

Eagle News

Give Your Best and Nothing Less!



January 2019

Back to School

I hope everyone enjoyed time away from school, rested, relaxed and spent time with family and friends. We are ready to begin the 2019 year off with lots of fun, engaging and challenging activities for each of our students. We are almost halfway through the school year. That is hard to believe. We have so much left to learn so I hope you are ready to come back and give your all!



Kindergarten Registration

Kindergarten Registration for the 2019 –2020 school year will begin February 1st! Please share this information with your friends or neighbors. It is so important that we get as many in coming kindergarteners in here to register ASAP. We have to make many decisions for next year such as number of teachers, materials, etc.

The items needed to enroll are:

- Child's birth certificate (turns 5 on or before Aug. 31).
- Certified copy of immunization record
- 2 proof of residence documents
- Completed Kindergarten Health Assessment turned in prior to first day of school.

Souper Bowl of Caring

The souper bowl day of caring is approaching. Start piling up your change to vote for which team you think will win the souper bowl. All proceeds will go to the Union County Homeless Shelter. Let's see if we can beat last year's proceed of \$500.



Global Fair



Last year, we had an awesome global fair! We are currently in the planning phase for this year's global fair. Mark your calendars for April 4th. We will have performances, food, student work and the book fair will be open! More information will be coming home in the near future

Clubs

Thank you to those of you who participated in the clubs first semester. We have had kids working to help others in our community by making mats, blankets and other items, providing treats for the animal shelter, getting immersed in books, and writing our very own school newspaper. Please check out the attached newspaper issue to see what all the students have created.

Counseling Corner

Making a counseling referral:

My name is Whitney Herwig, and I am the School Counselor at Western Union. As a counselor, I help support students in achieving school success through classroom guidance lessons, small group work, and individual counseling. Referring your child for individual or group counseling at WUES is easy! Simply email me at whitney.herwig@ucps.k12.nc.us or call me at 704-843-2153. Students can also self-refer by completing a counseling pass in their classroom and placing it in my mailbox in the main office.

I will offer different groups throughout the year including communications, work habits, conflict resolution, friendship, grief, changing families, self-esteem and more! Please email me if you are interested in having your child participate in a group. Most groups are offered for six-eight weeks during lunch (as to not interfere with instructional time).

The Importance of Mindfulness:

In our busy world, our minds can get wrapped up in the hustle and bustle, and we may have a hard time slowing down. It

is also easy to get stuck thinking about things in the past or the future, while forgetting the here and now. The benefits of mindfulness for children and adults are plentiful, including decreased stress and increased resilience.

Mindfulness is bringing our attention to our current thoughts and feelings without judgement. In all classrooms at WUES, our students have been learning about mindfulness through the Pure Edge Program. Pure Edge focuses on learning about mindfulness by practicing quiet moment, deep breathing techniques, and talking about how staying in the moment can help us cope with difficult feelings. If we take a moment to breathe and use our calming techniques, we will be able to make better decisions when we are upset.

For more information about Pure Edge, check out <https://pureedgeinc.org/>. You can also find great mindful tips for children at <https://www.mindful.org/category/health/kids/>.

Spotlight on Classroom Guidance:

I visit classrooms in order to deliver a school counseling curriculum. This curriculum includes lessons on academic skills, social/emotional awareness, bully prevention, career awareness, friendship skills, and other content. October was Bully Prevention Month and I facilitated bully awareness lessons across the grade levels.

Mark your Calendar

Jan. 11 —College Spirit Day

Jan. 18 —End of T3 and S1

Jan. 21 —MLK Holiday

Jan. 22—Teacher Workday

Jan. 25—WUES Spirit Day

Jan. 31—Class Pictures

Feb 2—Last Day to Order Yearbooks

