

Canyon Thoughts

A Canyon Grove Academy Newsletter February 2020



2020-2021 ENROLLMENT

It is time to re-enroll for all students who will be in Kinder-8th grade next year! Please follow the directions received from your teacher or ES to register in Aspire as soon as possible. For questions or info:

- K-6th Epic or home learning program, contact your Educational Specialist.
- 6th-8th questions, contact Jason Hansen by email. jason.hansen@canyongrove.com.
- Adventures 5-day/week program, please email nicole.pratt@canyongrove.com.
- Enrollment or technical difficulties, email office@canyongrove.com.

We are excited to continue as your educational partner as we work together to support your child's growth and learning.



HOW TO NAVIGATE YOUR CHILD'S NEGATIVE SELF-TALK

"Specifically, I see many parents dismissing their child's negative self-talk (even saying, "**I NEVER want to hear this again!**"). But the truth is that is NOT the best way to respond. By dismissing your child's self-deprecating statements, you may actually reinforce their negative self-talk. You might be sending them a message that what they're feeling and thinking is wrong. **Their negative thoughts are not wrong. They are just there.** Instead, become curious and seek to understand. Next time your child says, "I am stupid!", you could say: "*What makes you feel this way? Oh...I really want to understand. Can you tell me more about what you're feeling?*" This is the first and very important step. This step can help you and your child identify the situations, circumstances, and states (tired, hungry) when these thoughts occur.

Paraphrased from Alexandra, Chief Creator at Big Life Journal
[Growth Mindset Statements and Affirmations](#)

SPRING INNOVATION REGISTRATION

Registration for Spring Innovations opens this Friday, February 12th. Details on what classes are offered and links to the registration form are on the [Innovations page](#) of our website. Space is limited, so please register early. Registration closes February 26th.

LET'S GO ON A VIRTUAL FIELD TRIP!

Stuck inside your house? Let's fix that! Come with us as a school as we participate in one of the many amazing virtual field trips around Utah and beyond!
<https://canyongrove.com/field-trips-events/>

Resource Library Spotlight

Magnetic Human Body Play Set

Better than X-ray vision, this magnetic wooden figure is a fantastic learning aid. Help children visualize the skeleton, internal organs, circulatory system, and more by placing magnets on the body. The set includes anatomically correct magnets for boys and girls, along with a wooden stand.

Guess That President

Did you know that Herbert Hoover worked as a mining engineer? Or that Andrew Jackson was the first president born in a log cabin? Learn these and many other interesting facts about the presidents as you play this educational game.