

CRA Newsletter, 4-28-2020

Hello Everyone,

As we approach the last month of school I want to thank everyone for making the best out of a not so great way to end the school year. It has been hard on everyone including parents, teachers, students and support staff (to name a few), and I hope you have found a way to make it unique. It will certainly be memorable!

For the end of the year teachers will stop assigning any required work on May 22nd. The following 4 days of the school year will be for a variety of activities. This may be extensions of work, fun activities, and other year-end activities.

Grading may be a little different also. K - 3rd grades will be writing comments on the report cards and not assigning academic marks. Grades 4 - 6 will continue assigning academic marks for math and language arts. There may be areas with no marks assigned and this does not mean a 'Zero', only that an assessment was not able to be made in that area.

The library would like students to make arrangements for any library books they have at home to be dropped off at school on May 4th or May 11th. There will be a box on the front porch where books can be placed.

I hope everyone is well and finding ways to cope with the restrictions due to the coronavirus and the Covid-19 disease.

Sincerely,
Kent Fuller

(Home) Cookin' at Canyon Rim

Welcome to what feels like week 247 of all this stay at home stuff!! :D We are hoping that everyone is staying well. Canyon Rim Academy kids know how good nutrition plays into our good health! We've talked much over the years about how eating salubrious foods provides important nutrients to nourish our bodies and boost our immune systems, as well as how indulging in sweets can lower our immunity for hours afterwards.

New research suggests that many people have had the coronavirus without experiencing any symptoms. Could it be that, unknown to them, their bodies have done a great job of fending off the virus because of their stellar immune systems? While it is so easy to take a pill for anything that ails us, it just makes sense that our first line of defense against any infection should be to help our bodies fight off the germs by strengthening our immunity. However, that topic does not often make the headlines, but there were a couple of good reports on KSL that I'd like to share with you:

Improve your diet (from KSL, March 17, 2020)

"A proper diet is likely the most important factor in determining your immunity. In many cases, a [poor diet almost always leads to low immunity](#). In fact, one study done by Cambridge University found that the higher the fruit and vegetable intake, the [better immune responses](#) an immunocompromised individual had.

Some foods you can eat to protect against bacteria and viruses and [boost your immune system](#) include fruits, vegetables, nuts, seeds, grains and beans. Consuming more of these whole foods can help you safeguard yourself and build natural immunity in the body." And this very helpful article from April 10, 2020 shares 5 immune boosting vitamins and which foods they are found in:

<https://www.ksl.com/article/46740482/5-immune-boosting-vitamins-you-should-include-in-your-diet-during-covid-19>

Eat well...stay well!!

PTO NEWSLETTER, 4-28-2020

Thank you for all of your great yearbook submissions, we are hard at work trying to get this yearbook ready for these kids to ponder. If all goes as planned, we will have them ready for pickup at year end in conjunction with the school year end pick up. Details to come as we get closer to the end of May.

Our final PTO meeting is scheduled for next Tuesday, May 5th at 10am. This is where we vote in our next years' team and finalize details regarding upcoming events. Everyone is welcome to attend.

Join Zoom Meeting

<https://us02web.zoom.us/j/6101951744?pwd=bjFMNEUrRW91S0NqZ1NGS012N3I3dz09>

Meeting ID: 610 195 1744 Password: 2020

Once again I want to give a shout out to all of our teachers and staff that have persevered through this challenging time. Collecting all of the yearbook pictures and surveys has been quite humbling. These kids really have a great opportunity at CRA to be who they are, learn in an inviting environment, and have a big group of people who care dearly for them. One of the recurring remarks from the graduating class regarding what they will remember, was feeling like CRA was a big family to them. It will be great to get back to our normal, but until then, thank you EVERYONE for doing your part.

Melissa Stalsberg
PTO President