

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.



NEBO REGIONAL
EXPRESSIONS
ART CONTEST

THEME:
WHAT HAPPENS NEXT?

TO ENTER
AND FOR CONTEST RULES
SCAN THE QR CODE
OR FOLLOW THE LINK

ENTERIES DUE
JANUARY 19TH 2024

ART CONTEST CATEGORIES:
DANCE GEOGRAPHY, VISUAL ART, THREE DIMENSIONAL, FILM PRODUCTION, MUSICAL COMPOSITION, CREATIVE WRITING, PHOTOGRAPHY

QUESTIONS? EMAIL: NEBOEXPRESSIONS@GMAIL.COM

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

ALL REQUIREMENTS MUST BE COMPLETED NO LATER THAN DECEMBER 22!



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...

únanse en nuestra serie de salud mental...

La Ansiedad de su Hijo

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



Inscríbese aquí:
<http://cookcenter.info/Jan18NeboSp>



Utah
Parent
Center

Bringing Hope
Opening Doors
Elevating Inclusion

Helping Neurodiverse Children At Home

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

Register at bit.ly/NeurodiverseHelp

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 victims of sexual 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



More Events



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