

November 2023

Columbia Elementary School

Pay preschool tuition - due the 1st of each month

Dates to Remember



- November 5th - Daylight Savings Time, set clocks back 1 hour
- November 8th - PTO meeting at 6pm
- November 9th - Veteran's appreciation lunch at Columbia
- November 9th - 1st Grade Veteran's Day Concert (details below)
- November 15th - Progress reports sent home
- November 20th - LaBraid Fundraiser pickup 3:30pm-6:00pm at Columbia
- November 22nd-24th - Thanksgiving Break - NO SCHOOL and NO CHILDCARE

Save the Date - Upcoming Music Programs

- **Kindergarten** - December 7th, Thursday (more details coming soon)

Salute to our Veterans - First Grade Music Program

- November 9th, Thursday, at 6:00pm @ RHS
- RHS Auditorium Doors open at 5:30pm, students need to report to their classroom by 5:45pm.
- If your child has not been given a costume, they will need to wear black or dark color pants or skirt and a plain white shirt. We will have a red, white, and blue scarf for them to wear.



Counselor's Corner

This month our Pre-K and Kindergarten students will finish learning about Strangers, Grown-Up Buddies and the Trusted Triangle. These are the key points that will be covered:

- Children should always stay close to their Grown-Up Buddy whenever they are out in public.
- Students will identify adults they can talk to about situations that leave them feeling scared, confused, uncomfortable or "icky." These adults will be part of their Trusted Triangle.
- Strangers are any people they don't know well. Strangers don't necessarily look dangerous.
- If they get separated from their Grown-Up Buddy when out in a public place, the students are encouraged to look for and ask for help from someone official, like a firefighter or police officer or a mother with children.

First grade students will discuss our "Guiding Voice" and "Think, Feel, Act." Our Guiding Voice is the little voice inside each of us that helps us decide if a situation is safe or unsafe. Think, Feel, Act (TFA for short) is a technique to encourage student to pay attention to what they think and feel about a situation; those are often indicators as to how they should act, or respond, in a situation. To learn more about the curriculum, please visit <https://safersmarterkids.org/> and click on "parents." If you have questions, please feel free to contact me at 223-2501 ext. 2005

10 Tips for Raising Grateful Kids

This month's character trait is gratitude. Having an attitude of gratitude improves relationships, our ability to understand others as well as our overall happiness. Tips for helping children learn how to be grateful are listed below. The entire article can be found on this website:

<https://childmind.org/article/10-tips-raising-grateful-kids/>

1. Set an Example- Kids learn a great deal by watching their parents and other adults around them. Say thank you to those around you; your server at a restaurant, the cashier at the grocery store and your kids!
2. Point out generosity- point out when people go above and beyond.
3. Have a talk- talk about how it feels to show as well as receive appreciation.
4. Find fun ways to say thanks- Showing gratitude does not always have to be written or verbal. Gratitude can be an action.
5. Share the love- Help kids to think of those around them they can show gratitude to; and then help them follow through with the action of gratitude.
6. Put things in perspective- Not everyone has the same advantage in our community, state, country or around the world. Talk with your kids about those who are less fortunate.
7. Let kids choose- Kids, no matter how young, have skills and can be used for good. Let your kids decide how they want to show gratitude.
8. Get involved- Volunteer as a family.
9. Make gratitude part of bedtime- Have your child tell you several things they are grateful for at bedtime. Share things you are grateful for also.
10. Give kids credit- Allow your child to express gratitude in their own way, even if it is different from yours.

PTO News

- Blankets for Sale \$40 (picture included) - We have a limited supply but are able to order more



get one.

- Our next meeting will be November 8th at 6pm in the Columbia Library, we will be planning our special events for December.
- *First grade families attending the Veterans Day music program please join your PTO after the program for an ice cream social. Cups of vanilla ice cream will be available for \$2.00 in the high school cafeteria . **All Veterans attending the program will receive a special pin and a free cup of ice cream as a thank you for your service.***

- Columbia PTO would like to thank the students and families that took part in our Labraid Fundraiser. **Fundraiser pickup will be November 20th from 3:30-6:00** please watch for a form coming home with your child with more details.

Please feel free to email Michelle Jaeger, the PTO President, with any questions or concerns michelle.jaeger@zebras.net



First Grade will be roller skating after Fall Break until Thanksgiving Break. Make sure your student wears socks on their P.E. day and turns in the skating permission slip.

A Note from Nurse Stacey



STAYING HEALTHY

The best way to keep students healthy during the school year is to make sure they wash their hands. That simple tip matches the advice from experts at the U.S. Centers for Disease Control and Prevention (CDC): "Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others." Encourage your student to wash hands often and keep them away from their face, eyes, mouth, nose, and wherever germs can enter their body. Please teach them to cover their cough & sneezes using their elbows.

INFLUENZA

The "flu", also called Influenza, is a very contagious respiratory disease caused by a virus. It starts around November and is usually seen up through March. It can be mild in nature or very severe, requiring hospitalization. It is different from a cold in that it usually comes on suddenly. Common symptoms of the flu are as follows:

- *Fever or feeling feverish with chills—not everyone will have a fever
- *Cough
- *Sore throat
- *Runny or stuffy nose
- *Muscle and body aches

*Fatigue (tiredness)

*Headache

*Children may have vomiting or diarrhea, not common in adults.

