

NOVEMBER

Thankful. Grateful. Blessed.

Important Dates:

November 3:

St. Bernard School Open House
6:30pm-8pm

November 3-12:

Food Drive

November 5:

Author Visit

November 11:

No School - Veteran's Day

November 15:

School Auction

November 26:

Early Release Day for all
12pm Dismissal-No ACES

November 27-28:

Thanksgiving Break

Reminders:

With the cooler weather here, please send your child into school with a jacket (Labeled) for recess everyday. Practice zipping and unzipping jackets at home.

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

Please dress your child in clothes and shoes that they can find success in putting on themselves.

Please remember to check your child's folder daily. And read the weekly SBS Express that is emailed each week on Thursdays.

We wish all our families a Happy Thanksgiving.



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 highlighting all God has Made for us. This month's God Made Food will be an extension of this as we discuss ways to care by feeding 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 getting proper Nutrition from all God's food varieties; the reasons and rewards of a colorful balanced diet. Grateful for the many food choices we can see, smell, taste, and grow with.

We encourage you to consider attending St. Bernards School's Open House on Monday, November 3rd 6:30-8:00 pm. It is such a wonderful early opportunity to get a sneak peek into all that our "big school" has to offer!

Teacher: Mrs. Y

Paraprofessional: Mrs. Marshall

Office: 860-745-6135

Email: JYiznitsky@sbsenfield.org

LWallburg@sbsenfield.org

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 favorite choices.

November 3 - 7

Religion: God Made Music/All Saints Day

Clifford: Things Are Changing

Letter: li

This week we will focus on Dairy foods. The children will cut and paste ice cream cones as tall as their name. We will make music with Instruments.

November 10 -14

Religion: God Made Food

Letter: Jj

Food group: Fruits & Vegetables

Snack ideas: Apples, applesauce, cut grapes, bananas, carrots & dip

The children will cut and paint Indian corn by stamping with Lego bricks. They will learn how to twist pipe cleaner J's.

November 17 -21

Religion: Thanksgiving: foods and more we are thankful for

Letter: Kk

Clifford: A Time of Giving: Let them know how they can help & give in your home.

Food group: Meat & Poultry

Snack ideas: nuts, nut butters, rolled cold cuts, hard boiled egg

The children will be painting handprint turkeys.

November 24-26

Religion: The Story of Flour

No letter this short week.

Food group: Bread & Cereal (grains)

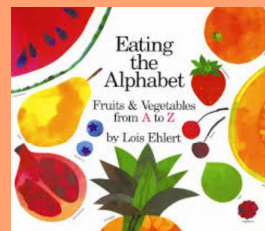
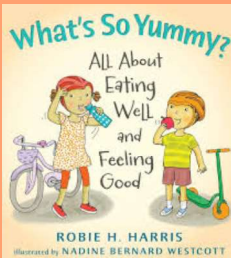
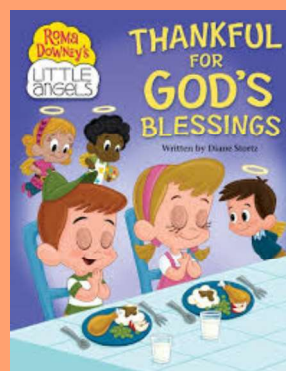
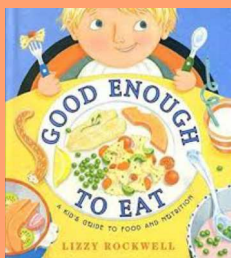
The children will cooperate in doing their one part in baking muffins to share a special snack as a group on Wednesday's half day.

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 found a great article about setting limits. Rules are a natural part of life, and having guidelines help children learn how to manage in different situations. Rules provide a framework for children to understand what is expected of them at home, with friends and at school.

<https://www.hartsteinpsychological.com/importance-setting-limits-child>