



Robert J. McGarvey Elementary School - Elk Grove Unified School District

WEEKLY NEWSLETTER

December 20, 2024 Issue 22

Principal's Corner

The Grinch and the Elf have been stirring up trouble at McGarvey this week! Thursday morning, one of the trees in the quad was covered in toilet paper and the Elf was right in the middle of it—but the Grinch was dancing with delight in the window of the library. Who do you think TP'd the tree, the Elf or the Grinch? Sending you our best wishes for a safe & happy holiday break! ♥ Dr. Mitchell

Happy Holidays!



Safe Griffins!

Safe Griffins S.O.A.R.!
We are Safe, Open-Minded, Accountable, and Resilient!

This week, these students were recognized students by their teachers. Congrats!

Kindergarten/TK

Elisa
Likezo
Zia G.
William

1st Grade

Rachel
Matthew
Nia

2nd Grade

Hanaya
Grayson
Anna

3rd Grade

James
Jazmine
Giselle
Nyla

4th Grade

Yuvraj
Arianna
Aria
Joshua

5th Grade

Emma
Sahiba
Christiana

6th Grade

Isaiah
Jayden

Coffee Chat

Please join us for a “Coffee Chat” with the principal! We’ll update you & answer your questions about regular school “business” at McGarvey - upcoming events & a brief update from our PFO.

Thurs. Jan. 9 @ 9:00-10:00 Room TBD

We will be continuing to plan a proactive & ongoing response to address and prevent unkindness and hate speech happening on our campus and in our community. We look forward to your input and contribution! If this is a topic you’re passionate about, please join us. If you can’t be here, please contact Dr. Mitchell (carmitch@egusd.net) to be included in future plans.

MCGARVEY PFO MULTICULTURAL NIGHT JANUARY 31ST

INTERESTED IN SHOWCASING YOUR
FAMILY'S TRADITIONS, HERITAGE AND
CULTURE? SCAN OR HOLD AND CLICK THE
QR CODE TO LEARN MORE! 🍷🍷🍷



Let's explore countries and cultures together,
by trying new foods, playing a festive game,
creating cultural art, and see what your luck
may bring you 🍀

Thank You
to the
families
who have
already
signed up!

**Afghanistan
Iran
Slovakia
Ukraine
Japan**

(Looking for a partner for Japan)

**India
Costa Rica
El Salvador
China
Trinidad**

There's still time
to sign up!

**WINTER BREAK
Dec. 23 - Jan. 1
NO SCHOOL
SCHOOL RESUMES
THURSDAY JAN. 2**

14 Tips for Managing Sensory Overload During the Holidays

Many people love the holiday season and look forward to its boisterous excesses. Others dread the holidays and simply do what they can to endure them until everything gets back to “normal.”

The holiday season is a perfect storm for sensory overload, and can happen to anyone - kids, adults, neurotypical, and neurodiverse. Here are some ways sensory overload shows up in kids:

- **Heightened behavior** such as running, jumping off furniture, spinning, excessive talking, etc.
- **Heightened sensitivity** to noises
- **Withdrawal** from usual activities and/or **refusal** to attend family functions
- **More frequent meltdowns**, tantrums, or uncontrollable crying
- **Aggressive behavior**

Here are some ways to reduce sensory overload:

1. **Consider planning shorter visits to the homes of friends and family** and identify a quiet “re-regulation” spot to retreat to in the home where a celebration is occurring. Children can bring noise-cancelling headphones to listen to music or to block out over-stimulating noise.
2. Give your family permission to **say “no” to some invitations.**
3. **Maintain regular sleep and eating patterns** on those days when a celebration or outing is not planned.
4. **Resist the urge to provide unlimited screen time** while children are on a break from school – maintain limits on screen time as well as rules about not using screens too close to bedtime.
5. **Consider cutting down on the number of gifts** and/or spread gift giving out over several days.
6. **Review breathing exercises and other mindfulness practices.** Help children create “self-soothing” kits that ideally address all 5 senses: a kit might include something soft like a mini stuffed animal or a piece of velvet, something that smells good (e.g., hand lotion), a tasty treat, a photo of a loved one or beloved pet, a favorite song played on headphones.
7. Parents can **help children and teens select their own food items to bring to gatherings** if there is concern about being unable to eat unfamiliar foods, about overeating, or about other food-related issues.
8. **Let children plan for and choose what holiday clothes they will wear** – a familiar and comfortable garment can help a child stay calm while a brand-new holiday outfit might raise anxiety.
9. **Review holiday week plans with children** and preferably create a visual schedule for them to refer to.
10. **Prepare family members and friends ahead of time about a child’s sensitivities** and about accommodations that might be needed.
11. **Prepare a “broken record” script to quiet those who question or criticize your child-rearing practices** in the moment.
12. **Let go of the concept of perfection and stay flexible.**
13. **Don’t take a break from exercise.** Physical activity can burn off anxiety and wound-up energy and improve sleep.
14. Children and families should **consider seeking moments of respite and re-regulation** by getting outside to be “awed” by the experience of nature.

