



Mountains Connect Us; **Passion** Ignites Us; **Innovation** Drives Us

NEWSLETTER

January 4th, 2021

- Welcome Back! We hope everyone had a great holiday and New Year. Everyone at Darby School is excited to begin a new semester and we look forward to watching your children grow.
- **IMPORTANT REMINDER:** The new release time for students is **2:50pm**. The buses will leave school at 3:00pm. Please make sure to adjust your after school bus pickup time by a half hour.
- COVID-19 Update: We are still in phase 2 and continue to take strict precautions to keep everyone safe. Masks are still mandatory for staff and students and visitors are limited.
- The new high school schedule for the second semester does allow students some extra movement and the opportunity for more direct instruction from their core teachers.
- As we get further into winter, please make sure that your child is dressed appropriately. The school doors do not open until 8:00am so it is a good idea not to drop your student off too early.

Upcoming Events:

- The regular school board meeting is Monday the 11th at 6:00. You can see it on Facebook Live.
- Reminder that there will be no school on January 15th. This is a training day for teachers.

Athletics:

- The high school basketball season is underway and the coaches are working hard to prepare the athletes. It is important for everyone to adhere to our spectator requirements this year.
 - You must wear a mask at all times while in the gym. No exceptions.
 - Maintain a 6 foot spacing in the bleachers. There are red X's on the bleachers to help spectators.
 - After each game, we ask you to leave the gym quickly (do not linger and visit) and wait for your athlete in your vehicle.
 - Each player will be allowed 4 spectators except for seniors who will be allowed 6.
 - Away spectators will not be allowed at games, but will be able to watch the streamed games live from our high school gym.
- Home basketball games
 - Friday 1/8/2021 Girls vs Lincoln
 - Saturday 1/9/2021 Boys vs Granite
 - Friday 1/15/2021 Girls vs Seely
 - Saturday 1/16/2021 Boys vs Valley Christian
- Junior High basketball will be conducted in grade level cohorts and students will learn the fundamentals of the game while staying with their own classmates. Three on three games will be held in the junior high gym and two parents or guardians will be allowed to watch. We will follow the same spectator expectations as above.

Please make sure to visit our website, follow us on Facebook and download our new app for current events, updates and emergency information.

Website: <https://www.darby.k12.mt.us/>

Facebook: <https://facebook.com/darbyschooldistrict>

App:

- [Google Play Store](#)
- [Apple App Store](#)

Counseling Corner:

Hello Darby Parents and Community!

A friendly reminder that Darby School has two counselors this year! Kurt Kohn is the 8th-12th counselor and Alex Brown is the TK-7th grade counselor. That being said, we are a team and happy to help students/parents at any grade level. The “Counseling Corner” will provide things such as parenting tips, counseling updates, and other various resources, just to name a few.

Sleep Hygiene:

Facts about sleep:

- Children 3 to 5 years of age should sleep 10 to 13 hours per 24 hours (including naps).
- Children 6 to 12 years of age should sleep 9 to 12 hours per 24 hours.
- Teenagers 13 to 18 years of age should sleep 8 to 10 hours per 24 hours.

AAP Supports Childhood sleep Guidelines: <https://www.healthychildren.org> ; 1/4/2021

Here are a few ideas that may improve the quality of your child’s sleep:

- Include a winding-down period in the routine.
- Stick to a bedtime, alerting your child both half an hour and 10 minutes beforehand.
- Allow your child to choose which pajamas to wear, stuffed animal to take to bed, etc.
- Consider playing soft, soothing music.
- Tuck your child into bed snugly for a feeling of security.

If your child needs a jacket, gloves, boots, hats, snow pants, etc. please contact us!

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