NOVEMBER

Thankful. Grateful. Blessed.

Important Dates:

November 2-13:
Annual Food Drive
November 3:
St. Bernard's School Open House; 6-7pm
November 11:
No School- Veteran's Day
November 14:
SBS Annual Auction
November 25:
Early Release; 12pm Dismissal for ALL
NO ACES
November 26-27:
Thanksgiving Break

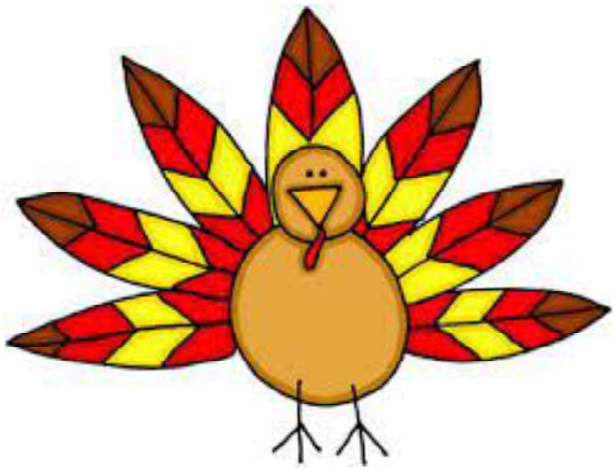
Save the Date:
December 18: Christmas Concert; 10am inside St. Bernard Church

Reminders:

With the cooler weather here, please send your child into school with a jacket for recess. We go outside on the playground each day the weather allows. Practice zipping and unzipping jackets at home is a great self-help skill you could assist them gain confidence in.

Long sleeves may be worn under their uniform shirts if you do not have a LA sweatshirt.

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



Month of Gratitude!

Welcome to November where we will be spending much of the month thinking about all the many ways 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. Grateful for the many food

St. Bernard School Open House

We encourage you to consider attending St. Bernards School's Open House on Tuesday, November 3rd 6 - 7 pm. It is such a wonderful early opportunity to get a sneak peek into all that our "big school" has to offer! Come stop by to see all they have to offer. It's never to early to start thinking about kindergarten!

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Paraprofessional: Mrs. Marshall
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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 favorites.

November 2 - 6
Religion: I Can Care
Clifford: Autumn Moves
Letter: Ii
First food group - **Dairy**.
I wonder how many yogurt or cheese snacks they will bring? The children will cut and color ice cream cones as tall as their name. What is the favorite flavor?

November 9 - 13
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 16 - 20
Religion: Cornucopia
Letter: Kk
Clifford: Gobble for Turkey
Food group - **Fruit & Vegetables**
The children will color fruit in real colors inside their rolled cornucopia.

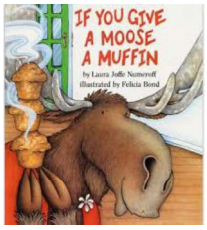
November 23 - 25
Religion: Thanksgiving & Gratitude
No letter this short week.
Food group - **Bread & Cereal** (grains)
The children will cooperate in helping to do their one part in baking muffins to share a special snack as a group on Wednesday's half day.

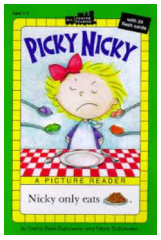
Turkey Feather Information

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!

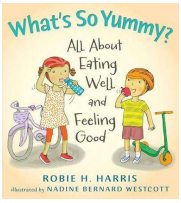
The Reading Corner

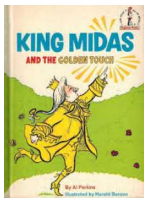
Some of this month's book selections include:

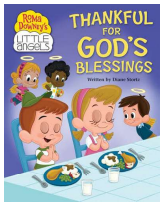












Parent Corner

This is 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. Setting expectations and following through are so important at this age.

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