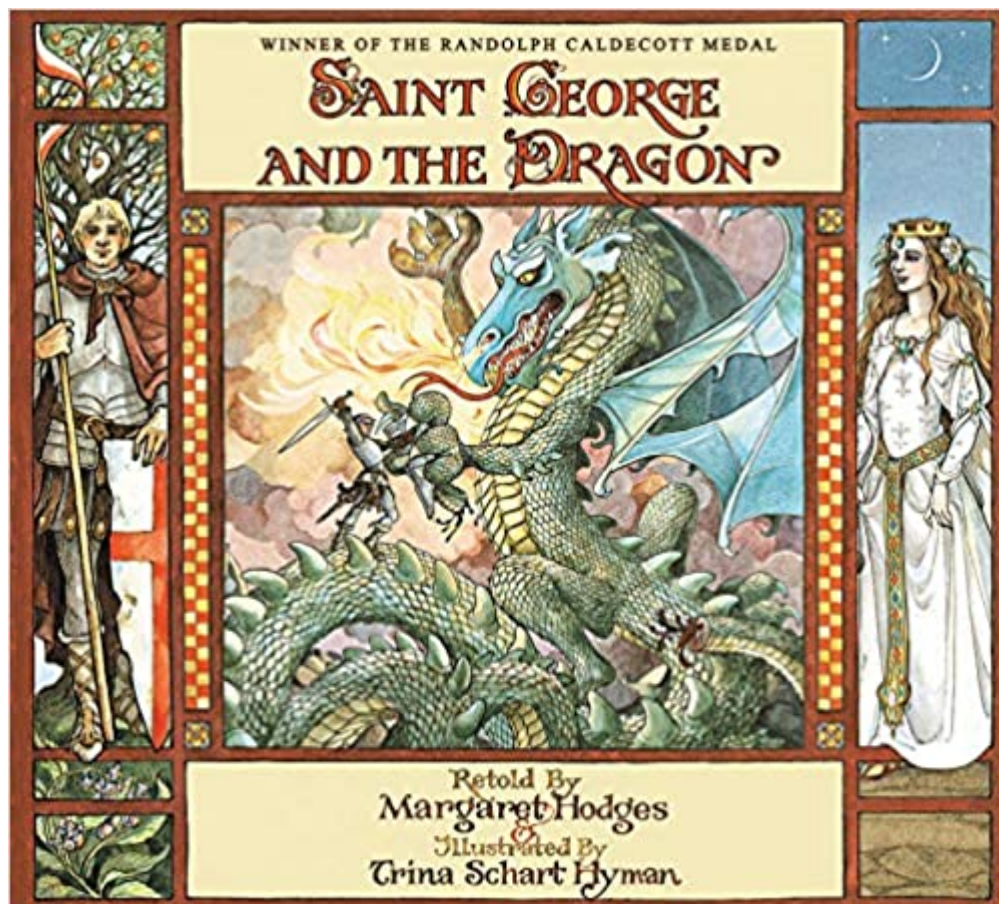
Michaelmas Celebration (Sept. 30th)

In Waldorf Communities, the season of Michaelmas is an important time. It is a time for children to return to school in the fall, it is a time of Summer's ending and the Autumn Equinox, and it is a time characterized by dealing with the dragons that confront us in our lives. This is when we summon our courage and bravery, and face these challenges head on, so that we may conquer

these proverbial dragons.

The Michaelmas festival honors St. Michael, the mythical Dragon-slayer astride a white steed, who bears a mighty iron sword flashing like a meteor. Michael's legend symbolizes the autumnal resurgence of human strength, willpower and striving to overcome our inner Dragons — laziness, greed, doubt, fear of the future — who may have crept over us unnoticed during summer's dreamy warmth and forgetfulness. Every September, our school honors the Michaelmas festival with songs, games, and a wonderful play featuring the grade school students.

It's important that we have this time to recognize and honor the brave deeds we do in everyday life, whether they be small or large. Michaelmas is a time to reflect on these and give ourselves some appreciation for what we have accomplished, and the feats of bravery that lie ahead. Good luck with those dragons!



COVID UPDATE!

In the 3 weeks we've held school, we have had three positive cases reported. In instances where there is a positive case, an email is sent to parents and they are asked to respond that they have received the notification. If there is no response, then a call or text notification is made to ensure communication is made.

