



Greenhills

Paw Prints 9/2/2025



Walk and Talk!

Parents/Guardians, recently, we introduced our morning **Walk and Talk** for students who are on campus prior to school starting. Please note the instructional school day begins at 7:50AM. We have permitted our students to be on campus as early as 7:35am (with staff supervision) as a way to begin their day socializing with friends, moving their bodies safely to start their day. This also helps with morning drop-off congestion and decreases the chances of students being tardy to class.

Check out this FAQ list:

→ *Has the amount of supervision decreased during the morning drop-off?*

- ◆ **NO!** The amount of supervision during our morning drop-off time is the same.

→ *Does Greenhills have recess during the school day?*

- ◆ **YES!** At Greenhills, we are very much in compliance with California law, **49056 (a)**, which requires students to receive at least **30 minutes** of recess on regular instructional days and at least **15 minutes** on early release days. Here at Greenhills, our TK/K students receive at least 35 minutes daily & our 1-3 receive at least 50 minutes a day.

→ *Was piloting the Walk & Talk a team decision?*

- ◆ **YES!** Our teaching staff had a big part in implementing the idea of our Walk and Talk, and they are excited to join in with your students on the blacktop when they can.

→ *Was this a safety decision?*

- ◆ **YES!** This is a big part of our decision as we are prepared for our all-school morning transition with 500+ students ages 3-9.

→ *Does my student have to walk the whole time?*

- ◆ **NO!** Your student has the option to sit in chat with a friend in the morning.

Thank you for your support and feedback.

Walk & Talk
Parent/Guardian
Feedback Survey
[HERE](#)



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STEAM



EDUCATION

Check out all the STEAM fun coming up next with the one and only Ms K! It's all about Geometric and Organic shapes! Check out the flyer here: [Shapes!](#)



SAVE THE DATE!!

**JOGATHON 2025 will be Friday,
October 10th!**

JOGATHON is PTC's only major fundraiser! Before the Oct 10 event, cubs are encouraged to fundraise by sending their link to family and friends. Family and friends then either donate a set amount or a per-lap pledge. On the day of the event, the cubs will have 20 minutes to run as many laps as possible.

Parents/Guardians/Supporters are invited to

come cheer them on.

Classes wear their class colors, we take lots of awesome pictures, the cubs get popsicles and a pizza lunch, swag bags go home, and they generally have the BEST DAY EVER! Our goal this year is to raise \$60,000 for our programs, activities, and teacher support.

We need help with all aspects of the event (setup, clean up, volunteers, lunch, sponsors, emcee, photography, videography, etc.)

Click here to purchase a \$35 Family Sponsorship and have your name added to the back of the official Jog Shirt! **Deadline is FRIDAY, September 12!**

(LINK:

<https://go.dojiggy.io/greenhillsjog25/Sale/Details>)

Individual student fundraising links will be sent by September 1.

Do you own a small business? Corporate sponsorships make our JOGATHON possible and include perks like PTC social media shoutouts, race day thanks, sending home swag on jog day, signage and more! Click here to sponsor the 2025 event! (LINK:

<https://go.dojiggy.io/greenhillsjog25/Sale/Details>)

****If you missed our committee kickoff meeting, but still want to join, come on out this Friday at 9:30am!****



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EUSD Attendance Notes:

As we begin the new school year, we hope to support our students in attending school regularly and on time! We will be highlighting the importance of attendance throughout the school year, including helpful information with families. On our EUSD [Attendance Webpage](#), tips and resources are available, including a brochure introducing attendance procedures and a glossary of terms used. Tom Janis, Superintendent, has developed a message for our families introducing this year's attendance campaign. Please click [HERE](#) to view the video!

When to Keep Your Student Home From School

Throughout the past several years, guidance has changed about when and when not a student should stay home from school if they are not feeling well. Please review the guidance below on when to keep your student home from school:

- If a student tests positive for COVID-19, there is no isolation requirement or negative test required, as long as their symptoms are improving and they are free of the following illness signs/symptoms
- Fever of 100.0 degrees or higher (students should be fever-free for 24 hours without the use of fever-reducing medication before returning)
- Vomiting within the past 24 hours
- Diarrhea within the past 24 hours
- A contagious disease (e.g., strep throat, pink eye) unless advised to return by a medical provider
- Obvious illness or injury

Care Solace

Eureka Union School District has partnered with [Care Solace](#) to support our community's mental health. If you or a family member is looking for help with mental health or substance use, Care Solace can quickly find treatment options matched to your needs, regardless of the circumstance. Care Solace's care navigation services are confidential and complimentary to Eureka Union School District's students, staff, and their families. Care Solace's team is available 24/7/365 and can support you in any language. If you would like to use Care Solace to help you find a provider, call 888-515-0595 available 24/7/365. Or visit www.caresolace.com/eurekausd and either search on your own OR click "Book Appointment" for assistance by video chat, email, or phone. In an emergency, call 911, the National Suicide Prevention & Crisis Lifeline at 988, or chat at 988lifeline.org.

Classroom Celebrations & Food Allergies

We know that many parents & guardians like to celebrate birthdays and other occasions with special treats. We encourage celebrating with non-food items such as stickers, pencils, themed erasers, or other trinkets, rather than food. **We strongly recommend prepackaged items with labels to support food allergies in our classrooms. Please notify your child's teacher at least one**



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DADs Club

SAVE THE DATE for their kickoff
TOMORROW, **September 4 @ 7pm @**
Scoreboards. (LINK:
<https://forms.gle/sVbqoWQbx24qLq8z8>)



New to Sami? Please check out the website here:
[SAMI!](#)

New video this week, **Setting a Goal**. Please see
the parent guide here: [Parent Guide](#)

Also, feel free to check out the 5 minute exercise
breaks here:

[Brain Breaks](#)



Cubs Counseling Corner, Sept. 2025

Mrs. Reichardt and Mrs. Naghavi
Greenhills' Greeters

You may have seen students wearing green vests throughout the morning drop off- those are our 3rd grade Greenhills' Greeters! Our Greeters are placed at gates throughout the campus to assist students with the morning routine, or to simply greet other Cubs as they walk on campus. If your 3rd grader is interested in participating, please email Mrs. Reichardt at areichardt@eurekausd.org.