This is an excerpt from a Effective School Solutions article. Find the whole article [here](#).

Important Dates

January

- 2 - School resumes
- 2 - Welcome Back B Track!
- 6 - Basketball Season Starts
- 9 - 9:15 Coffee Chat with the Principal
- 9 - Earthquake Drill
- 10 - PBIS Refresher “Recess Rodeo”
- 13 - TK/K Registration Begins (thru Feb. 14)
- 20 - NO SCHOOL Martin Luther King, Jr. Holiday
- 23 - 5:30 School Site Council Meeting
- 31 - Track Change Day Minimum Day (D goes off)
- 31 - Griffin Gala and Griffin Store
- 31 - Spirit Day: Heritage Day
- 31 - PFO Multi-Cultural Night

February

- 3 - Welcome Back C Track!
- 7 - Fire Drill
- 10 - NO SCHOOL Lincoln’s Birthday
- 14 - Valentine’s Day
- 20 - NO SCHOOL President’s Day
- 21 - Track Change Day Minimum Day (A goes off)
- 21 - Griffin Gala and Griffin Store
- 21 - Spirit Day: Rainbow Day
- 24 - Welcome Back D Track!
- 24-28 - 6th Grade Camp @ Sly Park

Thank You, Jesuit Students!

Last Sunday, a whole crew of Jesuit H.S. students came to volunteer in the McGarvey Garden! They did a great job clearing weeds and getting prepped for a bigger project this spring. We sure appreciate their help!



Thanks for visiting McGarvey, Santa!



Thanks to our **A Trackers** for a great celebration of Holidays Around the World, and our **C Trackers** for a delicious Winter Brunch!



**Pancake
Breakfast!**

Construction Update

If all goes well with the final Fire & Health Safety inspection, the three new portables on-campus will be ready to occupy when we come back from Winter Break!

The old Kindergarten playground equipment has been removed. Work will resume on Thursday 1/2/25.



Building Bridges to Inspire the Artists of Tomorrow

2025 AUDITIONS AND CLASSES REGISTER ONLINE!



Beauty and the Beast Jr.
 Open to all students ages 8-14 years old

- No experience necessary!
- Auditions: January 14 - 16
- Rehearsals: January 21 - March 27
- Rehearsal location: 803 Vallejo Way, Sacramento
- Performances: March 28 - 30
- Performance Location: TBD
- Develop Confidence, Make Friends, Have a Blast!



PERFORMING ARTS WINTER CLASSES

January 18 - March 1, 2025 | Tuition: \$160 - \$180

Saturdays
Grades 1st-3rd: 9am-10:15am
Grades 4th-6th: 10:45am-12:15pm

Students will learn how to act for the stage and screen while building confidence and communication skills. Theater improvisation exercises and theater games will enable students to step outside their comfort zones and tap into their creativity and self expression. No experience necessary! There will be a final performance for family and friends!

Location: FairyTale Town Theater
3901 Land Park Drive, Sacramento 95822



WWW.NORCALARTS.ORG 916-955-9462 INFO@NORCALSOTA.ORG

This is not an Elk Grove Unified School District sponsored program and EGUSD accepts no liability or responsibility for this program/activity.

AFTERSCHOOL SPANISH ENRICHMENT



Register your children today for the top Spanish-English Bilingual After School Program!



Welcomes K - 8th graders
ONLINE VIA MEETS

THE PROGRAM

Participants can learn essential Spanish phrases, greetings, cultural insights, and basic conversations. Join us for a journey of discovery and enrichment that is both enjoyable and effective! Game and theme based.

DAYS & HOURS

Welcomes Kinder - 8th
Wednesdays / 5:00-6:00 pm
Online

Dates	Weeks	Fee
1/22 - 3/19	9	\$150
3/26 - 5/28	9	\$150

REGISTRATION

(916) 293-9192

Info@TheSpanishClassroom.com
www.TheSpanishClassroom.com

BUSCAMOS INSTRUCTORES. CONTACT US!

ENROLL NOW

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BASKETBALL GAMES

BOYS

Tues Jan. 7
 4:00 @ home vs. Beitzel

GIRLS

Thurs Jan. 9
 5:00 away vs. West



Doctor's Orders: Laughter

Joke of the Week

Why did Santa only give a gift to the letter E?

All the other letters were 'not E'!

- Anonymous

See you next year!

TIKIZ will be here every Thursday

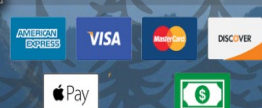
SUPPORT OUR MCGARVEY GRIFFINS



Thursday, Jan. 9
2:30 PM - 3:30 PM



Please send your student \$5 Ice Cream Bars \$5 - \$7 Shaved Ice to ensure that they can participate in the TIKIZ experience.



Tikiz.com/TikizOnTheRiver

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