Usually when a person gets the flu they can recover in a few days up until 2 weeks. However, pneumonia is a complication of the flu and can be life-threatening. Other complications from getting the flu are bronchitis, sinus infections, and ear infections. The flu can also make certain health conditions worse. For example, adults and children who have asthma will most likely have more asthma attacks because of having the flu. Please check with your healthcare provider or local pharmacies when they will be providing vaccines.

COLD WEATHER

Student's clothing should be simple, comfortable, and clean. Clothing should be keeping with the weather conditions. As we move closer to winter, these items should include wearing a coat, boots for snow and rainy weather, and items such as hats & gloves for colder weather. All students will be expected to go outside for recess providing the temperature and wind chill is 25 degrees or warmer, so please have your child wear the appropriate clothing that can be worn at recess.

November breakfast and lunch menus

Welcome from Little Zebbie's Diner! 🦓🍴

Mrs. Lahman here with Little Zebbie's Diner. We've been busy getting ready for our new winter menu. Please encourage your students to try something new. Eat lots of fruit and vegetables and stay healthy this winter. We are excited to be doing our Holiday/Veteran's Day Meal on Nov. 9, 2023. It's exciting to serve those who sacrificed and served in the service for us. Stay healthy and Happy Thanksgiving!

United Ministries Christmas Baskets

This year **Applications** for Christmas Baskets, for families in need, will be taken at the **Community Resource Center**, 625 Pontiac St, Rochester on the following dates: Saturdays - November 4th, 11th, 18th, and 25th from 9:00am to Noon; and at **Grace Church (Free Meals)**, 201 W 7th St, Rochester on Wednesdays November 1st, 8th, 15th, and 22nd and 29th from 4:30pm to 6:30pm. Please bring a photo ID and proof of address (utility bill, etc.)

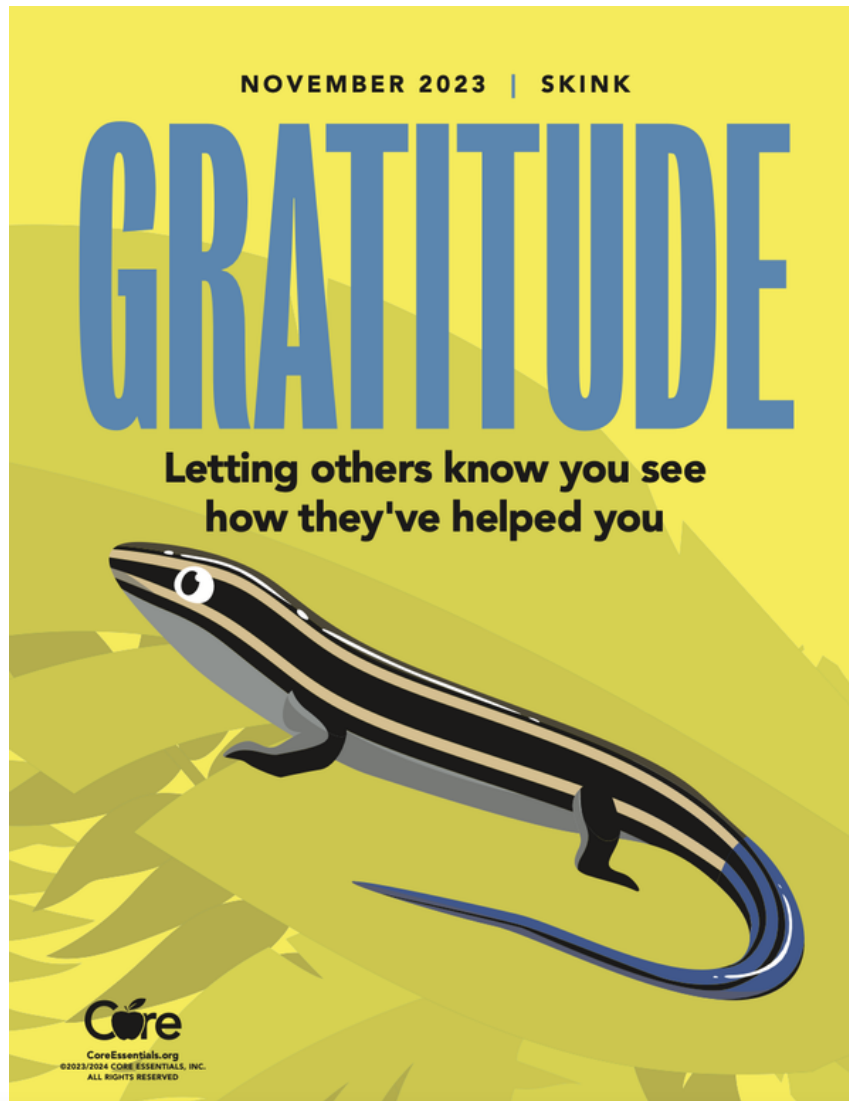
Money donations are always needed to purchase nonperishable foods. Any remaining funds will help support United Ministries throughout the year. Please send donations to United Ministries, PO Box 531, Rochester, IN 46975. **Food** and **monetary** donations can also be taken to the Fulton County Fairgrounds December 11th-15th from 9am-4pm (we DO take a lunch hour off). **Delivery** this year will be December 16th starting at 8:00am. **Volunteers** are always needed to help deliver at 8am



Thank you for your generous support to help make a difference in the lives of hungry people in our surrounding community.

If you have any questions please contact Joyce Sroufe, 574-223-3563.

Christmas Basket Co-Directors - Joyce Sroufe, Erin Leap and Sarah Daulton



Columbia Elementary School

The Littlest Zebras In The Herd

1502 Elm Street, Rocheter, IN 46975

574-223-2501