

Dragon Fire

Dec. 18, 2017

FOR UP-TO-DATE INFORMATION – go to dilworth.slcschools.org.

- Fri., Dec. 22 . . . Pajama Day – everyone invited to come dressed in their pj's
4th grade Breakfast – 8:30 to 9:30 a.m.
Holiday Sing-Along in auditorium – 9:30 a.m.
Short Day – school out at 1:00 p.m.
NO SCHOOL until 2018
- Mon., Jan. 8 . . . School resumes at 8:30 a.m.

Chatting with Mr. Chatterton

Happy Monday Dragons, One week to go until Winter break.

Remember we have DIBELS testing tomorrow, Tuesday. **Please, help your children get sleep tonight and breakfast in the morning.** Friday we are having pajama day, sponsored by our Peer Leadership Team.

Thank you for your generous support of our Helping Hands project. We had to make our first donation to the Highland Family Resource Center last Friday because our bins were all filled. We would like to make another donation this Friday, so remember there is still time to make a donation.

Thank you for a fantastic beginning to our school year. On behalf of the Dilworth faculty and staff, have a wonderful and safe Holiday break with family and friends. We look forward to seeing you in the New Year (on Jan. 8)!

Jeremy Chatterton

Principal

Ignite your Dragon Fire!

PTA NEWS

Dilworth PTA will have it's next community night on Saturday, January 27, 2018, at the Maverick Center. This is sure to be a fun night for your whole family!! Come watch the Grizzlies take on the Tulsa Oilers and support your school. Tickets are offered at a discount rate and a portion of all ticket sales comes to Dilworth. Purchase tickets online at:

<https://ticketing.axs.com/Home.aspx?I=ZhmDAAAAAAAAANj0xhAgAAAABa%2fv%2f%2f%2fwBdHwEACXNtaXRoc3RpeAD%2f%2f%2f%2f%2f%2f%2f%2f%2f%2f%2fw%3d%3d>

Do you have an item, vacation spot or service you could donate to the Eat Cake Love Art Auction? Contact Meredith Harding, meredithh2015@gmail.com, with information.

Dilworth Elementary Helping Hands Project

Dilworth students are joining the Peer Leadership Team in lending a helping hand this month by collecting much-needed food & care essentials to benefit the Highland High Food Pantry. The Food Pantry serves students and families in need throughout the year. When you bring an item to donate this week, until Friday, December 22, you will get a mitten with your name on it to hang in the hall. **Our goal is to fill the halls at Dilworth with helping hands!**

Highland High Food Pantry most needed items: (items are not limited to this list):

· soups · instant soups such as ramen · whole-wheat roti or chapatti · dry pasta · pasta mixes (made into a meal with milk or water) · pasta sauce · soba noodles · basmati, jasmine, brown and black rice · quinoa · whole-wheat tortillas · whole corn tortillas · whole-wheat naan · whole-wheat pita bread · whole-grain grits · whole-grain biscuit mix · breakfast cereal · snack crackers · sandwich type crackers with cheese or peanut butter · matzo crackers · granola and snack bars · fruit snacks · pop tarts · oatmeal, in large boxes and individual sizes · apple sauce · oils including olive oil and canola oil · flour including matzah flour · sugar · canned beans · canned fruit · canned tomatoes and other vegetables · juice boxes and shelf stable milk · canned tuna · canned chicken · any microwave easy food · jello · pudding · paper towels · Clorox wipes · deodorant · bar soap · toothpaste and tooth brushes are always in high demand.

Any food items will be accepted this week and are much appreciated!

Thank you for lending a helping hand to Dilworth Elementary and the Highland High Food Pantry!

Counselor Corner

Hello Dilworth Community!

As we gear up for winter break, I wanted to provide some useful tips for noticing and addressing bullying with your student. Bullying is present in every school, every grade, and in every culture. It is important to have the tools to identify when a child is experiencing bullying and provide a safe and open environment for them to talk to a parent or guardian about how they are feeling. These tips come from a wonderful article in The Huffington Post that can be found here: [Tips for Kids and Parents for Dealing with Bullies](#)

- 1) Encourage your student to take bullying seriously and to stand up for others when they witness bullying.
- 2) Have ongoing and open conversations with your student about bullying and how to recognize what it looks like.
- 3) Ask your student to name trusted teachers, adults, and friends they would go to if they were being bullied.
- 4) Help your student understand different types of bullying such as physical and emotional bullying. Often, our children don't recognize that verbalizing mean things or ignoring/excluding can be a type of emotional bullying.
- 5) Look out for signs of bullying in your student. For example, if your student is suddenly more closed off, having frequent emotional episodes (crying, yelling, etc.), or not wanting to go to school.

If you feel that your student is experiencing bullying or you would like more information on how to address the topic with your student, I can be reached at (801)-481-4876 X106 or Aundrea.dilanchian@slcschools.org.

Have a wonderful winter holiday season!

Sincerely, Aundrea