

BULLDOG WELLNESS

OCTOBER 2022

Supporting the Academic, Social, and Emotional Health of
Grant Elementary Students, Teachers, and Families.

ISSUE 23



Upcoming

- October 3: Operation School Bell forms Due
- October 5: Peer Leadership Team Conference
- October 7: Fall Halloween Boo Bash Carnival!
- October 13 & 14: Fall Break, **No School**
- **October 19: Unity Day (Wear Orange!)**, Reflections Due
- October 20: **Early Dismissal**
- October 21: Teacher Work Day, **No School**
- **October 24-28 Red Ribbon Week**
- October 31: Halloween & Halloween parties in classrooms

MESSAGE FROM MRS. MARSH

Hi everyone! I hope this newsletter finds you well and thriving, now that we are about a month and a half into the school year. For those of you new to Grant Elementary, I hope that you and your student(s) have found it welcoming and full of incredible things that help your student(s) learn and thrive. For those of you who have been Grant Bulldogs for years, I hope you've found this year energizing and full of promise.

If you've been here for the last four years, you know that I support students, families, and teachers in a variety of ways. Each month, I will highlight a variety of supports here in the newsletter. Please take a look and see what supports may benefit you and/or your student(s). In addition to these services, I am delighted to be in classrooms teaching Character Education lessons, hosting small groups of students for learning, and serving individual student needs as well. If you need anything, even if you aren't sure if I can help, please do not hesitate to ask. I have access to a variety of resources and referrals for you to utilize!

Services coming up soon:

- Operation School Bell (Provides new school clothes for students in need - forms due October 3! Email me if you're interested!)
- Holiday Meals (Thanksgiving and Winter holiday meals)
- Angel Tree (Sign up for holiday gifts for your student/s)
- Smart Smiles (Dental services done at school)
- Sightfest (Vision services done at school)

See you around, Bulldogs!

-Mrs. Marsh



October School Spirit: Unity Day & Red Ribbon Week

October is a busy month for school spirit! We hope you'll join us in celebrating our students, our school, and community for Unity Day and this year's Red Ribbon week! Both events will be hosted by Grant Elementary's Peer Leadership Team. Thank you to the PTA for trusting us with Red Ribbon week! The kids are so excited!

- **Wednesday, October 19: Unity Day!** Show that you are stand for kindness, inclusion, and acceptance and are united with us against bullying! Wear Orange!! Activities during lunch recess!
- **October 24-28 Red Ribbon Week Celebrate Life- Be Drug Free!** Let's celebrate the incredible things about our lives and community together. Please join us in these daily themes!
 - Monday, October 24: Celebrate **YOU!** Wear your favorite colors or something that represents your favorite activities.
 - Tuesday, October 25: Celebrate **FAMILY & CULTURE**. Wear something that represents your family or family history.
 - Wednesday, October 26: Celebrate your **FUTURE**. Dress up like something you'd like to be when you grow up.
 - Thursday, October 27: Celebrate **FRIENDSHIP**. Wear your favorite team gear.
 - Friday, October 28: Celebrate our **SCHOOL COMMUNITY**. Wear your Bulldog gear and Bulldog colors.

We can't wait to celebrate **LIFE** with you!

Holiday Meals & Angel Tree

Each year, we are so proud to support families that may need a little extra help by providing holiday meal support and holiday gifts to students. We know that each year is different and that families' needs change all the time. Please fill out the form that corresponds with your level of need or desire this year. Thank you!

Fill out this form to **RECEIVE** holiday meal support or holiday gifts this year.

Fill out this form to **DONATE** to holiday supports this year.



Clothes & Shoes Donations

Have gently-used (unstained, unripped, clean, etc) clothing that your kids no longer wear? We are looking to refill our clothing for students in need. We often are looking for clothes to help students who have had a bathroom accident or are in need of clothing for another reason. Please put the clothes/shoes in a bag and deliver to Mrs. Preece or Mrs. Marsh. Thank you!



Recess Games!

