

Scenic Elementary

451 West Scenic Drive, GJ, 81507

Phone: (970) 254 - 6370 Fax: (970) 245 - 8605

Website: <http://scenic.mesa.k12.co.us/>

Twitter: [@scenic_wbhn](https://twitter.com/scenic_wbhn)

Facebook: www.facebook.com/scenicelementary

WHBN!



November 2018 Mindfulness

As the weather gets colder, and the days get shorter, it is natural to turn inwards and become more reflective, and this is one reason why mindfulness is this month's Social and Emotional Learning theme. According to the Greater Good Science Center at UC Berkeley University, Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and the surrounding environment, through a gentle, nurturing lens. It provides us the ability to see our thoughts and emotions as they are beginning, not after they have overwhelmed us. Mindfulness helps us to become aware of what we're feeling as we're feeling it and know what we're thinking as we're thinking it. This gives our minds space to help us make better decisions. Numerous studies show benefits in teaching mindfulness to children. These benefits include decreasing stress, anxiety and increased attention span. In one study students who practiced mindfulness had better math scores than a control group. Our school counselor has been teaching mindfulness in different classrooms, and this month our PE teacher will also be setting a few minutes during each class for a mindfulness activity. We will also be

practicing a mindfulness minute during our morning announcements. For more information about mindfulness for children click on this link

<https://www.nytimes.com/guides/well/mindfulness-for-children>.

October Calendar & Upcoming Events

October 30th - T-Shirt order goes home

October 30th - Coat Drive Begins

October 30th - Grandparents Day reservation slips go home, due 11/2/18

November 2nd - 5th-Grade Ameritown (old REI bldg)

November 2nd - Scenic Movie Night 6:00 PM

November 2nd - Ski Swap cafeteria 5:30

November 5th - Scenic School Food Drive Begin

November 12th - 4th-grade music program RMS 6:00 pm

November 12th - PTO 6:00 pm

November 13th - Picture Retake Day

November 16th - Grandparent/Special Guest Day

November 16th - No Loafing Around

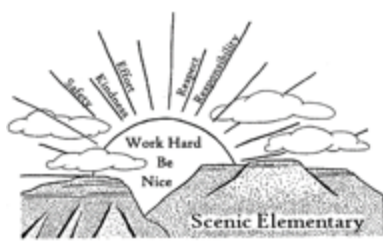
November 19th -23rd - No School

November 29th & 30th - Art Class

**This Month's WHBN Theme:
Mindfulness**

Grandparents/Special Guest Day

Grandparents day is one of the great traditions at Scenic. Please join us on November 16th for this special day. Reservations went home on October 30th and are due November 2nd. Only return the reservation slip if you plan on eating a hot lunch. We look forward to seeing everyone there. Click [here](#) to register for Grandparents day hot lunch.



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Have a Used Smart Phone?

We are trying to create a set of 10 virtual reality devices using Google Cardboard. We have the headsets, but we still need about six smartphones (without SIM cards) or any used iPod touches. These will go inside the headsets and will enable us to take students on virtual field trips around the world. Google has partnered with museums, and scientific organizations around the world to create virtual field trips. If you have an old smartphone or know someone who does, please bring them to our front office.

Beards for Book- (Chromebooks!)

The D51 foundation is raising money to purchase additional Chromebooks for students through growing facial hair. Please join our principal in growing out your facial hair for the month of November for this important cause. For more information or to sponsor a beard grower, select the Donate to Beards to Books link on the D5 Foundation Website. The URL is www.d51foundation.org.

Picture Retake Day

Picture Retake Day is Tuesday, November 13th. If you need retakes or your child did not get his/her picture taken in October, please call the school office and we will send an envelope home with your child. If you are doing retakes, please send your original pictures back the day of retakes. You can also Pre-Order Online at www.mymjthomas.com and enter: Event Passcode: C577

Ski Swap

Please join us Friday, Nov. 2nd, for our first kids ski swap. Drop off any old jackets, gloves, skis, snowboards between 5:30 - 6:00 in our cafeteria and tell us your price. Our

movie night (which starts at 6:00) is at the same time so you can shop for gear while the kids are watching the movie.

