



Dear NRHEG Elementary Families,

This newsletter will focus on what we can do as parents and educators to support and promote the social-emotional health of our children and students.

*Catch your child being good! Praise your child often for playing nicely with siblings, helping with chores at home and being a good sport.

*Seek ways to engage your child in play with children their age. Don't forget to make certain that a trusted adult supervises them.

*Read with your child every day and make this a family routine. Allow your child to select a few books and use this time to relax and settle down at the end of the day.

*Limit screen time to no more than 2 hours for children age 2 and older.

*Make time for routines that include regular family meals and sharing time about your child's day.

*Provide routines for your child that includes regular bedtime routines to promote healthy sleep.

*Model behaviors that you'd like to see in your child. You are your child's first and most important teacher. Be especially mindful of criticizing teachers or other trusted adults in front of your child.

*Don't hesitate to set limits for your child around safety, regard for others, and household rules and routines. Be consistent with those limits.

*Teach your child to ask for help and identify who can help when they need it.

*We all experience anger and stress! Help your child to find acceptable ways of working through these feelings. At school we share that it's okay to be mad but not okay to hurt others or destroy property.

*Listen to and respect your child. Encourage them to come to you to discuss concerns, fears, and thoughts.

*Provide choices when your child is oppositional (Would you like me to carry you upstairs to bed or would you like to walk?). Help them to see the consequences of their choices when demonstrating oppositional behavior.

As parents and adults one of the most important things that we can do for our children is to equip them with a wide range of positive coping strategies. Hopefully a few of these will help. We'll see you in school!

Mr. Anderson

Mission Statement:

Empowering students with knowledge and skills to succeed.

Vision Statement:

To be the school district of choice, inspiring excellence in academics, arts, and activities.

Panther Pride:

Be **Positive**, Respectful, **Responsible**, and Safe.

WELCOME TO THE SECOND QUARTER OF SCHOOL!



What's Up at NRHEG Elementary?

- ~November 9 Veteran's Day Program (Grades 3-12), 9:30 a.m. NRHEG Secondary School
- ~November 8-16 Scholastic Book Fair
- ~November 13 and 15 Parent Teacher Conferences (4-8 p.m) Book Fair Open
- ~November 13 Robert the Magician Title 1 Family Night Event 5:30 p.m Elementary Music Room
- ~November 15 PTO Cookie Dough Pick Up 3:00-6:00 p.m. South Gym
- ~November 19 School Board Meeting, 6:30 p.m. Elementary Media Center
- ~November 22-23 Thanksgiving Break
- ~November 26 Bridges-Grade 2 Holiday Concert, 7:00 p.m.

~PBIS FOCUS FOR NOVEMBER~

CLASSROOM~TRY YOUR BEST, ENCOURAGE OTHERS, COMPLIMENT OTHERS ON THEIR EFFORTS, BE KIND, KEEP HANDS/FEET TO YOURSELF, USE PLEASE/THANK YOU/EXCUSE ME, BE A GOOD LISTENER, BE ON TIME, PREPARED, STAY ON TASK, KNOW AND PRACTICE EMERGENCY PROCEDURES

ASSEMBLY~CLAP FOR OTHERS, BE ENCOURAGING AND POSITIVE, JOIN IN WHEN INVITED TO PARTICIPATE, USE QUIET VOICES, BE A GOOD LISTENER, KEEP HANDS AND FEET TO YOURSELF, ONLY USE KIND AND POSITIVE WORDS AND ACTIONS, SIT QUIETLY AND RESPECTFULLY, USE STAIRS AND RAILINGS, BE PATIENT AND WALK SLOWLY WHEN ENTERING AND EXITING, TAKE CARE OF BREAKS BEFORE AN ASSEMBLY