Spartan News 1/12/2024

MLK Day

There will be no school held on Monday January 15th in observance of Martin Luther King Day.

Nebo Regional Expressions Art Contest Students can showcase their artistic talents in a variety of ways. The theme for this year is what happens next? Entries are due January 19th, 2024.

January Students of the Month
Congratulations to our students of the month for
January! Evelyn Yancey, Rafe Hales, Joseph Lyman,
Cambrie Powell, Jerica Patterson, Oaklee Kelson,
Braxton Rasmussen. There will be a brief breakfast for
these students and families on Tuesday January 16th,
2024 at 7:30 am. See your mailed letter for more details.

White Ribbon Week

PTO will host white ribbon week January 22-26th. This is week where we focus on making positive choices with media and technology.

Movie Reward Day

Students who met certain goals during term 2 are welcome to come on a field trip to the movies on Jan 18th! The movie that will be shown is Migration. If your student is eligible and would like to attend they will need their permission slip signed and also pay 6\$ to the finance office by Tuesday Jan 16th.



2ND TERM REWARD ACTIVITY MOVIE DAY: JANUARY 18 Requirements for 2nd term: No F's, N's, U's, or Sluffs. No more than 3 tardies. If you need to work off tardies, here's how: In room 119 every morning from 7:00 to 7:50 (15 minutes per tardy) In math lab Tuesday through Friday from 2:45 to 3:45 (15 minutes per tardy) Rooms 105/107

ALL REQUIREMENTS MUST BE COMPLETED NO LATER THAN DECEMBER 22!





Work with your teacher to work off tardies or N's or U's.







Attention Nebo Parents

join our Mental Health Series focusing on...

Your Child's Anxiety

January 18, 2024 6:00-7:00 PM via Zoom



REGISTER HERE: http://cookcenter.info/Jan18Nebo







Atención padres de Nebo School District...

inase en nuestra serie de salud mental...

La Ansiedad de su Hijo

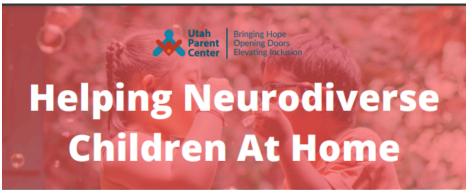
18 de enero, 2024 6:00-7:00 PM en Zoom



Inscríbase aquí: http://cookcenter.info/Jan18NeboSp







Join us free online workshop! Tuesday January 30th 7 - 8:30 PM via Zoom

Register at <u>bit.ly/NeurodiverseHelp</u>

This presentation will use the "Polyvagal Theory" to help parents understand the different states of a child's brain and teach coping strategies they can use to help their neurodiverse child stay calm, learn, and connect.

Guest Speaker



Thora Moore, LMFT

Thora is a family therapist at the Payson Family Clinic. Thora's approach to therapy is informed by Interpersonal Neurobiology and Neurodiversity. Her primary model is an experiential family therapy called Satir Growth Model, which she uses both with families and individuals. She loves to work with clients of all ages and has previously volunteered with families living with severe mental health, as well as vicitims of secual assault and domestic violence. She has a soft spot for Autism, as she has multiple family members on the spectrum.

Questions? Contact Heidi Whittaker, Parent Consultant Serving Nebo School District 801-228-8144 | Heidi@utahparentcenter.org



Upcoming Dates:

Jan 15 - MLK Day no school

Jan 17 - Wrestling district finals

Jan 18 - Movie Reward Day

Jan 22-26 - White ribbon week

Jan 26 - District honors band