



Pear Park NEWS

October 2018



Office Staff: Jenny Nelson-Principal Natalie Blackburn-Assistant Principal Amelia Franz-Secretary Cindy Wallace-Secretary Karla Greenwalt-Health Assistant

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|---|---|--|---|-----|
| | 1 WEAR BLUE World Day of Bullying Prevention <i>Wellness Challenge: Jog in place for 30 secs.</i> | 2 | 3 <i>Wellness Challenge: Jog a lap around the field</i> | 4 | 5 <i>Wellness Challenge: Do 25 jumping jacks</i> | 6 |
| 7 | 8 <i>Wellness Challenge: Walk as a class around the school</i> | 9 | 10 <i>Wellness Challenge: Jog 2 laps around the field</i> | 11 | 12 End of 1st Quarter 5th Grade Fieldtrip to Spin City, 9am-12pm <i>Wellness Challenge: 20 basic squats & 15 jumping jacks</i> | 13 |
| 14 | 15 NO SCHOOL All Schools Teacher Workday | 16 | 17 Book Fair Set Up (2:00pm in the Library) Mythbuster Night 4-6pm <i>Wellness Challenge: Jog 3 laps around the field</i> | 18 | 19 DUE DATE to be guaranteed a Panda Waddle Race Shirt <i>Wellness Challenge: 10 Windmills, 10 split squats & 20 high knees</i>  | 20 |
| 21 | 22 NO SCHOOL PARENT/TEACHER Conferences: NOON-8pm BOOKFAIR: NOON-7pm | 23 NO SCHOOL PARENT/TEACHER Conferences: 10am-6pm BOOKFAIR: 10am-5pm | 24 <i>Wellness Challenge: Jog 4 laps around the field</i> | 25 9:00-11:30 am 3rd Grade Fieldtrip to Cross Orchards Living History Farm | 26 <i>Wellness Challenge: 20 jumping jacks, 20 high knees & 20</i> | 27 |
| 28 | 29 NO SCHOOL Teacher In-Service | 30 | 31 Happy Halloween <i>Wellness Challenge: Jog 5 laps around the field</i> | | | |

OCTOBER is BULLYING PREVENTION MONTH!

At Pear Park Elementary, we use the 2nd Step SEL/Bullying program:

Recognize – Bullying is when someone keeps being mean to someone else on purpose. The person it's happening to hasn't been able to make it stop. It is unfair and one-sided.

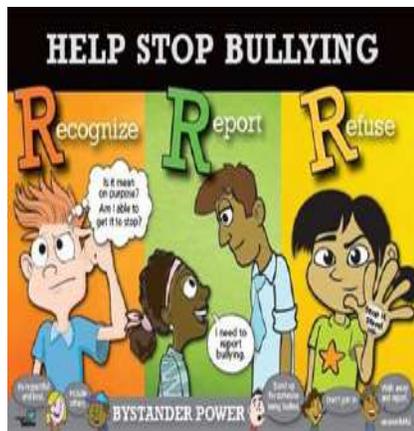
Report – to a caring adult

Refuse – make it stop

EXAMPLES OF BULLYING:

- Hurting someone's body or belongings
- Using words to hurt someone's feelings
- Leaving someone out on purpose
- Getting others to be mean to or exclude someone

Martha Griffin, Counselor, Pear Park Elementary
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Monthly Brain Tip From Mr. Fox, K-5th Music Teacher

Have you ever wondered how to help your child change their mindset? Of course you have! Many of their fixed mindsets come from a part of their brain called the **Limbic System**. This part of the brain is:

- Located in the center of the brain
- The most primal part of our brain
- Referred to as the "emotional" brain
- Determines if something is safe or risky

Due to this system, learning can seem risky or unsafe at times. This is because the **Limbic System** will detect something new to learn, that seems risky. After it determines this risk, it moves into freeze, flight or fight mode, or it can also raise anxiety for the student. As a parent, a few tips that you can use to help your child change this reaction are:

1. recognize that no amount of 'telling' or 'correcting' will work in changing the belief unless the student begins to wish to change.
2. encourage your child to begin with simple re-framing exercises; for example, 'I'm no good at...' is challenged with "What would it be like if you were good at...?"
3. Encourage outcome thinking: 'If you were to be successful in what, for the moment, you are not yet good at, what would it be like? What do you see yourself doing? What would others see you doing? What would others be saying to you? How would you feel about it?'

