

From Dr. Madden's Desk to Your Home

The Year of Determination

Dear Hillside Families,

March has come in with a ROAR! I can't believe it is mid March already. This March, I have been determined to be more mindful at Hillside and at home. To me, mindfulness is a number of things. Mindfulness is to be present in the moment, to notice and feel what is happening and simply try and accept it for what it is. It's allowing yourself to simply be. The idea is to focus on something to make you feel good every day. It can be something very little or big that you implement into your daily life. Consider this a positive challenge from me to make the rest of your March more mindful. Here are some ideas for how to make this happen in your home:



- Go for a walk in the sun
- Watch the rain
- Breathe
- Letter a quote in the bullet journal
- Sit with your sad thought
- Sit with your happy thoughts
- Do gratitude journaling
- Call a friend
- Call your grandmother
- Use your planner
- Listen to mindful podcasts
- Meditate
- Do some light exercise
- Play with your children
- Unplug for an hour
- Do some decluttering
- Go someplace new
- Pat myself on the back for achievements
- Sing and dance with your kids

At Hillside, our students are learning how to be more mindful all of the time through my morning greetings in the gym, learning to breathe and manage their emotions in their classrooms, and even our staff does work with mindfulness before we begin our monthly staff meetings. We are in it!

Throughout this month, students will be celebrating Women's History Month in their classrooms. They will be reading and listening to literature about the many contributions women have made in our world. We also have the Book Fair this week and the students are excited to do some shopping! The library invites you in to find the perfect book for you. Grades 1-4 report cards will be shared electronically on Wednesday and you can find them in the Powerschool portal. Kindergarten report cards will be shared by the classroom teacher via Teaching Strategies Gold.

Check out the rest of the newsletter to see what is happening at Hillside. Don't miss out the special learning experience your child is having here daily and follow the Hillside Elementary School facebook page or me on Twitter @MTL_HSPincipal.

Your mindful principal,
Dr. Madden

Calling ALL Talent Show Entrees

Mrs. Zemble's Virtual Talent Show

Mrs. Zemble is hosting a Talent Show for ALL K-4 students on Seesaw. She invites all students to be brave and share their special talents whether it is telling jokes, singing, playing an instrument, or reading poetry. Whatever your talent is please share it with Hillside!



Check it out here: [Seesaw Talent Show](#)

Scholastic Book Fair



The Book Fair runs from March 18-March 21 in the Library



There will be No School Friday, March 22nd for a Teacher In-Service



Spring Break for the District

District Schools will be closed from March 29th-April 8th. School will re-open on April 8th. Enjoy this time with your family.

Save the Date: NJSLA Testing for Grades 3-4

NJSLA testing is schedule for May 1, 2 and May 6, 7. Third and Fourth grade parents/guardians please mark your calendars with these important dates!

Wear Your Purple on Tuesday, March 26th for Epilepsy

Let's support this special cause, Epilepsy Awareness, and the students at Hillside. This is an important day where we can support our own Hillside friends and others around the world who have this neurological condition.



Dr. Briean Madden

Briean is using Smore to create beautiful newsletters

