



WEEKLY INFORMATION &amp; UPDATES

Earl R. Arnoldson, Principal

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<http://northstar.slk.k12.ut.us/>

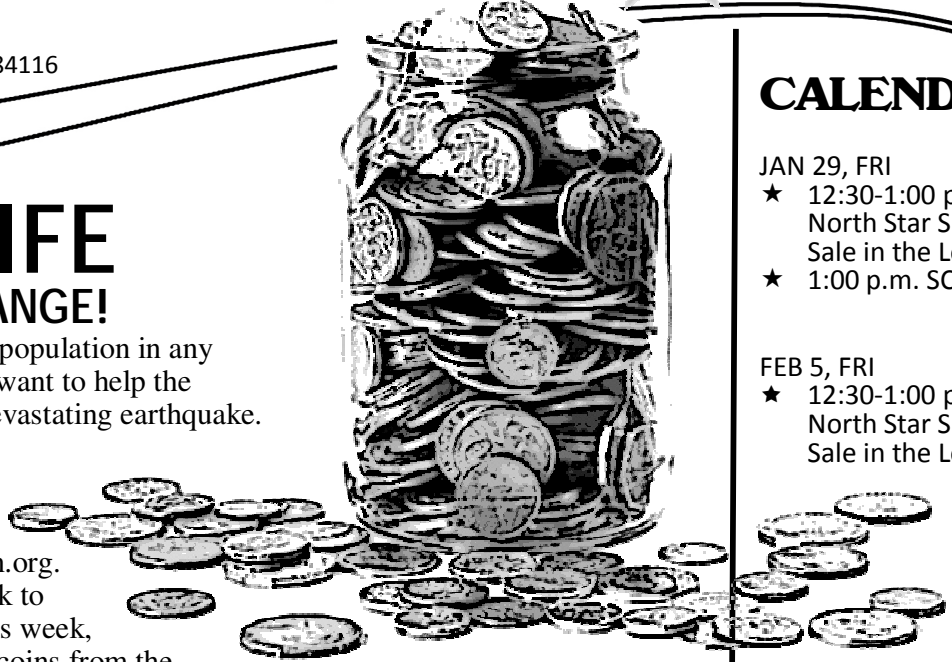
801.578.8448

## CHANGE A LIFE WITH YOUR POCKET CHANGE!

Children are always the most vulnerable population in any natural disaster, and North Star students want to help the children of Haiti, victims of the recent devastating earthquake.

Throughout this week, we will be collecting money in the main lobby of the school, to be donated to "Mercy & Sharing" at [www.haitichildren.org](http://www.haitichildren.org).

North Star students are encouraged to talk to their parents and contribute every day this week, any available pocket change, even loose coins from the couch! Newman Elementary and Escalante Elementary will join us in this project, along with local business partners, some offering matching funds and challenge grants. Thanks for your help and generosity.



## IT'S TAX TIME

Get your tax return done at H&R Block, and receive \$25 off your tax return. Plus H&R Block will give back \$25 to our school! Stop by the school office for a coupon to take advantage of this program.

## BIRTH CERTIFICATES

If you used the smaller, card-like birth certificate when registering your child for school, you may soon receive a letter asking for a copy of the original. It's been determined that although completely valid, those smaller birth certificates are missing certain information necessary for the completion of our records. Please bring the official copy to the office as soon as possible, and thanks!

## HEALTH & FITNESS

At North Star we are committed to whole-body wellness. Coach Josh leads our students with an excellent health and physical education curriculum including challenging our first through sixth grade students to participate in the Presidential Fitness Program. Every Tuesday and Thursday at North Star, our students receive a healthy snack of fresh fruits or vegetables as part of the Utah State Fresh Fruit and Vegetable Program. Teaching our students to eat right is a critical part of each child's whole-body wellness. Dr. Mary Gavin MD wrote an article for the KidsHealth organization to help parents encourage smart eating habits and improve nutrition. She suggests the following five strategies:

1. Have regular family meals.
2. Serve a variety of healthy foods and snacks.
3. Be a role model by eating healthy yourself.
4. Avoid battles over food.
5. Involve kids in the process.

Watch for more suggestions from Dr. Gavin's article in upcoming editions of the Stargazer.

## CALENDAR

JAN 29, FRI

- ★ 12:30-1:00 p.m. North Star Shirt Sale in the Lobby
- ★ 1:00 p.m. SCC

FEB 5, FRI

- ★ 12:30-1:00 p.m. North Star Shirt Sale in the Lobby

FEB 8-12

- ★ Book Fair
- ★ SEP Conferences

FEB 12, FRI

- ★ Classroom Valentine Parties
- ★ 12:30-1:00 p.m. North Star Shirt Sale in the Lobby

FEB 15, MON

- ★ President's Day  
NO SCHOOL

FEB 16, TUE

- ★ Teacher Day  
NO SCHOOL

FEB 18, THUR

- ★ 5:30-7:00 p.m. Science Family Night

FEB 26, FRI

- ★ 12:30-1:00 p.m. North Star Shirt Sale in the Lobby
- ★ 1:00 p.m. SCC

MAR 8, MON

- ★ Teacher Work Day  
NO SCHOOL

Would you like to receive North Star information and updates via email? Send an email to [cindy.koeven@slk.k12.ut.us](mailto:cindy.koeven@slk.k12.ut.us) with "NAVIGATOR SUBSCRIBE" in the subject line or message. This list is intended to be another resource for information about school events, in addition to newsletters, notes from teachers and other "backpack" communications. If you have any questions or suggestions, please let us know.