



December's Message from Mrs. Anderson

Dear Mirada Families,

I hope everyone had a wonderful Thanksgiving and enjoyed their time with friends and family. I cannot believe December is already here! Only 12 school days until Winter Break and the start of the year 2022! As we close out this semester, I encourage our staff and students to finish the year strong. It's a great time to implement Habits 2 & 3: Begin with the End in Mind and Put First Things First.

Habit 2: Begin with the End in Mind

It is never too early to think about your future! Planning ahead and setting goals is important. Not only does it keep you focused, but when you achieve your goals, you feel a deep sense of pride and accomplishment.

Habit 3: Put First Things First

Once you set your goals, distinguish between your big rocks and your small rocks. "Things which matter most must never be at the mercy of things which matter least."

As the 2021 year comes to a close, I have reflected on my year so far as the principal at Mirada Leadership Academy and I would like to thank each and every one of you for your support and encouragement. I am excited for our future endeavors together!

Please also take the time to read about:

- Restaurant Night at Jimmy and Joe's Pizzeria
- Tax Credit Donations

Wishing you all much joy, love, and peace this holiday season.

Kindly,

Mrs. Anderson

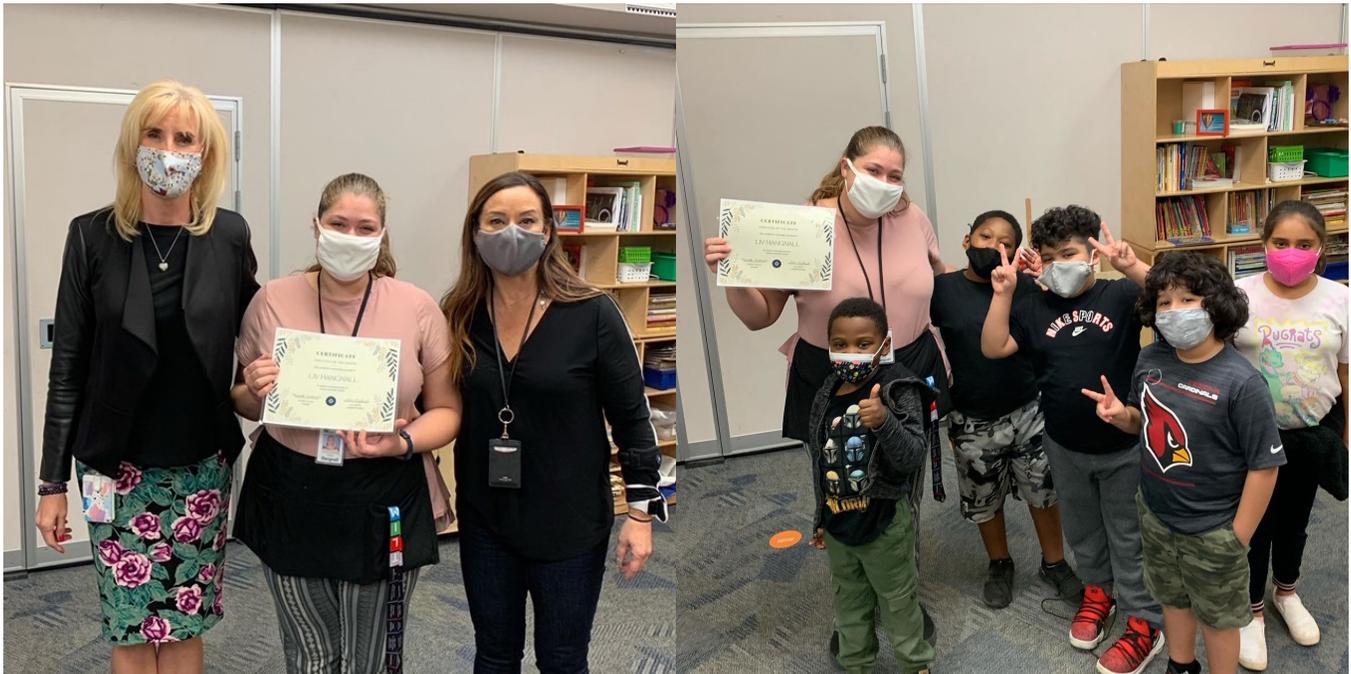
STAFF MEMBER OF THE MONTH

Congratulations to Ms. Mangnall, one of our teachers, for being nominated and selected as the 2021 November Staff Member of the Month.

Here are just a few of the comments from her nomination:

- Liv is always positive, upbeat, and flexible. She is patient and knows what the students' needs are so she can help meet them.
- Liv is always willing to help; she keeps a positive attitude even when she is having a tough day. She handles adversity and as a new staff member she is showing that she can do everything (and more) that is expected of her.
- If Liv sees anyone appearing to be in need, she will ask if she can help! I'm so thankful to have people like Liv at Mirada!

Please use this link to nominate a staff member [Staff Member of the Month Form](#). Nominations are due by the last Thursday of every month.



