

# Happy Heart Month

## Stone Ridge Elementary

### STONE RIDGE NEEDS YOUR HELP

PARENTS, The weather is cold or warm, icy and/or windy. We are blessed to be able to live in an area with such variety. It does cause us some concerns. Here is how you can help:

1. **Update your student information sheet in the office.** We are following the policy: No one can pick up your child unless they are listed on the student information sheet.
2. **Replace your car pick up sign** for your visor with the last name of the students you are picking up.
3. **Check the weather** daily and dress your child appropriately.
4. **Send a note to your teacher when** we need to know about your child's health. Many times when they feel badly they cannot tell us why and what you have done.
5. **Parking lot etiquette.** Please do not double park anywhere in the lot.
6. **Parking lot safety.** Our students cannot be seen easily. Parent pick up is at 3:05 in the front. If you are late go through the car riders line or drive out through the center

drive to avoid children being picked up in cars.

7. **Do Not walk to the car riders line.** Moving cars are not safe.
8. **Consider this as your motto that all students are as valuable as yours.**
9. Thank you



OUR PRINCIPAL FOR THE DAY ON FEBRUARY 14TH SHE WILL RECEIVE HER SHIRT AND MAKE HER MANDATE AT-WILDCAT WAKEUP—FRIDAY

### FEBRUARY AT STONE RIDGE

#### YOU ARE INVITED

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### Join us in our Walk-a-thon

Mr. Hatchett is organizing a walk-a-thon for all of us. We start now! Mr. Hatchett will be sending home a log sheet for each student. All of our staff is receiving a log sheet too. We are not going down for the count

with obesity or heart disease. Please join us in getting heart healthy. I have driven the drive around the school and it is just a little under 1/3 mile. If we walk the outside around the school for three times daily

we will have walked one mile. Most doctors advise 30 minutes of walking per day. Most exercise instructors say it takes more than 30 minutes of aerobic training to burn fat. I say, lets get busy getting healthy.