PRINCIPALS CORNER

Dear Families,

Can you believe that first quarter is almost over? Our school community has been busy building culture and relationships as we get to know each individual learner! As we build these relationships, we are continuing to remind our learners, and each other, that our brains are constantly growing, developing and changing. With a continued focus on Growth Mindset, together we are developing the belief that intelligence can continuously be developed. As a learning community, we focus on LEARNING over just looking smart, see effort as the key to success, and thrive in the face of challenges.

10 What Questions to Develop a Growth Mindset

1. What did you do today that made you think hard?
2. What happened today that made you keep on going?
3. What can you learn from this?
4. What mistake did you make that taught you something?
5. What did you try that was hard today?
6. What strategy are you going to try now?
7. What will you do to challenge yourself today?
8. What will you do to improve your work?
9. What will you do to improve your talent?
10. What will you do to solve this problem?



When educators and parents work together as partners, they create important opportunities for children to develop social, emotional, and academic competencies. In order to continue working together to ensure the success of your child, please remember that parent-teacher conferences are October 22nd (noon to 8:00pm) and 23rd (10:00am to 6:00pm).

These conferences are a great opportunity for you to speak directly with your child's teacher(s) about your child's interests, strengths, and needs. Developing a positive, supportive, and open relationship with your child's teacher is a vital component to the learning successes of your child! Please plan on scheduling and attending a conference time to meet with your child's teacher.

Your partners in learning,
Jenny Nelson and Natalie Blackburn

TECHNOLOGY NEWS: Pear Park Staff are excited to announce that we have reached a one-to-one ratio with technology devices across our school! The majority of our Pear Park Pandas now have their own Chromebook to use each day as a tool for learning. If students are not using a Chromebook they are using laptops! Ask

October Wellness Committee CHALLENGE: Panda Waddle 5k Prep

Please join the Pear Park Staff and Community with this month's Wellness Challenge! The purpose is to get our community up, moving and to encourage healthy lifestyles! Each month, we will add the Wellness Challenge to our monthly calendar (see the back of this page). These challenges are designed to be quick and fun, making it easy to fit into your busy schedules. **This month's challenges are geared towards preparing for the Pear Park Panda Waddle, which will be held on Saturday, November 3rd.** We invite you to get as many family members together as you can to complete the challenges! The more the merrier! **HAVE FUN and we will SEE YOU AT THE PANDA WADDLE next month!**

Don't forget to register for the Panda Waddle! Register online at: www.active.com

Or on PPE's Website at: <http://pearpark.d51schools.org/>

What? Pear Park "Panda Waddle"

When? Saturday, November 3rd, 2018

Where? Longs Park

Time? Race is at 10:00am & Awards are at 11:00am



Book Fair at Pear Park Elementary! During Parent Teacher Conferences, October 22nd and 23rd, be sure to swing by the library to check out the Scholastic Book Fair! This is a great opportunity to purchase books and gifts for the entire family, build up your home library and/or start your Christmas shopping early! See calendar on reverse side for times! **Note: Tuesday's time was changed from 10-6 to 10-5pm.**

School Advisory Council Members Needed: Pear Park is in need of people to serve on our School Advisory Council, SAC. Members of SAC include staff, parents, community residents, and when appropriate students to work cooperatively in a problem-solving partnership. SAC meets once a quarter to provide input on the school improvement planning process. That process includes assessing school needs, assisting in setting goals, monitoring progress, and reporting to the community. **The first meeting will be on Monday, November 12 from 6:00-7:00 PM in the library at Pear Park and dinner will be provided.** Will you please consider participating in this important opportunity? If you are interested in being a member of SAC, please call or email Jenny Nelson, Pear Park's Principal, no later than Friday, October 26 at 970-254-5960 or jenny.nelson@d51schools.org.

Tardy and Attendance Policies: Please understand that as soon as the bell rings, classes get started. If your student is consistently tardy, they are missing valuable learning time and opportunities. The reasons for excusing or not excusing a tardy, late arrival, excused or unexcused absence are as follows:

1. Temporary illness or injury
2. Absence approved by the school administrator
3. Absence due to physical, mental, or emotional disability
4. Things beyond our control

Si usted desea una explicación en Español de este artículo, por favor, llame a Amelia de llamar al 254-5960, ext. 56108.