

# Saylor Monthly Update

May



## Late Start Wednesday

Our next Late Start Wednesday will be Wednesday, May 1st. There will be a 30-minute delay in bus arrival that morning. Breakfast will begin at 8:50. Student arrival is at 9:10. The start of the school day is 9:25.

**Student Council** will be participating in the Team Up, to Clean Up event on May 11<sup>th</sup> at Haven Hollow Park and last meeting/celebration on May 9<sup>th</sup>.

**Mr. Stanley** says, “No pencils, pens, or markers are allowed *in restrooms!*”

**Saylor’s Super Night out:** May 2<sup>nd</sup> 4:30-6pm. Join us for a night of superhero fun to celebrate our One School One Book, “Almost Super.”

May **PSO** News:

On behalf of the Saylor PSO, we would like to extend our gratitude to the parents, students, and staff for such an amazing school year! Without your support and contributions, we would not be able to do what we do for the school. Enjoy your summer break, be safe, and we look forward to next year and the exciting things to come. Look for our table at the Back To School Nights!

Upcoming PSO Dates:

May 6-10 th- End of the Year Bash presale tickets available before school \$4

May 10th 5:30-7:30 - End of the Year Bash, Saylor Gym , \$5 at door (Minecraft battles, bouncehouse, concessions, pictures, and music)

May 16th- May PSO Meeting, last one of the 2018-19 school year. Board Elections and end of the year activities.



4th and 5th grade **Declamation** Semi-Finals is on May 9th in GYM. Finals are on May 16th. Both are in the afternoon, starting at 1:35.

The **Choir** will be performing their Spring Concert on Wednesday, May 22nd at 6:00 PM in the gym. Come join us for a fun evening with Disney music!

**Days of Practices:**

No rehearsal May 7<sup>th</sup>  
 Thursday May 9<sup>th</sup>  
 No rehearsal May 14<sup>th</sup>  
 May 21st

**Kinsey's Korner**

The kids at Saylor are becoming masters at mindfulness! Each day, they are practicing ways to reduce stress and manage their emotions. Ask your child to tell you about why mindfulness is such a powerful tool. Chances are, they will start telling you about how the different parts of the brain work, and the effects of mindfulness!

You can help your child to continue building on their mindfulness skills over the summer by suggesting some of these fun summertime activities:

The Popsicle Challenge:

The next time you eat a popsicle on a hot day, challenge your kids to be silent until their popsicle is entirely gone. Encourage them to really notice all the different tastes  
 What flavors do they notice? Does the popsicle start to feel different in  
 their mouth as it starts melting? What temperature changes do they notice?

Sky Study

Put a blanket down on the lawn and spend some time staring at the clouds. What shapes do they see? Animals? People?

Spend at least 10-15 minutes studying the sky — and notice how the clouds gently move along

Noticing Walk

Go for a walk in your neighborhood and ask your kids to try to notice 10 things they've never really paid attention to before — perhaps the color of the neighbor's shutters or the flowers along the boulevard. You could also try to listen for new sounds, too. Ask them why they think they've never noticed them!

If you kids are asking for more mindfulness activities, have them look to "Zen Den" videos on Youtube!



