

Canyon Thoughts

A Canyon Grove Academy Newsletter January 2021



CHOOSE KINDNESS INITIATIVE

Kindness is one of the most forgotten yet most wonderful gifts you can give. It heals wounds and brightens days. It brings us together and reminds us that we are more similar than we are different.

CHOOSE KINDNESS THIS MONTH. Be an encourager. Be someone who helps others. Give love. Have compassion. Stay humble. It is the little acts of kindness that make the biggest difference.

We have prepared a daily calendar of kindness activities for all students to have and participate in! [You can find it here.](#)

WINTER YOUTH EDUCATION WITH CCF

Winter Youth Education with CCF is pleased to offer Family Snowshoe Tours in lieu of our larger field trip programs. Our family tours will offer the same content that we present during our winter snowshoe field trips, which are primarily geared towards children in 3rd-5th grade. Trips are held at Spruces Campground in Big Cottonwood Canyon, which is an avalanche-safe area that features gentle terrain for all levels, whether you are a beginner or an experienced snowshoer! If you are interested in scheduling a Snowshoe Tour, please email me and I will be more than happy to make any arrangements! Additionally, please feel free to reach out with any questions you may have.

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Yearbook & Pictures

We are taking photos to prepare for our yearbook and to share on our social media accounts. If your child has photo restrictions on file with us in Aspire, we will place a yellow lanyard on them so the photographer is certain not to include them in the photos. Contact your child's teacher or ES if you need to update photo permissions.

FIDGET TOYS

Fidget toys are fun and irresistible for anyone who gets bored - from students with ADHD to busy executives in a long meeting. Throughout the day, whenever you feel stressed or need help focusing, fidgets come to the rescue! Sensory toys are actually a great tool that can help relieve stress and nervous energy while helping to keep students engaged and focused. Roll, squeeze, and manipulate to calm restless energy and keep fingers busy. Fidget toys can also help fine motor skills by warming up fingers before doing handwriting... and a stress ball can be a fun way to strengthen hands. So, if your student is having a hard time sitting still, then let him/her doodle or play with kinetic sand while listening to the lesson. Below is a link to DIY Kinetic sand that you can make, mostly with things from home! [Link](#)

CGA Resource Library Highlights

The Crazy Scientist Lab: Magical Mirrors

Build fun mirror experiments with this cool kit!

The Presidential: Do you have what it takes to become president? Find out in this board game!

Read & Build Sight Word Sentences. Easy-to-manage word tiles for early reading...a blast for word games and review!