



# January Newsletter



**Happy New Year! We would like to express our heartfelt thanks for your thoughtfulness this holiday season! We are truly blessed to have such a caring, supportive community! With your generosity, we were able to help fifteen families!**



## **RaiseRight**

Please join our C.A. Frost Elementary RaiseRight program and start earning free money for our school! Buy gift cards for your gas, groceries, clothing, coffee, and much more.

It's an effortless way to fundraise for Frost by using gift cards to pay for some of your everyday expenses!

Click on the link and start raising money for our school! **[Raise Right Link](#)**

The enrollment code for Frost is **475D5EE663523**. **Happy Shopping!**



# Upcoming Events

January



**8: School Resumes**

**Start of Marking Period 3!**

**Round 1 of Theme School Applications Opens!**

**11: Gardner/Schwarzkopf to FMG**

**12: Neveau to FMG**

**15: No School, MLK Day**

**16: NWEA/MAP Testing Begins**

**17: Dika to Van Andel Institute**

**19: Schultz to Van Andel Institute**

**26: PBIS Celebration**



**January Character Trait:  
Respect**

# Student of the Month

Kulchar- Oakley N.

Mosqueda- Cosmo V.

Vruggink- Haven S.

Cole- Oliver K.

Copenhaver- Elijah S.

Moe- Robert M.

Coleman- Bennett C.

Kenworthy- Ben J.

Marcano- Eleanor Z.

Dika- Jade T.

Schultz- Rory W.

Vigneron- Sage D.

Gardner- Savi F.

Neveau- Carmen T.

Schwarzkopf- Waylon D.

Bihn- Gavin A.

Geary- Emmerson G.

Mckellar- Milana W.



December Character Trait:  
Creativity

Kulchar- Roslyn S.

Dika- Anna G.

MoSqueda- Clara K.

Schultz- Calliope D.

Vruggink- Ollie S.

Vigneron- Evangeline

Cole- Olin M.

Gardner- Grace S.

Copenhaver- Shiloh K.

Neveau- Eris W.

Moe- Lexi M.

Schwarzkopf- J.P Sprite

Coleman- Mitzi P.

Bihn-Orion W.

Kenworthy- Mileah P.

Geary- Julia W.

Marcano- Colton J.

McKellar- Abel C.

# E-Lab News



## E-Lab Topics for January

- Kindergarten: The kindergarten students will be learning about pushes and pulls.. We will hopefully do some animal tracking and go sledding!
- 1st Grade: The fantastic first graders will be observing the sky during the day and night then discussing what they see. Please get them outside on a starry night to see constellations.
- 2nd Grade: We will be studying the properties of matter and will try to track animals in the woods. We will also continue to record data from the Brandywine Creek.
- 3rd Grade: The terrific third graders will investigate forces, motion and magnetism...I hope they are attracted to the subject!
- 4th Grade: We will begin our unit on sound waves, where we will analyze the sounds of different birds. Hopefully we will get a lot of snow so we can do some animal tracking.
- 5th Grade: The fabulous fifth graders will observe physical and chemical changes as they investigate matter. They will mix and separate different mixtures and hopefully build a snow shelter!



# Teacher/Staff Spotlight

Erin Shadowens

Hello! My name is Erin Shadowens. I am incredibly honored to be part of the CA Frost and Blandford community! A little about me:

I am originally from the Grand Rapids area. I attended St. John's College in Annapolis, MD. After graduating, I started teaching in Detroit. After two years teaching second grade, I moved to Brooklyn, NY. I continued to be a classroom teacher and taught every grade Kindergarten through third grade. I also earned my masters in elementary curriculum and teaching from Teachers College at Columbia University. My work was recognized in 2020 with the Teaching Tolerance Excellence in Teaching award. After ten years in the classroom, I moved into a school administration role, where I focused on instructional coaching, designing professional development, and coordinating curriculum. I am extremely excited to be living in my hometown again after so many years away!



In my spare time, I love spending time with my family and friends while seeking out new experiences. In the pictures, you can see a trip with my three siblings in Porto, Portugal, as well as a visit to the Redwoods in Northern California. This past summer, my husband and I welcomed our son, Silas, to the world. On weekends, we're enjoying lots of books and family walks.

# Mental Health Information/Resources

## Happy New Year!

Below are some tips to help with supporting mental health for your child.

