



# Greenhills

## Paw Prints 4/8/2026



### \*Author Day Update!\*

Unfortunately, due to unforeseen circumstances, Author Day will be cancelled this year. We look forward to having our next Author Day next school year!



### Notes from the Health Office

Dear Families,  
The flu, cold, and other illnesses are still present in our community. As a reminder, please review our [Illness Guidance](#) concerning when to keep your student home. Please contact your student's school for any diagnosis (e.g., strep, pinkeye, flu, etc.) or positive test (e.g., COVID). Good hand hygiene and disinfection of highly touched surfaces/work areas should continue to be encouraged. Thank you for your support and cooperation.



It's Engineering Time, Take 2! Check out all the amazing activities in store here with Ms. K. [Engineering Week 2!](#)

### Yearbooks!

*Last Call for a Guaranteed Yearbook!*

This Friday is the **LAST DAY** to pre-order yearbooks (\$35 plus fees), and be guaranteed a book in May. Limited extra books will be ordered, and they will be \$40, first come, first served. [BUY YOUR YEARBOOK HERE!](#)

### Runnin' For Rhett

Cubs can join our lunchtime workouts starting on **Friday, March 20** and going through **Friday April 24**. Students can sign up for the free 5K and 1/4 mile race in Sacramento on April 26 using this link:

<https://runsignup.com/Race/CA/Sacramento/R4R/RunBecauseYouCan>



New to Sami? Check out the website here:

[SAMI!](#)

New video this week, The Kindness Boomerang

Check out the parent guide here: [Parent Guide](#)

Also, feel free to check out the 5 minute exercise breaks here: [Brain Breaks](#)



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### Recess Remix

New sign ups for April Recess Remix [Sign Up](#)  
[Genius](#)

### Greenhills Dance Show!

Parents/Guardians, our famous Greenhills Dance Show will be on **May 4th and May 5th**. Please mark your calendars and plan accordingly. More information to come!



Mrs. Reichardt and Mrs. Naghavi's  
Cubs Counseling Corner  
April 2026



### Let's Get Our Groove On! Greenhills Elementary is Turning 60!

We're celebrating in style with a Birthday Party Dance just for our Greenhills families! Join us **Friday, April 17, from 5:30–7:30pm** for a fun-filled evening of music, dancing, and school spirit. **This event is free for all Greenhills families** — come celebrate 60 amazing years together! In addition to dancing, there will be a **Mad Science performance, Soccer Stars is hosting a station, and a free BBQ dinner**. Please RSVP at this website for a food count: <https://tinyurl.com/GH60th>  
Check out the flyer here: [Groovy Flyer!](#)  
Hope to see you all here!

### The Toolbox Program

This month we are working on our last two tools, the Patience Tool and the Courage Tool. You can find a detailed description in the video provided:



[Patience Tool](#)



[Courage Tool](#)

Books:  
[Waiting](#)  
[Waiting is Not Easy](#)



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Books:

[I Am Enough](#)

[Jabari Jumps](#)

[The Thing Lou Couldn't Do](#)

### Cubs Club Trait of the Month

Cubs are being recognized for being Assertive. Some tips for teaching your child(ren) about being assertive are outlined in the graphic.

**5 Key Steps For Raising ASSERTIVE KIDS**

- TALK ABOUT IT**  
Tell kids there are 3 basic styles of communication. Each time we speak or interact with other people, we choose one of these methods: passive, aggressive, or assertive.  
For young kids, try using animals to represent each style. Let them brainstorm different creatures associated with the 3 types:  
  - PASSIVE**: a turtle in his shell or a mouse that runs and hides
  - AGGRESSIVE**: a tiger who attacks or bear that roars
  - ASSERTIVE**: a wise owl or calm family dog who barks at danger
- DEFINE BOUNDARIES**  
Discuss how there are boundaries in the world, or lines that should not be crossed.  
One way to respect these boundaries is by discussing the power of "no." Whether it's an unwanted hug from grandma or a bossy friend on the playground, kids need to hear that assertively saying "no" is not only acceptable—it's their right.
- TEACH "I" MESSAGES**  
Here's a simple formula:  
  - "I feel (insert feeling) when you (insert behavior). I would like you to (insert request)."
  - "I feel angry when you tell me I can't play. I would like you to let me join in."
- BUILD FRIENDSHIP SKILLS**  
Assertiveness skills are not just necessary for dealing with the playground bully, it's often our closest friendships that require making our needs and feelings known.  
Start by talking with your child about the qualities she wants in a friend. What kinds of things make a good friend? How do friends act?
- MODEL CONFIDENCE**  
If we hope to raise confident kids, it's crucial to communicate assertively in our own lives. You might start by:
  - Speaking up when you need to, and letting your child see you say (and stick to) "no"
  - Discussing the times assertiveness is difficult for you, and how you overcome it by practicing
  - Using a calm, confident voice when stating your views
  - Praise (and even reward) yourself when you do well

### School Attendance Tips

Did you know that too many absences in preschool and elementary school can cause children to struggle socially and academically? The following tips can help increase your child's attendance:

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Develop backup plans for getting to school if something comes up.
- Monitor your child's absences.
- Try to schedule nonurgent medical appointments and extended trips when school isn't in session.
- If your child seems anxious about going to school, please reach out to their teacher or me for ways to help

### Community Resources

#### 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](http://www.caresolace.com/eurekausd) and either search on your own OR click "Book Appointment" for assistance by video chat,



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email, or phone. In an emergency, call 911, the National Suicide Prevention & Crisis Lifeline at 988 or chat at [988lifeline.org](https://988lifeline.org).

**we want to keep our library vibrant and our STEAM room filled with supplies.** Please check your Wednesday folders and emails this week to see how your donated dollars are putting essential tools and inspiration directly into your child's learning environment. Donate today at [ESF4Kids.org](https://ESF4Kids.org)



### ESF Updates!

**The World Arts Fair is THIS Friday!**

The time has come to [RSVP to the ESF World Arts Fair](#) this Friday April 10, 5-8PM at Bayside

We hope you come and check out the art from every K-6th grade class, and stay for performances from our school's bands and choirs. Amazing raffle baskets and lots of food options to choose from. We can't wait to celebrate all of the amazing arts and culture in our community!

[The 31st Annual ESF Foundation Cup Golf Tournament](#) registration is now open! Join us for an unforgettable day at the exclusive Granite Bay Golf Club - everyone is invited to join the excitement and play, or volunteer!



### Greenhills Elementary

At Greenhills Elementary, your children engage in collaborative STEAM activities that spark curiosity and creative problem solving, while our library nurtures a love of reading and research. **Giving is not just generous, it is necessary if**

### Parent Input Forms:

Parents/Guardians, we currently have our Parent Input Forms available in the front office. Please note, these forms are voluntary to complete. If you would like to let us know about your student's unique strengths or needs, please complete and return no later than **Friday, May 1**. As a reminder, please do not list a specific teacher on the form as it will not be honored.

### Upcoming Dates

#### April

- 14 EUSD Board Meeting
- 17 PTC Disco Dance Party
- 28 PTC Meeting
- 28 Cub's Night Out-Jacks Urban Eats
- 30 Open House

