

# The Eagle Express

Soaring Eagles Elementary

4710 Harrier Ridge Drive, Colorado Springs, Colorado 80916

National Blue Ribbon School of the Year Winner, 2009 & 2016

National Title One School of the Year Winner, 2011

Colorado Department of Education High Achievers Award Winner, 2014 - 2021

John Irwin School of Excellence Award Winner, 2016, 2017 & 2018

High Fliers Award, 2018



**Kimberly Easdon**  
Principal

**Sarah Lindholm**  
Assistant Principal

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## Upcoming Events

- eLearning Resumes  
January 7th
- College Shirt Day  
January 8th
- Martin Luther King Jr.  
Day—No School  
January 18th
- In person Learning  
Resumes  
January 19th
- Freaky Friday—Spirit Day  
January 29th
- Presidents' Day  
No School  
February 15th

## HOLIDAY STRESS

For many families holiday time is not only the most wonderful time of the year, but is also the most stressful. With shopping, cooking, cleaning, wrapping presents, decorating the house, not to mention blowing through our holiday budget, it is easy to forget that holiday time should be relaxing and joyful. Children can also feel the stress caused by the hustle bustle and lack of routine. Here are a few ideas from [keepkidshealthy.com](http://keepkidshealthy.com) to help your children beat the holiday stress:

- **Limit TV and video games** — While we're busy preparing for the holidays, the TV and video games often become the baby sitter, but children who are stressed need to spend some time outside exercising. Bundle the kids up and enjoy the outdoors whenever possible.
- **Remember routines** - During the holidays children will find their routines disrupted. They are often dragged along on shopping expeditions or taken to events over which they have no control. And when a routine is broken, stress can result.
- **Nutrition** — Have you ever noticed the lines at the fast food restaurants as it gets closer to the holidays? They are getting longer because parents typically are too busy to go home and cook a nutritious meal. Then factor in all of those sugary holiday treats, and you end up with a stressed out, hungry family. Try to plan at least one healthy meal as a family everyday.
- **Rest and relaxation** — Everyone, especially children, needs to take a "time out" over the holiday season to rest and relax. For parents of younger children this is especially good advice, because a well-rested child will be much happier on a trip to the mall than one who is in desperate need of a nap. Schedule some R & R time for everyone in the family.

The holiday season doesn't have to be a time of stress and exhaustion. Make sure you do your part to make the most wonderful time of the year!



## DISTRICT CORNER – DECEMBER 2020

Care & Share will host a food distribution at Centennial Elementary on Friday, December 18<sup>th</sup> at 11:00 a.m. and will continue for two hours or until food runs out.

The **Choice Enrollment Window for the 2021-2022 school year** began Monday, November 16<sup>th</sup> at 7:30 a.m. allowing you to request a specific campus by visiting the District Office during business hours. Visit our website for additional information on Choice Enrollment.

Are you interested in learning more about our Middle School options in HSD2? Visit our [District website](#) to find Virtual Town Hall invitations from each of our Middle Schools or visit a middle school on Facebook for the event notice.

## COUNSELOR'S CORNER

During COVID, we may feel the holiday blues as we deal with the disappointment over this year being different than normal. Here are some tips to help children navigate their disappointment while building resilience for the future.

- Between ages 6-12, children understand the precautions that need to be taken due to COVID-19.
- Validate their feelings of disappointment and sadness about changes to their holiday traditions: It's normal and OK to feel angry, frustrated or sad.
- Remember that helping children overcome disappointment helps them build resiliency.
- Ask them for their ideas about how to make the holiday special.

Teach fun relaxation strategies – [try yoga](#) for the first time, or [practice slowly breathing](#) in and out the scent of a favorite treat, lotion or candle.

We understand that many families may be experiencing increased stress during this holiday season. If you are in need of community resources or looking for online videos to help your child reduce stress, visit my website at [SEECounseling.site](#)

## OCTOBER'S SOARING EAGLE OF THE MONTH

**Kindergarten**—Kingstrom—Calvin Johnson & Miracle Demay, O'Brien—Hadassah Smith & Izrael Davis, Wagner—Penelope Barrows & Jack Rogers, Kirby—Emma Smith & Brock Wilson

**1st Grade**—Jaramillo—Isabella Reyes & Jacyce Scott, Hemp—Noemi Medina & Ishmael Clanton, Gillette Randle—Leven Fernandez & Kylie Esposito, Rueb—Jaxxon Combs & Jaden Goddard, Penney—Sway Michel & Lily Kalal

**2nd Grade**—Hallock—Jackson O'Brien & Harbour Hallock, Bennett—Jasmine Plummer & Zoey Bloodworth, Messick—Seriah West & Summer Haley Boling—Charlotte Corwin & James Davis



**3rd Grade**—Christensen—Eli Villalobos & Nelay Yslas, Giroux—Mariano Gongora, Herman—Jayden Brown & Khloe McDonald, Brewer—Joshua Nunez-Granados & Evalie Davila

**4th Grade**—Griffin—Gail De Los Rios & Mariah Randle, Fangmeier—Gizelle Gonzalez Castro & Christian Carter, Harlow—Italia Romero & Jessaid Medrano, Coulahan—Michael Rippetto & Areliz Aguilar

**5th Grade**—Gosch—Knox Combs & Ellyanna Fäillagi, Mitchell—Kimberly Ruiz & Noajh Barnett, Heilman—Hunter Witt & Kayla Kim

## APPLE 'DOUGHNUTS'

150g soft cheese  
2 tsp [honey](#)  
3 [apples](#) (use a crunchy eating variety)  
3-4 tbsp [almond or peanut butter](#) (optional)  
coloured sprinkles, to decorate

### STEP 1

Mix the soft cheese with the honey and set aside. [Peel](#) the apples, then slice each through the core into five or six rings, about 1cm thick. Use an apple corer or small round biscuit cutter to stamp out a circle from the middle of each slice, removing the core and creating 'doughnut' shapes. Pat the slices dry using kitchen paper – they should be as dry as possible to help the toppings stick.

### STEP 2

Spread some nut butter over the slices, if using, then top with the sweetened soft cheese. Decorate with the sprinkles and serve.



## BLUE FLAG

Since we are into fall and heading towards winter in Colorado, the weather can be frightful! When the temperature feels below 20 degrees, we line up indoors. The way we indicate this is with a blue flag on our flag pole at the front of the school. So, when you drop off your student and it feels very cold, check the flag pole. Students will line up in the hallways at 8:15 on "blue flag" days Tuesday through Friday and at 9:45 on Mondays.