



News + Updates

From

THE COUGAR CREW

Damiansville Elementary

Monthly Newsletter 2024-2025

Cougar Crew Family

Greetings Cougar Families!



April is here and we are ready for quarter 4! 3rd-8th grade is geared up to begin state testing and they have been preparing all throughout the school year, we know they are going to do great! A few field trips are on the calendar in the month of April and Easter Break will be here soon. As spring sports begin and life becomes

more busy, it is important to remember that we need to finish the school year strong. Prioritizing school work and getting enough nightly rest, is extremely important as students become more busy and soak up the awesome Vitamin D from the sunshine. I hope you and your family have a wonderful holiday break in a few weeks and I look forward to all that April has in store for our awesome Cougar Crew!

Go Cougars!

Mrs. Beer

April: Word of the Month -- Friendliness

Friendliness is being kind, helpful, respectful to others, sharing things, and making sure everyone feels included and happy. In the month of April we are focusing on the trait of friendliness. Learning how to be a good friend takes time and practice. Carrying out positive, healthy relationships with others leads to friendly traits and actions. As we work together on a daily basis and through the month of April, we will be focusing on ways to be a great friend to classmates, crew members, teachers, staff, siblings and parents. Being a great friend leads to excellence!

April Cougar Events

3/31-4/2- ISA Assessment (5th/8th)

4/1- 8th Grade Cardinal Game

4/4 - 7th-8th Attending MD Musical

4/7-4/16- IAR Testing (3rd-8th)

4/17- Blood Drive in Gym

4/16- 1:45 Dismissal

4/16-4/21- Easter Break

4/20- Happy Easter

4/22- School Board Meeting

4/23- 4th Q. Midterm

4/24- Cougar Crew Assembly

4/25- Earth Day Field Trip (K-5th)

5/2- 11:45 Dismissal (SIP)

Cougar Crew Family Wellness : Slow Down

So many cultural trends have shaped us into creatures who move fast — and who want everyone and everything around us to move fast, too — can we reasonably expect ourselves to slow down? It may be reaching for the stars to harbor this wish, but it could make a world of difference in our effectiveness as parents/guardians.

Many parents/guardians have come to believe — erroneously — that responding quickly is right and proper. Say, for instance, the kids have been bickering and suddenly you hear an alarming crash. You race to the scene and one child in tears accuses the other of smashing his new toy. You mistakenly think something must be done now. After asking a few questions to understand what happened, you say: I don't like what's going on in here. I'm going to take some time and think about it and after a while I'll be back and we'll talk. Taking time minimizes the likelihood that the emotional brain will shape your response.

Apart from giving yourself the time to put together your best response, slowing down sets an example of an invaluable skill we want our children to develop: pausing before acting, before words or actions erupt mindlessly and carelessly, inadvertently causing harm — just because they moved too fast. Take time to slow down.



Damiansville PTO

Meeting: May 7th
6:30 PM (Science Lab)



Cougar Crew News

Thank you to all parents who completed the 5Essentials Survey. We value your feedback



American Red Cross

American Red Cross Blood Drive
When: Thursday: April 17th
Where: DGS Gymnasium

Family Meal Deal from Red Porch, coming soon! This will have a pick up date of April 14th.

Looking for Volunteers for Field Day: May 27th (PTO will be organizing games + fun for students!) Reach out to melinda.voss214@yahoo.com.

to assist us in making our awesome school even better!

We will be enjoying the outdoor weather as much as possible for recess and PE in the upcoming weeks. Please remember to have your child dress for the weather and bring layers as needed.

When 2PM-6PM

April
THEME: FRIDAYS @ DGS

Friday April 4th
National Find a Rainbow Day – Dress in Bright Colors

Friday April 11th
Don't Sweat the Test
Wear Athletic Gear

Friday April 16th
National Orchid Day
Wear a Spring or Flower Shirt

Friday April 25th
National Arbor Day
Plant a Tree
Wear Green

Thursday April 24th
Cougar Crew Day

K-5th Grade Earth Day Trip
Wear Cougar Shirt

Accept. Understand. Love.

AUTISM AWARENESS MONTH

Stay active

The graphic features a light beige background with pink daisies at the top corners. It contains several text boxes with decorative borders and icons: a rainbow, a dumbbell, a bouquet of flowers, a cougar paw print, a white rabbit, a puzzle piece, and a colorful letter 'A' made of hands. A black arrow points from the Friday April 25th box to the K-5th Grade Earth Day Trip box.

American Red Cross

Give blood. Help save lives.



**Albers/Damiansville Community
Blood Drive**

Damiansville Elementary School

Gym
101 East Main Street
Damiansville, IL 62215

**Thursday, April 17, 2025
2:00 p.m. to 6:00 p.m.**

FBD gift Flashlight on the parent letter



Come give 4/14 to 4/30 for a Red Cross T-shirt. Ltd. qty
+ chance to win \$5K prize: redcross.org/hope

1-800-RED CROSS | 1-800-733-2767 | redcrossblood.org | Download the Blood Donor App

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Damiansville Elementary #62

www.dville62.com - #EnvisionExcellence - Small School BIG Goals