There are a few options if your child is in a class that has a confirmed positive case. Parents can bring their child to school with a mask during the quarantine period or keep them at home until the quarantine time has passed. Teachers will post the information they are covering in a Google classroom if there is a quarantine in place. Students

that are quarantining will be marked as an excused absence.

Please Note: If your child and the person who tested positive were both wearing masks then they will not need to quarantine. If your child was wearing a N95 or KN95 mask even if the other person who tested positive wasn't wearing a mask, your child will not need to be quarantined.

We continue to use additional safety precautions and best practices with handwashing, sanitizing stations, extra custodial hours for cleaning, etc.

Teachers have been advised if they are not feeling well to find a substitute. We welcome interested parents to sign up to be on our substitute list by contacting the front office. If parents are interested in substituting, they need to complete a background check and sign an assurance form. This can count towards your volunteer hours or you can elect to get paid.

A BIG THANK YOU!



'Watanabe' Drop Box

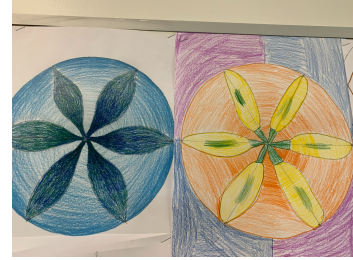
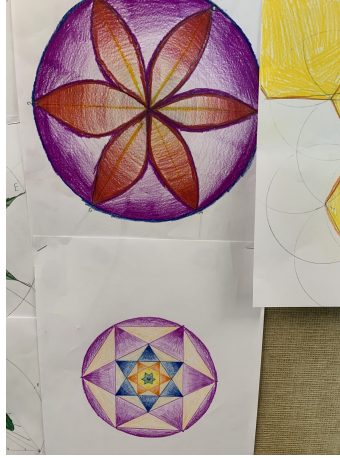
Check out that awesome drop box!
Totally cool!!!!

Mr Watanabe donated his time and energy to build us a place we can hold our returned library books. It is located inside our library.

A big THANK YOU for helping us.

CHECK OUT SOME COOL HAPPENINGS AT MSA!

6th GRADE GEOMETRY ARTWORK!



3rd GRADE GARDEN!

First fruits from our
3rd grade garden!



WANT TO MAKE AN IMPACT?



**Get your money directly into the
hands of your kids...**

The button below will get you directly to our donation page!

On the donation page you can select "Other" and type in which classroom, teacher, subject, department, or other opportunity you would like to donate to! We recommend a \$20 fieldtrip donation per child.

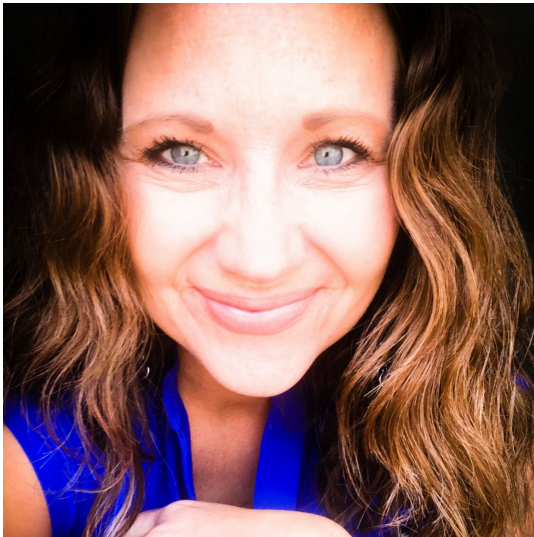
Popular Donation Ideas?

Class field trips / Class or school supplies / Athletic equipment / etc.

Any help you can give would be a great support to our kids!

DONATE

SPOTLIGHT



REBEKAH ANDERSON - SCHOOL COUNSELOR

Rebekah Anderson is the school counselor. She has a degree in Social Work from Brigham Young University. She has experience doing prevention education in middle schools, teaching early childhood education and life coaching, and speaking on a variety of topics from Conscious Relationships to Navigating Your Emotions to Healing from Heartbreak and Trauma. Rebekah is a Certified

Kidding Around Yoga Instructor and loves to incorporate mindfulness, yoga and meditation when working with students. She is passionate about conscious parenting, the power of play, emotional intelligence, the power of the subconscious mind and neuroplasticity.

Rebekah was born and raised in Ohio. She has 3 kiddos that she loves to laugh, dance, play and create with. Rebekah enjoys music, singing, dancing, cooking plant-based food, volleyball, basketball, pickleball, yoga, spending time in nature, comedy, art, reading and attending live concerts and festivals.

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