



CHERRY PARK ELEMENTARY

SCHOOL OF LANGUAGE IMMERSION



When Do You Need to “HALT?”

It has been seven weeks since our last break. I think it has rained every day since then. Flu and sinus infections have been rampant. Grades are coming due and it is still five weeks until spring break. It may be that we need to “HALT.” HALT stands for Hungry, Angry, Lonely and Tired. Take a minute and take your (and your kids’) temperature in these areas. Is it time for a “time out?”

- 1. Hungry**—When we are physically or emotionally hungry, we are not at our best. We don’t think well and we get irritable when we are hungry. Hunger always saps our energy reserves.
- 2. Angry**—We can usually handle one thing that doesn’t go our way. String together a couple of disappointments and a conflict or two and we are probably at our limits of patience and kindness.
- 3. Lonely**—Does anyone really care? Does anyone understand? Does anyone see me and my problem? When we face difficult circumstances, it is so easy to feel this way. It is easy to completely lose all perspective.
- 4. Tired**—Start with how physically tired you might be. Move to how emotionally and mentally tired you might be. My ability to persevere and respond to adversity is directly connected to sleep and rest. Life is difficult when we experience one of these conditions. If two are more are present, we are in big trouble. Constant stress and pressure can drain the best of us. We are not made to go fast and furious for long periods of time. Even cars stop working when the gas tank is empty. Why would we think we function any differently? Take stock of yourself and the important people around you. It may be time for us to HALT and avoid a major collision that lies just around the corner.

Mr. Maness, Principal

P.S. Don't forget to turn your clocks ahead an hour because of Daylight Savings time.

Spring Pictures—Will be this **Wednesday, March 13**. Only students who have purchased pictures online or send in their order form will have their pictures made. This is a great gift for Mother's Day and Father's Day. See attached form for more information.

Let Me Run Cherry Park Elementary School--REGISTER TODAY

Cherry Park will have Let Me Run this spring!!! Let Me Run is a running program for **4th & 5th** grade boys, but it's more about the boy than the run. Counteracting the negative pressures society places on boys, the program uses running as the vehicle to inspire, teach, and reach them. Combining exercise with fun activities and lessons, our trained coaches inspire boys to be courageous enough to be themselves, build healthy relationships, and live an active lifestyle. Registration is now open!

REGISTER TODAY - **2018 Spring season starts on March 26th, 2019** and meets **TUESDAY AND THURSDAY** after school from 2:30- 3:30 pm. The season ends with the Let Me Run 5k race on May 18, 2019.

[Watch this video](#) to learn more.

REGISTER AT: <http://www.letmerun.org/region/greater-charlotte-area/teams> or request a paper registration form

QUESTIONS? Email Coach Nate Questelle ultinate@yahoo.com or Coach Mary Ann Kennedy tigerunner2000@gmail.com

Parent Teacher Organization and School Improvement Council Update

The PTO serves to raise funds, coordinate volunteers and encourage teachers through appreciation activities. We had a great meeting last week and minutes from the meeting were sent out earlier this week. We will meet again on **Monday, March 18 at 6:30 PM** to continue organization efforts. We encourage all parents to come and participate. We will meet in the Cherry Park Elementary Library starting in January. Meeting dates have been set for the following Mondays at 6:30 PM for the rest of the year: **April 22 and May 20. Our School Improvement Council will meet on the same days at 5:30 PM** in the Office Conference Room. All parents are invited to attend either or both meetings. Both groups are working on bylaws and have started organizational efforts. There will be a table at Open House to sign up for PTO and to volunteer. **We would like to have at least one representative from each of the schools on the PTO Leadership Team** so we can take the best ideas from all the PTO's and put them into practice for our CPES PTO. The group at PTO divided into committees to work on Bylaws, Fundraising, Volunteers and Teacher Appreciation. We hope you can come and join one of these subcommittees. Here is the link if you wish to receive the PTO Newsletter:

<https://na01.safelinks.protection.outlook.com/?url=http%3A%2F%2Ffeepurl.com%2FghLsUj&data=02%7C01%7Cpmaness%40rhmail.org%7C86c7b468d60e47e7bc6408d698d1dd08%7>

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