

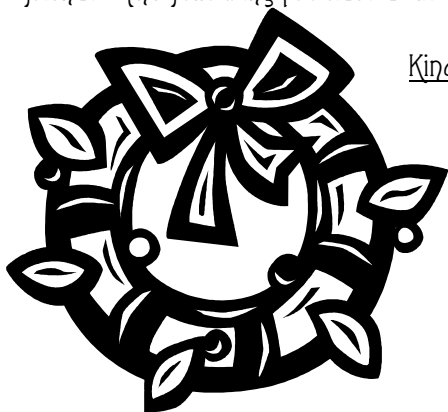
-The- Pony Express Post

SCHOOL UPDATE: by Shelley Schroeder, Assistant Principal

To all Pony Express parents and family members,

This past Friday I sent an email to Cindi Arnold, our music teacher, requesting information about the various musical offerings available to children at Pony Express. In response to the email Cindi wrote back saying, "Sorry. Busy day yesterday. Over 150 kids at our musical workshop after school!" This is a small example of the tradition of musical excellence at Pony Express.

Pony Express begins at Kindergarten to engage students in musical experiences that are both educational and cultural. Each grade level prepares a program and then performs it for fellow students during the day, as well as an evening performance for family and friends. The following provides a list of what you can expect for your children:



Kindergarten: End of year Nursery Rhyme Program (May)

First Grade: Christmas Program (December)

Second Grade: Scary Program (October)

Third Grade: Veteran's Program (November)

Fourth Grade: Utah Program (May)

Fifth Grade: Hope of America (April)

Sixth Grade: Ancient Civilization (Spring)

All of the above programs are provided for during the day for each child in the school. However, at Pony the musical programs extend beyond the school day. There is a choir that performs a Christmas concert in December and Spring Concert in April. They even are invited to sing the National Anthem at a Westlake basketball game in February!

Also, one of the most sought after events at Pony is the opportunity to be involved in the annual spring musical. This after school activity is one that students can try out for and would surely be a crowning experience for any 4th to 6th grade student. The musical this year will be Alice in Wonderland and auditions will be on December 10th.

We wish to extend our thanks to Cindi Arnold for being the driving force behind the rich musical experiences that are an inherent part of attending Pony Express. Please take a moment to thank her for the extra mile that she goes to each day for your child. It is a unique offering that is a part of daily life for all of our students. Go Riders!

Upcoming Events



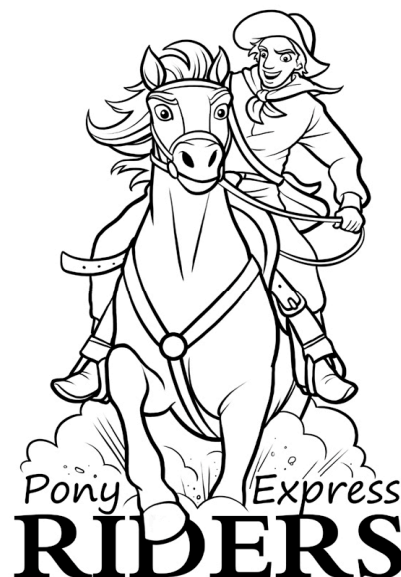
December 5th
Family Skate Night
5:30-8:30 pm
Classic Fun Center
Sandy, Utah

December 9th
Trading Post

December ???
First Grade Christmas
Program at ???

December 10th
Musical Auditions
time/place ???

December 19th - 30th
Christmas Break
No School



***FYI: Alpine School District policy is that absences need to be excused within 5 days. Please call the office to excuse your student.**

ASD Special Education Parent Night:

The ASD's special education department invites you to attend monthly special education parent nights beginning January 19, 2012 from 6:30-7:30 pm in the media center of Shelley Elementary School (602 N. 200 W. in American Fork). Our goal is to develop partnerships with parents in our school community through promoting awareness, offering education, and providing support. We hope to foster opportunities for positive communication with parents of students who are currently receiving special education services or who may be referred for special education assessments. The first session will provide a general overview of the district's special education program including information about special education assessments, placement, and services. The remainder of the special education parent nights will cover topics identified by parents in the first session as areas of need or interest. Also, please save the date for February 23rd. The dates for the remainder of the monthly meetings will be determined at a later date after receiving feedback from parents. Please come join us! (Refreshments will be provided.)



ASD Special Education Community Calendar:

The ASD's special education department is excited to announce the special education community calendar. This community calendar was created with the intent to connect our parents of students with disabilities to community events and resources. There are many parents and non-profit organizations that have established wonderful support groups and activities that we are happy to advertise. Please check the calendar frequently as new events are added weekly. Visit the Alpine School District special education website at <http://alpineschools.org/departments/special-education>. Under the Parent section on the website, click on Special Education Community Calendar.

If there are events you would like to add to the website calendar, please contact us at 801-610-8545 and let us know how we can assist you.

Disclaimer: Any fees associated with events advertised on the website are to be paid by attendee(s). It is not the responsibility of Alpine School District to reimburse or provide payment for attendance to any event.

Family Skate Night
Monday, December 5th
5:30-8:30 pm

Free admission for the whole family!
You may bring your own skates/scooters
or rent. Discount activities & food
also available.

Classic Fun Center
9151 S. 255 W.
Sandy, UT

PONY EXPRESS ELEMENTARY

3985 E. SMITH RANCH ROAD
EAGLE MOUNTAIN, UT 84005

PHONE: 801.789.2600
801.610.8714

FAX: 801.789.2604

WWW.PONYEXPRESSELEMENTARY.COM

Healthy Hints

by Ellie Bodily, RN - School Nurse

Let's talk about "abundance". This is a great time of year to express our gratitude for the many luxuries we enjoy. I recently heard a group of children discussing how "hungry" they were. One of the children commented on how he was "starving". I doubt any of us have ever really known starvation. Our lives are truly full of abundance.

The abundance perspective believes that nothing in life happens to us, it happens for us. Everything we experience has a purpose. We must be optimistic in our expectations of life. Remember, optimists are cheerful, even when they can't be happy and they believe they have an almost unlimited capacity for stretching.

No matter what your situation in life, try to exercise an optimistic perspective and ponder the following abundances we enjoy.

- * You didn't go to sleep hungry last night.
- * You didn't have to sleep outside.
- * You chose what clothes you wore today.
- * You have access to clean drinking water.
- * You can read.
- * You live in a free country.

