

Solheim Cougar Tracks Newsletter

December 2022



Toasty Toes



Solheim Elementary 1st graders invites all Students, Parents, and Staff to join in the spirit of giving through the "Toasty Toes" project.

Please bring **NEW SOCKS** to Solheim School **starting December 5th-December 16th** to adorn the Christmas tree in front of the library. All sizes of socks, infants through adults, are appreciated. There will be a special box located by the Christmas tree where socks will be donated. During the day, first grade classes will count the socks and decorate the tree. It is so exciting for everyone to see the number of socks grow and grow on our tree. Last year over 2,500 pairs of socks were donated!! Will we be able to break last year's record?

NEW socks are donated to the Salvation Army for distribution during the Salvation Army CHRISTMAS JOY SHOP starting December 19th-21st.

Join in the fun during this season of giving by bringing **NEW SOCKS** by **December 16th**.

Important Dates:

December 2022

12/6 – Tue, PTO Meeting, 6:30 pm

12/15 – Thur, 5th Grade Music Program,
7pm @ Solheim

12/23-1/2 – NO SCHOOL/CHRISTMAS
BREAK

Lifeskills for December: Second Step

- **Curiosity:** A desire to investigate and see to understand one's world.
- **Caring:** To feel and show concern for others.
- **Integrity:** To act according to a sense of what's right and wrong.



Open Your Heart

Please donate food items to help feed hungry families in Bismarck and throughout Burleigh County this Christmas. Place donations of canned or packaged non-perishable food items in this box.

(No food in glass containers or damaged items please)

This year marks the 93rd consecutive **OPEN YOUR HEART** campaign sponsored by the American Legion Loyd Spetz Post No. 1. Bismarck Public School students have been very generous in past years. You can help make a big difference for families in need this Christmas by donating just one or two items.

Boxes will be picked up on December 15th
For More Information: OpenYourHeartMidco@gmail.com

"Not sponsored/endorsed by Bismarck Public Schools"

Solheim Cougars are PAWSitively
Respectful, Responsible, Safe & Kind





Nurses Notes

Illness - The guidelines for staying home and preventing the spread of an illness your child may have are:

- A fever of 100 degrees or higher. Students need to stay home 24 hours from the point of being fever free without the aide of medicine.
- He/she is vomiting or has diarrhea. Students need to stay home 16 hours after the last incident of either vomiting or diarrhea.
- Symptoms that prevent him/her from participating in school such as:
 - excessive tiredness
 - lack of appetite
 - productive coughing or sneezing
 - headache
 - body aches
 - earache
 - sore throat

Library News

Overdue and Lost Books:

Please check your homes for library books so that they can come home to our library! Solheim students are awesome readers, and we see thousands of books go in and out of the library almost every week, so it's important to try to get books back on the shelves.

Thank you to Mrs. Roth and the 5th grade helpers for keeping the library shelved and organized for our young readers!

Coding: All Solheim students have been busy learning about coding! We will continue to learn more about coding in December.

4th and 5th Graders! Be on the lookout for information about **Silent Book Club**, which will be starting soon!