



Mountain Lion News

March 2026

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Office 541.479.6433 - Fax 541.476.7733

Renee Hults, Principal ~ Ronda Vanlandingham, Office Manager



Spring Forward 1 hour
on Sunday, March 8th

Manzanita Choir

Practice on Mondays at 2:30

Please be sure your child knows his/her transportation plan home.



SPRING CONCERT
April 23rd

CONGRATULATIONS TO OUR OBOB ELEMENTARY
SCHOOL DISTRICT WINNERS:
ELLA BAILEY, ZOE MYLES, ISABELLA ZINK AND
CHARLISE BALL!!



ON TO REGIONALS!



MANZANITA Rotary Student of the Year



Congratulations to
ELLA BAILEY



Here at Manzanita,
Breakfast and Lunch
Are FREE for ALL
Students!

UPCOMING EVENTS

MARCH

March 2-5 - Classified Appreciation Week

March 2 - Spring Picture Day

March 8 - Daylight Savings ends/Spring forward 1 hour!!

March 17th - 5th grade/Keller to Art Museum

March 17 - St. Patrick's Day - Wear GREEN

March 18th - 5th grade/Millette to Art Museum

March 19th - 5th grade/Chamberlain Art Museum

March 23-27 - SPRING BREAK - NO SCHOOL



APRIL

APRIL 2 - Science Night - 5:30pm

April 20 - 5th grade to courthouse

April 22 - Lifeskills to Science Works

April 23 - CHOIR PERFORMANCE - 5:30

April 29 - (Tentative) Kick-off to Kinder

Principal's Page

Hello Manzanita Mountain Lion Families!

As we step into another exciting month of learning, we are grateful for the strong partnership between home and school. There is still *lots* of learning ahead, and we encourage everyone to keep going strong! At home, the most powerful support you can provide is daily reading — even 15–20 minutes each night builds fluency, vocabulary, and confidence. You can also weave math into everyday routines by using fractions while cooking (measuring $\frac{1}{2}$ cups, doubling recipes, or figuring out how to split dessert evenly is great real-world practice!). Please continue reinforcing our PRIDE foundation at home — **Perseverance, Respect, Integrity, Determination, and Empathy** — and talk with your child about how they show PRIDE each day.

We also want to take a moment to celebrate and thank our incredible classified staff during Classified Appreciation Week March 2nd-6th. Our office secretaries, custodians, librarian, educational assistants, food service and so many others work tirelessly behind the scenes and alongside our students every single day. Their dedication, care, and commitment make a tremendous difference in our school community, and we are so thankful for all they do. Please help us thank them when you are on campus!

Be sure to watch the school calendar for upcoming events and activities, and please continue communicating with your child's teacher so we can work together to support your student's success. And finally... if your child has been missing a jacket, water bottle, lunchbox — or possibly an entire wardrobe — you might want to swing by and visit our very full Lost and Found! 😊

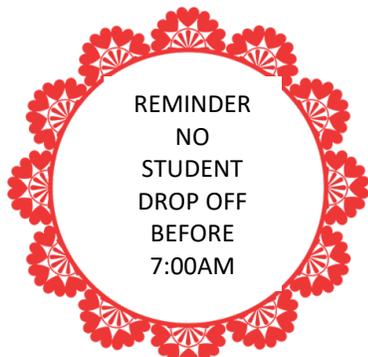
Warm regards,

Renee Nults

Proud Principal of Manzanita Mountain Lions



Did you know you can purchase a printed "Shout-out" to your child for the yearbook? Stop by the office to pick up a form, \$5.00 each
Deadline for submission is May 21st



REMINDERS...

Please be sure your student is wearing Safe Shoes for running and playing outside and for P.E.

Please write student's name in/on jackets, backpacks and lunchboxes.



Check the Lost & Found (Outside/In the cafeteria) for any missing items.

PTA Corner

Parents, if you attend a classroom event and have any pictures to submit for possible use in the yearbook, please email them to:

manzanita.yearbook.pta@gmail.com

Follow Our Instagram page @ manzanita_elementary_pta

It's easy to join the PTA!
Pick up a form in the office or attend the next meeting.

Remember to sign up for Box Tops and Fred Meyer Community Rewards

PARENTS!! Please be advised that any items left in our "Lost but not yet Found" collection during Spring Break, WILL BE DONATED

Kindergarten through 5th grade School Days, are:
Monday - Thursday 7:15am-2:25pm
Students may be dropped off as early as 7:00am
There is NO supervision prior to 7:00am

Mental Health Corner

March is a great time to focus on building skills into your child's lives, as the seasons change and they tend to have more energy and are trying more new things.

Elementary-aged students are still learning how to recognize emotions, solve problems, and calm their bodies when they feel upset. You as their families can help by encouraging simple daily habits:

- **Talk about feelings** — Ask your child, "What was the best and hardest part of your day?"
- **Practice calm-down strategies** — Deep breathing, stretching, or quiet time can help reset big emotions.
- **Keep routines consistent** — Regular sleep, meals, and homework times help children feel safe and secure.
- **Celebrate effort** — Praise persistence and kindness, not just results.

March is also a great chance to consider where a shift in routines can happen. With the time change, as well as Spring Break coming later this month, you as a family have the chance to reset anything you want in your home.

For example, setting earlier bedtimes, technology limits, and building in more time to spend together (and outside, weather permitting)... all of these areas contribute to greater mental health for all of us. We only get these natural milestones a few times per year, so hopefully you're able to take advantage of it!

If you have any questions or concerns, please feel free to contact us here at Manzanita. Thank you!

HEALTHY HABITS DAILY CHECKLIST

FOR: _____

MORNING

- Make Bed
- Get Dressed
- Eat Breakfast
- Brush Your Teeth
- Brush Your Hair
- Get Shoes & Socks On
- _____
- _____
- _____

AFTER SCHOOL

- Put Backpack Away
- Eat Healthy Snack
- Chores
- Homework
- Playtime
- _____
- _____
- _____

CHORES

- _____
- _____
- _____
- _____

BEDTIME

- Shower and Clean Up
- Bedtime Clothes On
- Brush your teeth
- Read for _____ Minutes
- _____
- _____

Healthy Counts

A Health Routine Kids Can Count On

<div style="font-size: 2em; font-weight: bold;">8</div>  <p>More than eight hours of sleep a night</p>	<div style="font-size: 2em; font-weight: bold;">7</div>  <p>Breakfast a week</p>	<div style="font-size: 2em; font-weight: bold;">6</div>  <p>Home-cooked meals a week</p>
<div style="font-size: 2em; font-weight: bold;">5</div>  <p>Servings of fruits and vegetables a day</p>	<div style="font-size: 2em; font-weight: bold;">4</div>  <p>Positive self messages a day</p>	<div style="font-size: 2em; font-weight: bold;">3</div>  <p>Servings of low-fat dairy a day</p>
<div style="font-size: 2em; font-weight: bold;">2</div>  <p>Hours or less of screen time a day</p>	<div style="font-size: 2em; font-weight: bold;">1</div>  <p>Hour or more of physical activity a day</p>	<div style="font-size: 2em; font-weight: bold;">0</div>  <p>Sugar drinks a day</p>