



October breakfast and lunch menu

Coming up!

- October 10th - 18th - **Fall Break - NO SCHOOL**
- October 13th - 16th - Intersession @ *Riddle Elementary* (prior registration required)
- October 14th - Fall Festival @ *Riddle Elementary* (prior registration required)
- October 22nd - 50's day to celebrate the 50th day of school
- October 22nd - Report cards
- October 27th - October 31st - Red Ribbon Week (see attachment below for each day's dress up day)
- October 31st - PTO sponsored door hop - dress as your favorite book character (details coming soon)



RRW 2025.pdf

Red Ribbon Week (10/27-10/31)

[Download](#)

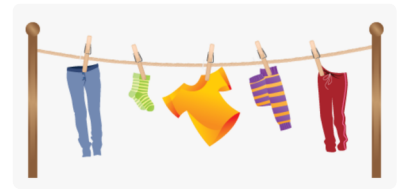
1.2 MB

Reminders

1. NURSE CLOTHES

We understand that sometimes students need to change unexpectedly, and we want to continue providing clean, dry clothing when needed. To make this possible, we ask that any “nurse clothes” your student has borrowed be returned to the nurse so they can be washed and ready for the next student. If we don’t have enough clothing on hand and your student needs a change, we may ask that you provide a fresh set of clothes for them.

We will always accept donations of new/gently used children's clothing items. These help us to increase our supply for student's needs.



2. ART TO REMEMBER

All of our students have been busy creating their **Art to Remember** projects in Art Class and are excited to share their final pieces! Individualized order forms will be sent home at the **end of October**, and items will be delivered at the **beginning of December**—making them a perfect **Christmas gift** for grandparents or other special people.

If you have any questions, please reach out to **Mrs. Jana** at kristen.jana@zebras.net



3. FIRST GRADE VETERAN'S MUSIC CONCERT

November 6th, Thursday at RHS at 6:00pm. More information to come at a later date.



🍂 Why do leaves change color in the fall? 🍁

Meet the teachers



Full Day Preschool Teachers

Back row: Mrs. Conrad

Front row: Mrs. Keller, Ms. Kasi



Kindergarten Teachers

Mrs. Sehstedt, Mrs. Bauters,
Mrs. Amy, Miss Smoker, Mrs.

Brouette, Mrs. Freeman



First Grade Teachers

Back row: Miss Rock, Mrs.
Sterk, Mrs Gudeman

Front row: Mrs. Mechling, Mrs.
Weil

Nurse news

Hand hygiene is so important! It is going to get colder, but we are coming into the cold and flu season HOT! The number one way to help decrease the spread of colds and other viruses is to make sure we are consistently and thoroughly washing our hands. Please remind your student about the importance of hand hygiene after using the restroom, coming in from outside, and after touching their face or blowing their nose. Hand sanitizer is available throughout the school to help with this. If your child is ill and you're unsure if they should attend or return to school, please reach out to me and I can help you navigate that process.



IMMUNIZATIONS:

We are approaching our immunization exclusion date of October 20th. If we do not have a religious or medical exemption form on file, verification of immunizations received, or if we have not been notified that an appointment is scheduled to receive immunizations, then **your child will not be able to return to school after fall break on October 20.** Please make sure you have notified us of immunizations received or if there is an appointment scheduled to receive them. If you have questions about this, please reach out to me via phone or email and I'll do my best to help.

Nurse Leigh

574-223-2501 x 2010 or leigh.barts@zebras.net

Counselor's corner

This month, PK and K students will learn the importance of safety rules and having a Grown-Up Buddy and a Trusted Triangle. We will identify Grown-Up Buddies (adults who are responsible for a child's protection) to go to in any unsafe or confusing situation. Among the concepts we will cover are these:

- Children should always stay close to their Grown-Up Buddy whenever they are out in public.
- Identify who could be in their Trusted Triangles based on the adults they can talk to about situations that leave them feeling scared, confused, uncomfortable or "icky."
- Strangers are any people they don't know well. Strangers do not necessarily look dangerous.
- If they become 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.



In 1st grade, students will learn about staying safe by using their Safety Stop Sign. Your child should use their Safety Stop Sign when something does not feel safe, reminding them that they always have the ability to say "no." By using their I Mean Business Voice, students learn to speak

with conviction and authority. This voice should be different from their usual speaking voice so that people know to pay special attention to them in an unsafe 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

Teaching Self-Control: Evidence-based tips

The following information is taken from this article: <https://parentingscience.com/teaching-self-control/>

Self-control is this month's big idea and is defined as choosing to do what's best, even when you don't want to. Ultimately, self-control is about being able to self regulate; being able to resist distractions, control impulses, handle big emotions, etc. Self-control develops over time, with the biggest changes occurring between the ages of 3 and 7. Being able to self-regulate aides children in being able to learn and make healthy choices.

Below are 12 tips for teaching self-control, however read the full article for details.

1. Help kids avoid temptation: out of sight, out of mind- remove distractions
2. Create an environment where self-control is consistent rewarded- often based on a child's experience and expectations
3. Support young children with timely reminders
4. Play games to help practice self-control- (i.e. "Red light, Green light," The Freeze game, etc.)
5. Allow breaks- between activities have students take a physical activity break or a "brain break"
6. Encourage children to participate in cooperative pretend play
7. Be aware of the links between screen time and poor self-regulation skills- the more time kids spend in front of screens, the worse their self-control
8. Turn "must do" tasks into "want to" tasks- find ways to get children interested in a task like turning the task into a game, etc.
9. Instill the right mindset for tackling challenges and learning from failure- praise children for their effort and provide feedback that encourages trying different strategies.
10. Help children develop their attention and working memory skills
11. Be an "emotion coach"- talk about feelings, show empathy and discuss positive ways to cope.
12. Encourage children to practice planning- think about challenges they may face and how they will overcome.

Childcare at Columbia

Columbia offers child care options for working parents. These programs are offered to students K thru 6th grade.

Before school program: 6:30am - 7:45am Fee is \$15 per student with discounts for additional students.

After school program: 2:45pm– 5:30pm Fee is \$25 per student with discounts for additional students.

Break/ Intersession Care: 6:30am - 5:30pm. Weekly fee \$85 per student and a discount is offered for additional students. This would include breakfast, lunch and a snack. If your student attends intersession, fees would be reduced.

For more information, please contact Brooke Towell, brooke.towell@zebras.net.

Pay preschool tuition - due the 1st of each month



Columbia Elementary School

The Littlest Zebras In The Herd



Website: <https://www.zebras.net/columbia-home>

Location: 1502 Elm Street, Rochester, IN 46975

Phone: 574-223-2501

Email: natalie.leslie@zebras.net