Have you heard? We have some exciting new games that our students can play at lunch recess! Students are learning, and loving, the games that we've shared so far. We are looking forward to adding more and more games as the year goes on. Our students are showing that they can be collaborative team plays, kind problem solvers, and enthusiastic supporters! The games we currently have available (in addition to the playground, Bulldog path, and free play) are Fly's Up Football, Watch Your Back Tag, and Corners Out Elimination Basketball. Looking for something new to play on the weekend? Ask your kiddo to teach you one of these games!



4th Grade: Let's Get Outside with *Every Kid Outdoors*!

Every Kid Outdoors (formerly Every Kid in a Park) is a federal public lands program created to spark a lifelong passion for America's great outdoors. The Department of the Interior partners with the Department of Agriculture, the Department of the Army, the National Oceanic and Atmospheric Administration, the Department of Education, and other agencies to engage youth from all backgrounds. Check out their website to get involved!



Bullying Prevention & Reporting

Grant Elementary strives to be a place where all students feel safe and welcome. We have specific actions that we take when bullying is reported. If you see or experience bullying, please report it to a classroom teacher, Mrs. Marsh, Mrs. Preece, or Mrs. Burnside! During September's Character Education lessons, all students were taught what bullying is, what it is not, what to do when it happens, how to report, and what will happen after a report is made.

REPORT BULLYING BY USING THIS ONLINE FORM!

What Bullying is:

- **Harmful:** Someone is hurt physically, socially, or emotionally.
- **Unfair Match:** The student or group of students does not have the physical, verbal, or social skills to effectively resist the bullying behavior.
- **Repeated:** The harm and unfair match are repeated over a period of time or happen over and over again.

Bullying is an action of these three components. If you see or experience something that may be bullying, but you aren't sure, please don't hesitate to reach out!

What Bullying is not: Sometimes students are unkind, rude, or mean. One event of an unkind action is not bullying. However, if the action is harmful, involves an unfair match, and happens multiple times, then it is considered bullying.



Community Connections

This month, I would like to highlight the Safe UT app and new national suicide crisis line, 988. Please know about these resources and use them when you need. September was Suicide Prevention Month, and it is important that people have the tools to support themselves, or someone they know or love, when they are having thoughts or feelings of suicide. Download the free Safe UT app to call or text a trained crisis mental health professional, or call 988 from any phone to get the help you need.

These services are staffed 24/7 each day of the year. Remember that no matter how dark the moment: you are never alone. There is always someone that can be there for you.

If there are other resources you need, please let me know. This year our district has partnered with an incredible tool - Unite Us - to allow me to help you access what you need!

Character Education: Mind UP

October's Character Education lessons will begin our usage of the MindUP Character Education curriculum. This program is a "comprehensive, classroom-tested, evidence-based curriculum framed around 15 lessons that foster social and emotional awareness, enhance psychological well-being, and promote academic success" (Mind UP). Since we don't have 15 months in the school year, we won't be making it through the entire curriculum. Our efforts will be focused on the first two units: Getting Focused (learning all about the brain - a favorite of our students!) and Sharpening Your Senses (which teaches a variety of mindfulness skills). These lessons help build the self-awareness that students need to both understand why their brain does the things it does, and to help get and stay focused when needed.

Every month, the Bulldog Wellness newsletter will highlight which skill we are learning. This month, we begin with lesson 1: How Our Brains Work. Students will identify the amygdala, the hippocampus, and the prefrontal cortex (yes, even our kindergarten students will know these words)! They will also be able to give a simple definition of these parts of the brain.

- **Amygdala:** The brain's security guard, who warns you of danger and helps keep you safe. It also helps you express emotion, like anger and fear.
- **Prefrontal Cortex:** The brain's wise leader, who helps you make good decisions and pay attention.
- **Hippocampus:** The brain's memory bank that keeps important information and brings it back when we need it.

We will also be exploring ways to help our brain and bodies release stress. I'll try to include at least one tip in each newsletter! This month's tip is laughter! Have something stressful coming up? Laugh for 15 seconds before starting the challenging task (make funny faces, twist and shake into silly shapes, whatever it takes!) and then take three deep, slow breaths.

