

# BULLDOG WELLNESS

NOVEMBER 2022

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

ISSUE 24



## Upcoming

- November 6: Daylight Saving Time ends (set your clocks *back*!)
- November 10: Picture retakes
- **November 11: No School for Students** (Teacher Professional Development)
- November 14: Veterans Day Assembly @ 9:30
- **November 18: Angel Tree Requests Due**
- November 18: Reflections Award Assembly
- November 22: Turkey Trot @ 1pm
- **November 23-25: Thanksgiving Break No School**
- December 2: Sightfest

## DONATIONS NEEDED: HALLOWEEN COSTUME DRIVE & HOLIDAY ANGEL TREE

Happy November everyone! It is that time of year when I lean on our incredible community to support students and families in a variety of ways. This year, we have a few new ways to get involved. Please take a look at the list below and consider donating what you can. Additionally, each year is so different, so please let me know what I can do for you and your family this year.

- **Halloween Costume Drive:** We are collecting costumes in all sizes for ages 5-12 so that we can help students who may need a last minute costume next year. Over the next few weeks, please look through your costumes and if there is anything that you and your family does not want anymore, we would love for it to bring a child joy next Halloween. We will be collecting costumes through November 18. Have your student bring the costumes directly to Mrs. Marsh, or they can be dropped off in the main office. Thank you!
- **Angel Tree and Holiday Food:** Each year we feel so grateful for the support we receive from families to help make the winter season festive for our students. We are looking for families who both would like some extra support AND families who can give a little this year. Please fill out the corresponding information below by Nov. 18:
  - [Angel Tree Request Form](#)
  - [Angel Tree Donation Form](#) (More information will come to you after November 18).



## Thank you!

Thank you to our entire community - teachers, students, staff, and families - for making Unity Day and Red Ribbon Week a success! We'd like to send a special thank you out to Creamies for donating orange creamies to the school on Unity Day, and to our Red Ribbon Week volunteers Janet S, Stephani D, Cynthia R, Jamie T, and Holly H!



## Better Screen Time

Some of you may remember Andrea Davis, from last year's Creating a Tech Healthy Family event. I have had several conversations with families this year about the challenges of technology and setting boundaries with their kids and screens. As the weather gets colder it is normal to feel a little more trapped in our screen-free options. On Andrea's website [Better Screen Time](#) you can download [this list of 100+ screen free ideas](#). I hope this can help (I know I'll be using this)!



## Character Education: Mind UP

November's Character Education is Lesson #2 in our MindUp Curriculum. This lesson is on Mindful Awareness. We will explore how mindful awareness - the ability to attend to the here and now in a considerate, nonjudgemental way - helps us make wise decisions rather than being ruled by emotions. In our last lesson, students learned about the prefrontal cortex, the amygdala, and the hippocampus. We discussed how the prefrontal cortex can produce a thoughtful response, while the amygdala triggers a quick reaction to keep us safe. In this lesson, we'll use the terms mindful and unmindful in a discussion of important thoughts and actions.

This month's brain building skill be mindful focus. We'll use the glitter jar that was introduced during last month's lesson to pay attention on purpose to what we see. We'll do this a few times, and after each round students will write down everything they noticed about the glitter jar. We'll see how much information we can gather by paying mindful attention.





## Community Connections

Are you looking for simple ways to talk about hard things going on in your and your student's world? Here are two resources that have been helpful to me, and perhaps they can be helpful to you!

- Go Zen's Free Printables. Emotions, resilience, character strength, growth mindset, and more! These free printable will provide some talking points and activities to do with your child.
- A Kids Book About series. Anxiety, Death, Divorce, Failure, Body Image, Creativity, and so much much! These books are meant to be read together - adult and child, and offer a wonderful place to start talking about hard things. I have some in my office if you'd like to check them out!

## School Social Work Resource Library

Parents, was your interest sparked by the Better Screen Time website mentioned on page 2? Interested in Andrea's Book Creating a Tech Healthy Family but would rather not purchase it? I have a copy here at school you'd be welcome to check out! In fact, I'd like to start a Parenting Resource Library for you to explore. I would love to include books that have been helpful to you for other families, and have some of my favorites on hand as well. Is there something you're looking for? Please let me know if this is something you'd be interested in by [clicking here](#)! Thank you!

