

# Estelle School News

*One Band, One Sound, One School, One Score*

*"To become a high performing "A school"*

*To create an environment in which all teachers, staff members, and community stakeholders work collaboratively to ensure all students achieve success to become positive contributors in our society.*

November 4 2020



## Administrative Message

Wow! The school year seems to be flying by! There are only three weeks of instruction before students will be off for the Thanksgiving holidays (November 25-27).

## Reminders:

Please make sure that your child/children adhere to the uniform policy. If you are unsure of the policy please refer to the school website or call the school. Students must be present in the classroom traditionally or virtually to receive the quality instruction that we provide. PLEASE make sure that your child is at school or logged in each and every day that he or she isn't ill. Please make sure that your child is attending school according to the correct learning model. If your child is signed up to be a virtual student they can not attend school traditionally unless the proper paperwork has been filled out and approved. If your child is a traditional learner they also need the proper paperwork approved to attend virtually. If you are dropping your child off through Rider's Gate, your vehicle must be in the gate before 7:05. If your child is tardy, walk him or her into the front office. PLEASE, remember that students may not be routinely dropped off in the front office. Instead, you may use bus services or Rider's gate. Students are tardy at 7:21. When a student has reached 4 instances of tardiness, he or she will receive a morning detention. Once a child has been tardy 10 times, he or she must be referred to FINS/TASC. Finally, we are not allowed to check children out beyond 1:30PM. If you need to check your child out of school early, you must do so before 1:30PM. Remember that early check outs DO count against your student's attendance record. Also, if you are paying for any school services by check, please include a phone number, the child's name and the type of service. Walkers Gate is only allowed for those students that have been assigned by the Transportation Department. Parents may not pick-up or drop off students in a car at the walkers gate. Instead, you must use the Rider's gate for pick-up or drop off.

Don't forget to send Box Tops to school with your child. Just look for pink Box Tops on products, clip them, and send them to school. This year Estelle's earnings goal is \$1000, and we cannot do it without your help. Visit [www.BTFE.com](http://www.BTFE.com) for more information.

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### Important Dates

11/06	Picture Day
11/03	Student Holiday
11/21	Report Cards Issued
11/25—11/27	Thanksgiving Holiday



# November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat				
1	2	Election Day No School	3	4	5	Fall Pictures				
6	7	8	9	10	Report Cards Issued	11	12	13	14	Parent/Teacher Conferences
15	16	17	18	19	20	21				
22	23	24	25	26	27	28	<i>Thanksgiving Break</i>			
29	30									

## Social Worker Minute.....

### Raising Grateful Children

November is National Gratitude Month and Thanksgiving is a time to think about showing an "attitude of gratitude" no matter what food is being served. In these challenging economic times, it's up to adults to teach children to be grateful for the goodness in their lives and to learn how to be concerned about others. This can be a challenge when parents are under stress, so keep in mind that your children learn their values from you. Many memorable words have been written on the value of gratitude. "Gratitude is the memory of the heart," (Jean Baptiste Massieu). "Gratitude is the fairest blossom which springs from the soul," (Henry Ward Beecher). And if you ask a child to tell you what they are grateful for they are bound to say something about their parents' love, along with ice cream or toys. As parents, we want our children to learn gratitude. Psychological studies have established that **grateful people are healthier and happier** than those who are not as grateful. Indeed, it has been found that gratitude protects against stress, enhances self-esteem, and promotes personal and occupational success. No one is born grateful. Gratitude is a value and a virtue that is learned from others, and it is strengthened through practice. How to teach our children to be grateful? If I am a child, I will give thanks when adults around me... Show by example, demonstrating gratitude to children or in their presence. Help those who need help, along with children, so they realize how fortunate they are. Appreciate, recognize, and praise children when they act in grateful ways. Remind children to practice gratitude at every opportunity. Eliminate ungrateful attitudes and models. Here are some ideas:

- Be alert to others' generous acts, and thank them directly.
- Show children the good news featured in newscasts and newspapers.
- Appreciate effort, attempts, and kind gestures in daily life.
- Thank relatives, friends, teachers, coaches, sitters, and strangers in the presence of children.
- Have a space at home designated for gratitude with photos and mementos from memorable occasions.
- Keep a personal or family gratitude diary, and include children when making entries, or encourage them to have their own.
- Make thank-you phone calls and write thank-you notes and letters in response to invitations, gifts, help, and generous acts.
- If you can, volunteer at a nursing home, animal shelter, or food bank.
- Don't make children feel guilty, but feel grateful for their abilities and for what they have and enjoy.
- Don't compare yourself with others, since there will always be those who appear to be better off.

~ Rona Renner, RN and Marisol Muñoz-Kiehne, PhD