PTO

Come one, come all! Please join us on Monday, November, 12th @ 6:00 PM for our PTO meeting. We would love to get as many parents as possible involved in our Parent/Teacher Organization. If this is not a good time for you, please e-mail Jami Fletcher, PTO President, if you have any questions, ideas, or concerns.

scenicpto@gmail.com

Trunk or Treat

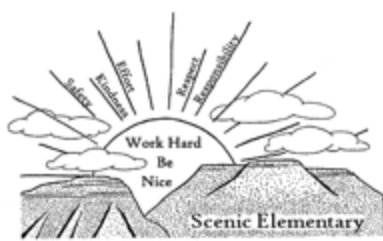
Thank you to all the parents who donated candy and their trunks for this event. It was a smashing success!

School Advisory Council

Our School Advisory Council this quarter is on November 15th at 6:00 PM. For this meeting, we are going to try something different. For this meeting, you can join us from home using Google Hangouts. I know that as a parent, we are all very busy and the hope is by using Google Hangouts, we will have more participants. All you need is a tablet or a laptop. If you are interested, please email Mr. Alexander at ben.alexander@d51schools, and he will send you directions on how to use Google Hangouts.

Coding and Robotics Club

We will be having a computer coding and robotics club on Tuesday after school starting November 6th, from 3:50 - 4:50. This club is



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tentatively scheduled to last until Jan. 29th. If your child is interested in computer programming or robotics, please contact Mrs. Hurshman in the front office. Our district's Gifted and Talented Department is providing funding for this club..

No Loafing Around

The time is approaching for our annual "No Loafin' Around" Fundraiser. The Scenic PTO will be selling loaves of bread and other baked goods during Grandparent's Day celebrations on Friday, November 16 from 10 am- 2 pm. We are looking for donations of loaves of bread, rolls, muffins, etc. We happily accept both homemade and store-bought items. Baked goods can be dropped off at the front office between Wednesday, November 14 and Friday, November 16 (by 9:00 am). Please have items packaged to sell. If the item "contains nuts" or is "gluten-free" please indicate clearly. PTO will price items. We are also in need of a few volunteers to help with the baked good sales during the times noted above. If interested, or if you have any other questions, please contact Carolee Crawford at 417-773-3884. Thank you in advance for your support of the Scenic Community!

Scenic School Food Drive

Help Us Make a Difference for Families in Need

November 5th – December 14th our school will be participating in the Burton Orthodontics "Take a bite out of Hunger" campaign. We will be collecting canned and dried goods to

donate to the Salvation Army and Sara's Pantry. The school who collects the most healthy non-perishable food items will earn \$1000 for their school. Last year Scenic

Elementary collected over 2,100 cans of food. We are hoping to collect even more this year. Please help us feed hungry families in our community. The food pantries are asking for nutritious canned and dry goods. Here are some suggestions:

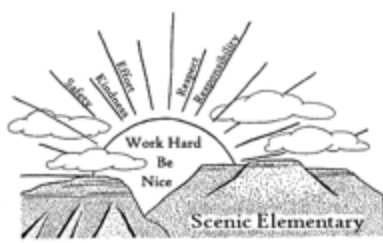
- Canned vegetables
- Canned/Dried beans
- Canned fruit/dried fruit (low sugar)
- Applesauce
- Canned soups (low sodium)
- Beef stew
- Canned tuna
- Canned chicken
- 100% fruit juices
- Pasta
- Rice
- Nuts
- Peanut butter
- Multigrain and low-sugar cereals
- Granola bars

Donations will be collected each morning in your child's classroom. The classroom who collects the most non-perishable items earns a pizza party. Thank you for your help and supporting our community!

Scenic Coat Drive

Scenic is having a coat drive starting, Tuesday, October 30th and ending Friday, November 16th. Please bring new or gently used hoodies/coats for families in need. If you have any questions, please contact the school office for more information at 254-6370.

[coat drive.pdf](#)



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Thank you from the Library

A big thank you to all of you who stopped by and purchased books for your students from our recent book fair. Thanks to your generous support we raised \$800 to be used to buy new books for our school library. This matches the amount we receive from the school district. More importantly, about 250 books were put into the hands of our students! Also a huge thank you for supporting our teachers and purchasing books for their wish lists as well. Your students benefit from the new books in the classrooms. Thanks again! We'll see you again in the Spring for our Buy One Get One Free book fair.