

**Tech  
Spotlight**

A message from Mr. Miller:

There are currently NO devices available to replace a broken chromebook. However, if you bring in a broken device WITH a charger, we will work to get it fixed and give you a call as soon as working devices are available.

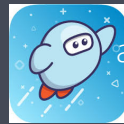
Paper packets are available at school for students with no working device. You may drop off devices between 8:00 and 1:30.

**News from the OKMS Library**

Are you looking for a good book to read this winter? **You have access to the public library's collection of books, eBooks, audiobooks, movies, and more!**

You can access digital materials WITH or WITHOUT a library card!

Go to the ClassLink page and click on the Sora app for access to that collection.



Click on the hamburger in the right corner for access to the public library, or go to [chattlibrary.org](http://chattlibrary.org). Questions? contact me at [stone\\_sara@hcde.org](mailto:stone_sara@hcde.org).



*Cheers*

TO THE NEW YEAR



**GET MINUTES -  
GET PRIZES!!**



**MY  
MINUTES  
MATTER**

*Recovering Learning - Empowered by Knowledge - Driven by Choice*

**In This Issue**

- 1 How to get library books
- 2 What's Under My Anger?
- 2 Student Meals

**Did You Know?**

**Waiting Patiently**

Does your child expect everything to happen NOW? If a friend doesn't call or text back immediately or his teacher hasn't graded his project yet, encourage him to come up with possible explanations. Maybe his friend is watching a movie or the teacher has 100 assignments to grade. Thinking reasonably can help him be patient.





# January Dates

- Jan. 6- Second Semester Begins (virtual)
- Jan. 11-15 - Virtual Learning (all students)
- Jan. 14 - Mobile Pantry
- Jan. 18 - MLK Holiday
- Jan 19 - Update from HCDE about Phases
- Jan. 23 - Food Bank @ OKMS
- Jan. 26 - Update from HCDE about Phases

A word from Mrs. Stice, Centerstone Counselor

## Am I really **angry**?

In the mental health field we call anger a "signal emotion" because it signals that something deeper and usually more complex is going on for us. People are usually feeling a number of emotions but it came out as anger. Thinking and talking about those deeper emotions can help children to better label what they are feeling leading to an increase in emotional expression in a healthier way and a decrease in acting out or aggression.

### What's Under My Anger?

Whenever we are angry, there is usually another feeling going on underneath. Use this worksheet to circle the other feelings that you might be experiencing.



# ANGER



- |             |           |           |             |        |
|-------------|-----------|-----------|-------------|--------|
|             | Anxious   |           | Annoyed     |        |
| Sad         | Confused  |           | Overwhelmed |        |
| Embarrassed | Scared    | Guilty    | Stressed    |        |
| Rejected    | Insecure  | Hurt      | Frustrated  | Lonely |
| Neglected   | Jealous   | Tired     | Grumpy      |        |
| Worried     | Surprised | Disgusted | Bored       | Shy    |

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**Choose Hamilton**  
2021-22 School Choice Options

**Choice Lottery Application AVAILABLE NOW!**

The Choose Hamilton choice lottery application is still open - the deadline is January 31! Visit [www.hcde.org/ChooseHamilton](http://www.hcde.org/ChooseHamilton) to learn more about the school options available to Hamilton County families for the 2021-22 school year.

## Student Meal Pick-up

Parents can pick up meals on **Wednesday or Thursday**. Children do not have to be present.

You can receive **7 breakfasts and 7 lunches** per child (0 -18).

**Time: Wednesday, January 13 (10 a.m. to 1 p.m.)**  
**Location: ALL elementary schools**

**Time: Thursday, January 14 (4 p.m. to 7 p.m.)**  
**Location: Hardy ES and Orchard Knob ES**



What's a snowman's favorite drink?



iced tea

- OKMS Welcome Center is open from 7:00 am - 2:15 pm (423)493-7793
- Be sure to check the OKMS website for updated information at [www.okms.hcde.org](http://www.okms.hcde.org).
- HCS website: [www.hcde.org](http://www.hcde.org)