

# NOVEMBER

## Important Dates:

- November 4:**  
St. Bernard's School Open House
- November 4-13:**  
Food Drive
- November 6:**  
Author Visit
- November 11:**  
No School Veteran's Day
- November 16:**  
St. Bernard School Auction
- November 27:**  
Early Release Day for ALL; 12pm
- November 28-29:**  
Thanksgiving Break

## Reminders:

With the cooler weather here, please send your child into school with a jacket (Labeled) for recess. Practice zipping and unzipping jackets at home is a great self-help skill you could assist them gain confidence in.

As a reminder, candy is not allowed for snacks or with lunches.

Please remember to check your child's folder daily and remove the "Keep at Home" papers.

Be sure to read the LA Forms & Links in the SBS Express that emailed weekly. Reminders are listed there!



## Month of Gratitude!

Welcome to November where we will be spending much of the month thinking about all the many ways in which we are grateful. This is a really big concept, which we have already touched on during our religion lessons of I Can Share and I Can Help from last month. This month's I Can Care will start an extension of this as we discuss ways to care by helping others, by sharing with those in need, those with less than us. Planting seeds of a giving spirit as we approach the holidays. Hoping these tiny seeds of empathy take root for the future of God's kingdom.

Our other monthly theme will center around nutrition and the reasons and rewards of a colorful balanced diet. We are grateful for the many food choices we can see, smell, and taste.

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We encourage you to consider attending St. Bernards School's Open House on Monday, November 6th 6:30-8:00. It is such a wonderful early opportunity to get a sneak peek into all that our "big school" has to offer!

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## What we're working on in November

This month our theme will be Nutrition, with a break down of different food groups and the importance of them all for strong and healthy bodies. We will thank God for our healthy bodies and the abundance of foods He created for our enjoyment. We are so blessed! Dear Parents, you could help by sending in snacks that represent the food group of each week, so we can chart the wide varieties and discover the favorites.

### November 4 -8

**Religion:** I Can Care

**Clifford:** Investigating Leaves

**Letter:** li

**Food Group:** Dairy Foods

I wonder how many yogurt or cheese snacks they will bring? The children will cut and paste ice cream cones as tall as their name. What is the favorite flavor?

### November 11 -15

**Religion:** I Can Clean

**Letter:** Jj

**Food group-** Meat & Poultry

The children will make painted handprint turkeys and twist pipe cleaner J's. Guess what those will become next month?

### November 18 -22

**Religion:** Cornucopia

**Letter:** Kk

**Clifford:** I Can Help Get Ready for Thanksgiving. Let them know how they can help in your home.

**Food group:** Fruit & Vegetables

The children will color fruit in real colors inside their rolled cornucopia.

### November 25-27

**Religion:** Thanksgiving foods and a path of gratitude

**Letter:** No letter this short week.

**Food group:** Bread & Cereal (grains)

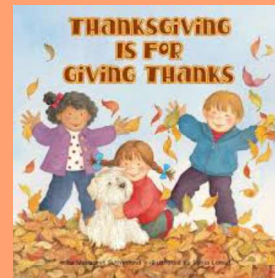
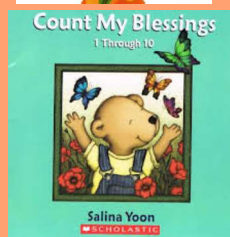
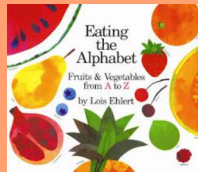
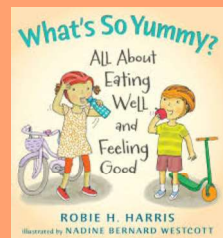
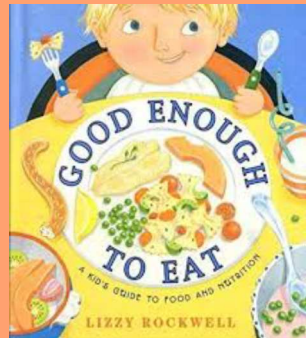
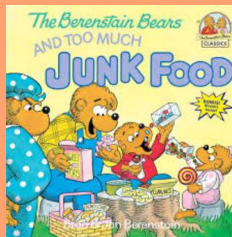
The children will cooperate in helping to do their one part in baking muffins to share a special snack as a group on Wednesday's half day.

## Turkey Feather Information

Each child will be sent home with a "turkey feather" to be decorated and sent back to school. Our hall bulletin board will transform into a giant turkey with a feather to represent each child. This is a fun project to work on as a family. It may be decorated any way your child would like. Feathers, stickers, pom poms, markers, jewels, etc. It is fun to see as we walk down the hall!

## The Reading Corner

Some of this month's book selections include:



## Parent Corner

This month we would like to share an article about teaching children about Thankfulness. Manners instilled at young ages will stay with them as they grown up. We hope you find this helpful.

<https://www.naeyc.org/our-work/families/raising-thankful-child>