- 1- Provided children a safe space to share their feelings.
- 2 - Listen more, talk less - allow your child to lead the conversation. Think WAIT - why am I talking? Before you speak.
- 3 - Recognize anxiety is completely normal - remind your child that emotions change, and it is okay to not be okay all the time.
- 4 - Remember personal self-care - It's important to think about mental health as part of a continuum of total health. When a person's not feeling well, they need to go to the doctor. If you think your child might benefit from seeing a therapist, encourage them to give it a try, even just once.

**Want more information?** - Contact Mr. Johnson (Mental Health Clinician) at: johnsonka@grps.org or at 616.819.4037

## Helpful Links

### Grand Rapids Resource Map

[PROMISE NEIGHBORHOODS RESOURCE GUIDE](#)

9 positive mental health habits to try and maintain each week:

[9-positive-mental-health-habits-to-try-and-maintain-each-week-890x1080.png \(890x1080\) \(believeperform.com\)](#)

# Note From the Health Office

## Camping Trips

Overnight camping trips are on the horizon for this coming winter/spring! Please remember that all students who require a medication on the trip, **both prescription and over the counter**, will need to have a current medication consent on file for the 23-24 school year. This includes vitamins and supplements.

Look for the consents to come home with the camping trip paperwork. Consent forms can also be found on grps.org under the health services department, or request a copy from the health office through email or phone call. **Please have these consents signed and turned into the health office at least 2 weeks prior to the scheduled trip.** This allows us adequate time to obtain doctor authorizations and prepare a medication administration schedule for the teacher to follow on the trip.

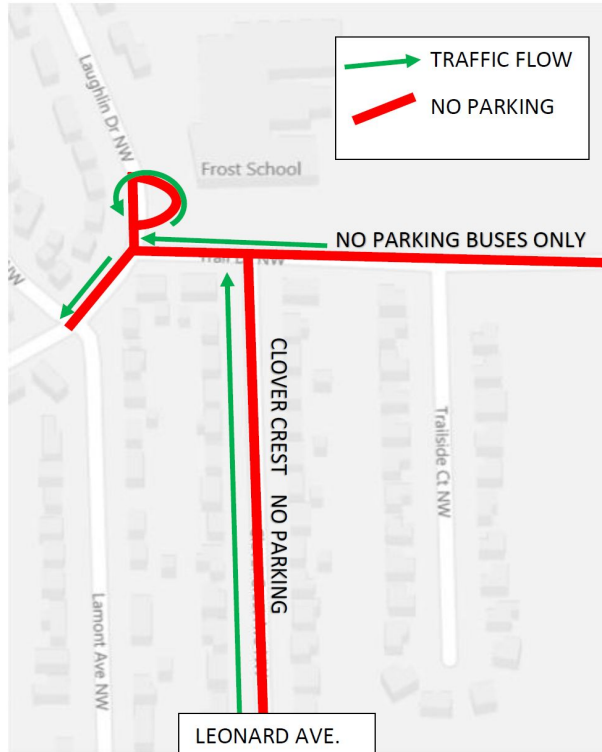
***Students are not permitted to carry any medications/vitamins in their personal belongings.***

**Tracey Furlong RN: 819-7678 [furlongt@grps.org](mailto:furlongt@grps.org)**

**Bonnie Green HA: 819-2663**



# Drop off/Pick Up Reminders



## Elementary Building - Parking, Pick-up, and Drop-off

- The front circle drive at the Elementary building is **only** to be used for drop-offs/pick-ups - **no parking allowed**.
- Trail Street along the playground is for buses only; cars must use Trail Street along the parking lot, the circle drive or parking lot for drop off.
- Parking is available in the parking lot, and along Trail Street (west of Clover Crest intersection), Clover Crest and Laughlin. Please avoid blocking residents' mailboxes and driveways, as well as crosswalks. Please also be mindful of choking or blocking through-ways for other cars and buses along these streets and intersections, especially where Trail St., Laughlin and the driveway come together.
- Watch, too, for kids crossing traffic/streets and proceed with caution.
- Parents must wait outside or in the pick up line for their children; please do not go to the classroom to meet your child.

Please remember that there is **NO PARKING** in the circle drive or on the North side of Trail St. If you need to park, we ask that you park in our parking lot or find a spot on a side street. Please remember to be courteous to our neighbors! At the end of the day, please make sure that you are crossing at the crosswalks and not in between cars! For those parents choosing to walk up, we need you to line up on the sidewalk that is parallel to the parking lot. **Please make sure that you have your number with you and visible!**