



News + Updates

From

THE COUGAR CREW

Damiansville Elementary

Monthly Newsletter 2024-2025

Cougar Crew Family



Greetings Cougar Families!

Welcome to the beginning of 2025! I am so thrilled about the new year and looking forward to an amazing second semester filled with exciting opportunities for our students and staff. As we launch into second semester, our devoted teachers are investing time into analyzing student work and crafting lessons that are both challenging and captivating.

Thank you for your continued support, and we look forward to a successful and fulfilling second semester together.

Go Cougars!

Mrs. Beer

January: Word of the Month -- Honesty

In January we are focusing on **Honesty**. Honesty means telling the truth, even when it's hard or you think you may get in trouble. Honesty is an important trait because it builds trusting relationships, makes you feel proud of yourself, helps you to have great friends, and it makes the world a happier and safer place. We will be teaching the importance of honesty as we help our Cougar Crew grow into kind, trustworthy adults.

Event Information

Welcome: MD Senior Service Helpers

On Monday, January 6th, we are excited to welcome Kayleigh Lampe & Sam Shelton, seniors from Mater Dei High School. They will be working with students and staff over the next two weeks as they fulfill their senior service project. We welcome them to Damiansville Elementary!

When?

Monday, Jan 6, 2025, 08:00 AM

Where?

Damiansville Elementary School

January Cougar Events

1/3/25- Teacher's Institute

1/6/25- Welcome Back from Winter Break

1/8/25- PTO Meeting 6:30PM (Science Lab)

1/8/25- GBB 6PM + BBB 7PM @ Albers (8th Grade Night)

1/10/25- Quarter 2 Report Cards Sent Home

1/13/25- Hearing + Vision Screenings

1/17/25- 11:45 Dismissal (Teacher Institute)

1/20/25 - No School (Honoring MLK Jr.)

1/21/25- School Board Meeting 7PM

1/31/25- Cougar Crew Assembly

Cougar Crew Family Wellness -- Trusting Emotions

As we enter a new year, reflect and set goals, we choose to focus on being the best parent or guardian for our children. As we strengthen relationships with our children it is important to ask ourselves: *What is the secret to raising kids with high self-esteem?* It's a rarely known approach: non-judgmental empathic listening paired with normalization. Through this special blend, our children learn to trust their emotions. *"Knowing that my feelings are okay allows me to know that I'm okay."*

Empathic listening or attunement begins by paying careful attention to our children's words, tone of voice, and body language, and then reflecting back to them the particular emotions we hear or sense. *I sense you're feeling discouraged. I hear how angry you are. You seem upset. There's a look of sadness on your face.* In this way, we invite our children's feelings into the room, noticing and labeling those feelings. This is the opposite of what we may usually do. Our kids typically experience adults trying to push their painful emotions away. They rarely hear one say, *"Let's pay attention to the hurt,"* or *"Tell me more about the sadness."* Instead, we focus on the story — "Tell me what happened" — rather than the child's emotional experience. Yet it's the emotional experience that needs our focus if we want our sons and daughters to come away from conversations with a sense of being deeply seen and heard. We're teaching our kids to reflect on their feelings in order to make sense of them. Normalization lets youth know that they aren't weird or unusual to feel as they do. Empathic listening without judgment and with normalization is the action that leads our children to trust their emotions, with the invaluable self-esteem boost that comes with that. **Goal 2025:** take time to listen, discuss + trust emotions



Home of the DGS Cougars



Wellness + School Policy

- Students who have had a fever over 100.4 degrees Fahrenheit, unless advised differently by the CDC or IDPH, in the past 24 hours should remain at home until they are **fever-free for 24 hours without medication.** *A child with a fever may be contagious and should remain at home.*
- Students who have been vomiting or have had contagious (viral or bacterial) diarrhea must remain home until they are **24 hours** without an episode.
- Parents are asked to contact the school (618-248-5188 or ekorte@dville62.com) when their child is going to be absent.

Damiansville PTO

- Meeting: Jan. 8th @ 6:30PM (Science Lab)
 - **Save the Date:** Trivia Night - Friday, Feb. 21st
 - **Theme:** Famous Families
 - Contact Melinda Voss to Sign Up (618-521-3192)
- If you would like to contribute a donation to the Trivia Night Silent Auction or find out more about becoming a sponsor visit please visit the PTO Facebook page or email: melinda.voss214@yahoo.com.

The Chill is in the Air

A few reminders this winter season...

- Dress for the weather. As long as the weather allows and is above 32 degrees Fahrenheit, we will be going outside for recess. Remember to bring what you need to bundle up!
- Claim your Clothing- write names/initials inside jackets/sweatshirts/coats . We often have a large lost and found table in the winter months.



 **JANUARY 2025**
THEME: FRIDAYS @ DGS

YOU GOT THIS

Friday
January 10th
National Bittersweet
Chocolate Day
Dress in Kind or "Sweet"
Saying shirts

Friday
January 17th
Honoring Martin
Luther King Jr. -
Wear Red, White, Blue





YOU ARE SO BRAVE

Friday
January 24th
National Compliment
Day - Wear an
Inspirational Shirt
(Give a Kind
Compliment)

Friday
January 31st
Cougar Spirit Day
Show your spirit on
Cougar Crew Day



#Well-DressedWednesdays

Wear Blue + White or
Cougar gear on Wednesdays
& Spread School Spirit!!
#DGSPROUD