Conversation Cubs

New this school year are the Greenhills' Conversation Cubs! This program is for 2nd grade students; Conversation Cubs assist students with Walk and Talk in the mornings by walking with them, helping them find friends, and by striking up conversations! If your 2nd grade student is interested in participating, please email Mrs. Reichardt at areichardt@eurekausd.org.

The Toolbox Program

During the month of September, the Cubs will be learning the first 2 tools of the Toolbox Program- the Breathing Tool and the Quiet/Safe Place Tool



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Each tool has an icon, tagline, and hand gesture:

Breathing Tool-

Icon: A tape measure

Tagline: I calm myself and check in.

Hand gesture: Touch thumbs and index fingers together as if holding a tape measure: slowly pull hands apart while taking a breath. On exhale, bring hands slowly back together.

Quiet/Safe Place Tool-

Icon: A pair of headphones or earmuffs

Tagline: I remember my quiet/safe place.

Hand gesture: Cross your hands over your heart, tilt your head downward, and close your eyes.

Book Recommendation for the tools:

[Breathe with Me](#) [Lemonade Hurricane](#)

[My Magic Breath](#) [Breathe and Be](#)

School Drop off Tips

The start of a new school year is an exciting time! However, many students (and other family members) may experience some level of anxiety. Here are a few ways to help your Cub transition back to school:

Validate feelings before jumping to

reassurance: acknowledge, accept, and empathize with the feelings your child is experiencing. Once you name the feeling, you can help with problem solving.

Let your Cub know you believe in them!

Remind your child of ways they have been brave, or challenges they have faced in the past.

Establish a routine: routines and rituals help students to cope. A calm routine in the

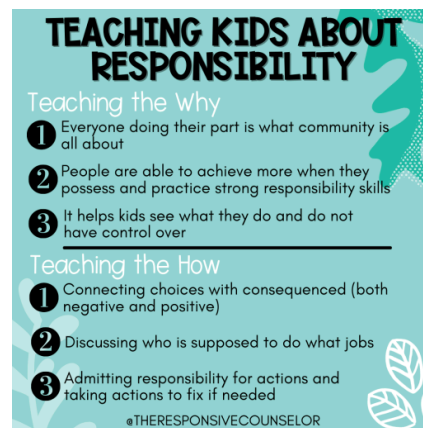
morning helps to set the tone for the day; additionally, a routine after school helps the student and caregiver reconnect.

Create a “goodbye” ritual: come up with a special way to separate at school and stick with it!

Tip- lingering can make separation anxiety worse for your student. School staff is available to help if needed!

Remind yourself that this is an adjustment for your child and family. However, with support from you and school staff, your child will adapt.

Cubs Club Trait of the Month: Responsibility



Community Resource: Care Solace

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help with mental health or substance use, Care Solace can quickly find treatment options matched to your needs, regardless of the circumstance. Care Solace's care navigation services are confidential and complimentary to Eureka Union School District's students, staff, and their families. Care Solace's team is available 24/7/365 and can support you in any language. If you would like to use Care Solace to help you find a provider, call 888-515-0595 available 24/7/365. Or visit www.caresolace.com/eurekausd and either search on your own OR click "Book Appointment" for assistance by video chat, email, or phone. In an emergency, call 911,

Eureka Schools Foundation (ESF)

The Eureka Schools Foundation (ESF) is the nonprofit that helps bridge the gap between state funding and the exceptional educational experience our community expects. By funding programs like art, music, libraries, athletics, STEAM, and teacher collaboration, ESF ensures our students have access to opportunities beyond the basics. EUSD receives 35% (\$8000) less per student than the state average. Parent donations are crucial for an excellent education.

Donate before the end of August to be entered into a raffle to win one of three Hawks gift cards!

www.esf4kids.org follow us on facebook and instagram @esf4kids

Plus, check out exciting events this year:

- ESF Fund Run (Sunday, Sept 21)
Registration open!
 - <https://eurekaschoolsfoundation.org/event/fund-run-2025/>
 - A 5K for all ages, plus the 1-Mile Race (12 & under) and 100-Yard Dash (6 & under)
 - Every child who registers gets a race t-shirt and a the first 250 that register get a special keychain!
 - There are awards, face painting, balloon twisting, raffles and more—it's truly a celebration of our school community.
- ESF Auction & Gala (Oct 20 - Friday, Nov 7) - Save the date!
Step away from falling leaves and into a midsummer night's dream.
- ESF World Arts Fair (Friday, April 10)
New this year!
 - Featuring internationally inspired collaborative student art pieces from every class, live performances for our bands and choirs, and cultural food vendors.
- ESF Golf Tournament (Monday, June 1)
 - Everyone is welcome to play or volunteer!





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ESF SAVE THE DATE!



Upcoming Dates

September

- 4 DAD's Club Kick Off!
- 8 EUSD Board Meeting
- 30 PTC Meeting

October

- 4 DADS Club Work Day
- 8 Cub's in Training
- 9 Picture Retake Day
- 10 JOGATHON!!
- 17 DADS Club Movie Night
- 28 PTC Meeting
- 30 Halloween Parade
- 31 **No School**