Upcoming Events

DEC: Early Release at 12:15 PM EVERY Wednesday

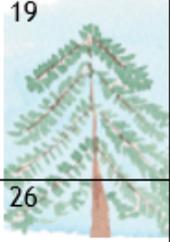
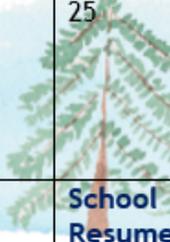
DEC 13-16: Winter Spirit Week - See Below

DEC 16: Jimmy and Joe's Restaurant Night

DEC 17: Teacher Day - No School

DEC 20-31: Winter Break

DECEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1 EARLY RELEASE 12:15	2	3 Spirit Day	4	
5	6	7	8 EARLY RELEASE 12:15	9	10 Spirit Day	11	
12	13 Holiday Headwear Day	14 Fun Sock Day	15 Winter Sweater or Outfit Day EARLY RELEASE 12:15	16 Pajama Day Jimmy & Joe's Restaurant Night	17 Teacher Day No School	18	
19 	20 Winter Break Begins	<i>Winter Break</i>				24 	25 
26	27	28	29	30	31	School Resumes on Monday January 3 rd	



December 17:
Teacher Day - No
School

December 20-31:
Winter Break

School will resume
on January 3rd.



Now Hiring!

Resource Instructional Assistant
and
Lunch Duty/Playground Supervisor

If interested, please contact Ann Leftwich aleftw@kyrene.org

Winter Spirit Week December 13 - 16

- * Monday—Holiday Headwear Day
(wear your best winter headband or hat)
- * Tuesday—Festive & Fun Sock Day
(wear your favorite winter socks)
- * Wednesday—Winter Shirts, Sweaters & Outfits
(wear your holiday gear)
- * Thursday—Pajama Day
(wear your best winter jammies, remember to
please wear school shoes)

Get in the spirit to have some fun!

7 Habits : Habit 3 - Put First Things First

At Mirada Leadership Academy, our students practice the *8 Habits of a Happy Kid* every day. As we deepen our understanding and incorporate them into daily life, it is important to understand the meaning of each habit. This month we focus on Habit 3 - Put First Things First.

Put First Things First means Work First, Then Play. Focus on what matters most. We do this by identifying our Big Rocks. Big Rocks are the most important things for you to do. At school that means school work, learning, and participating. At home it may mean spending time with your family, doing chores, and completing homework. Little rocks are the less important things for you to do. At school that means recess, playing with friends, drawing or playing games. At home it may mean watching TV for long periods of time, playing video games, or aimlessly searching the Internet/social media. This habit helps you think about what is most important to you.

Our students at Mirada Leadership Academy practice Habit 3 by identifying and discussing our Big Rocks. We learn to schedule our Big Rocks and how to say “no” to our Little Rocks. Below are some steps we use to help us with our Big Rocks.

1. I spend my time on things that are most important.
2. I say no to things I know I should not do.
3. I set priorities, make a schedule, and follow my plan.
4. I am disciplined and organized.

HOW CAN I HELP MY CHILD WITH THEIR BIG ROCKS?

- Ask them what they feel are their most important jobs or responsibilities.
- Suggest they do the hardest part of their homework or chores first.
- Describe the word ‘procrastinate’ to your child. What is something they have been procrastinating?

HOW DO WE PUT FAMILY TIME FIRST?

- Develop a family mission statement.
- Schedule one-on-one bonding time.
- Have regular family meals.
- Plan regular family times.
- Build family traditions.

Keeping the family close with so many distractions can be tricky. Designating a specific time each week for family time will keep everyone on the same page. Below are a few suggestions to help you plan that family time.

- Read a book together.
- Learn a new skill.
- Play a board game.
- Make a meal together.
- Visit a local attraction.
- Learn about and practice a habit.
- Discuss family matters (school, activities, etc.).
- Plan an important upcoming family tradition.
- Plan your week.
- Share talents.
- Eat together.

- Do a service project.
- Solve problems together.

Put First Things First will help you prioritize the important things in your life

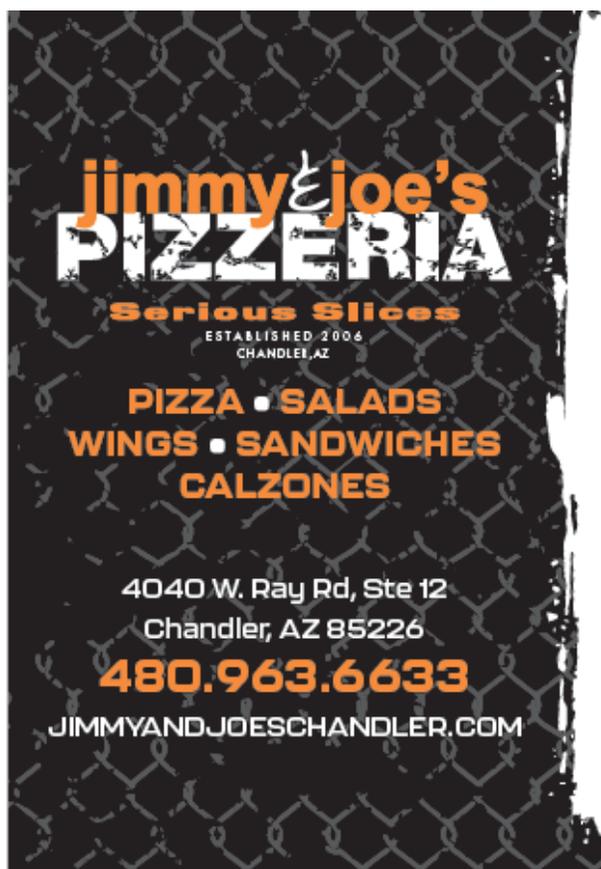
Video Links:

<https://www.leaderinme.com/resources/big-rocks-4765d47a-05d5-4efd-8785-c4e39eae4a31> Big Rocks Adults

<https://www.leaderinme.com/resources/teach-leadership-big-rocks-bbb3f32e-c81b-40f5-87b5-3547ff6529fe> (K-2)

<https://www.leaderinme.com/resources/teach-leadership-big-rocks-3c171b5e-902f-4266-ba7e-13dea0d0b338> (3-5)

Jimmy and Joe's Restaurant Night! 12/16



FUNDRAISER EVENT

PLEASE HELP

Kyrene de la Mirada Leadership
Academy PTO

(to raise money for our organization)

DATE: December 16, 2021

**COME SUPPORT US
& ENJOY GREAT FOOD!**

No coupons accepted, the discount is being given to your organization.

Tax Credit Donations ~ It's a Win, Win!

Your tax credit donations help provide some of the following at Mirada Leadership Academy: Leader in Me Program, guest speakers, Student Leadership Day, MML Awards and field trips.

These programs develop well-rounded students, who in turn, build strong communities. Arizona statute allows individuals/couples to donate \$200/\$400 for a dollar-to-dollar tax credit.

The deadline for tax credit donations is April 15 of the following year. You can donate online through our [Payment Portal](#). Thank you for your continued support!

Counselor's CORNER



Welcome back to Counselor's Corner!

Executive Functioning Skill 5: Attention & Focus

This month's Executive Functioning skill discusses "time management". This is the skill that refers to your child's ability of maintaining focus and attention on a person or task. This EF skill also involves your child's ability to ignore distractions and shift their focus when necessary. When discussing attention and focus, it's important to keep in mind your child's age and developmentally, how long they are capable of maintaining attention and focus. Keep in mind, while attention skills are important at school, they are also an important skill that is beneficial in all aspects of life.

Practicing this EF Skill at Home

Use these tips at home to help your child better their attention and focus skills!

Hold a conversation: Choose a period of time, free from distractions, to hold a conversation with your child. You can even choose from a stack of fun discussion cards to decide which topic to discuss! Asking your child to hold a distraction-free conversation with you to practice their attention skills can be done in the car, at the dinner table, or even while you're cooking a meal.

Make a distraction list: If you notice that your child easily loses focus while completing a certain task, like doing their homework or getting ready for school, work together to identify what might be distracting them (iPad, toys, etc.). Remove or limit those distractions.

Provide brief or one-step directions: At times, children lose their focus when given a task that involves too many directions or steps. Breaking down the task into 1 or 2 steps at a time may help your child complete the task at hand!

Meeting your child's needs beforehand: Before your child participates in something that requires their attention like an extracurricular activity, completing a project, or attending a religious event, it can help to make sure your child's needs are being met. These can include: being hungry, tired, or not feeling well.

Use a timer: Often times, children may benefit from knowing exactly how much time they will need to spend completing a task and it will allow them to better maintain their focus and attention.

Thanks for reading! See you next month!

A: Forgan, James W., and Mary Anne Richey. The Impulsive, Disorganized Child: Solutions for Parenting Kids with Executive Functioning Difficulties. Prufrock, 2015. Print.

Ms. Chavez Google Site:

To learn more about my role and the support I can provide, please see my google site for more information!

Link: [School Counselor Google Site](#)

Contact Information:

Cielo Phone: (480) 541-2424

Mirada Phone: (480) 541-4369

cduran Chavez@kyrene.org

Schedule:

Kyrene del Cielo: Mon, Wed 7:30-10:30, Thu

Mirada Leadership Academy: Tue, Wed 10:30-1:30, Fri

#KyreneSafe
#KyreneStrong

From the District Office

Please visit [SafeStrong](#) for up to date information and news from Kyrene School District.

Contact Us

**Kyrene de la Mirada
Leadership Academy**

5500 W. Galveston Street
Chandler, AZ 85226

School Hours: 7:25 am - 2:15 pm

Office Hours: 7:00 am - 3:30 pm

Front Office: 480-541-4200
Fax Number: 480-541-4210
Attendance: 480-541-4201
Health Office: 480-541-4220
Cafeteria: 480-541-4226
Kids Club: 480-541-4230

Quick Links

[Food Services and Menu](#)

[ParentVUE](#)

[StudentVUE](#)

[Technology Assistance](#)

[Family Handbook](#)

A+ School of Excellence™

The
LeaderinMe™
great happens here

