

# FDES Tiger News

A Title I School



## November 2020



### Everything is Possible Megastars

PreK: Olivia Pearce

K: Jody Carter

1st: Melody Bender

2nd: Jace Merritt;  
Ana Maruri

3rd: Lizzy Wireman

4th: Natalie McGill;  
Finn Smith

5th: Colton Carter;  
Hope Perales

Teacher: Carrie  
Anne Padgett

### November Events

Nov. 1-Dec. 18—

Mindset:

**"Live to Give"**

**Nov. 1—Change your clocks back 1 hour**

**Nov. 4—Severe Weather Drill**

**Nov. 11—Veterans Day**

**Nov. 18th—Progress Reports go home**

**Nov. 23-28—Thanksgiving Holidays**



### Why does my child need to eat breakfast?



- Children's brains work on most recently eaten food
- Research says breakfast eaters have higher test scores, memory & focus skills
- Breakfast eaters aren't tardy or absent as often
- Missed breakfasts causes decreased concentration and fatigue during morning hours
- Schools with Breakfast programs report fewer behavior problems
- Schools with Breakfast programs report fewer visits to school nurse

### "So, Tell me about Bookworms....."

As promised, this month there is an explanation of how our reading resource, Bookworms, helps us teach your children to read.

Go to the Parent Resources on the FDES website to read the Bookworms Power Point.

For further information contact Teresa Kimbrell, FDES Parent Engagement Coordinator.

### Tips for Increasing your Child's Attention Span

- Start with 15 min. of active play before beginning a challenging task.
- Explain what "paying attention" really is. Use a timer to signal "attention breaks" and talk with your child about whether or not he/she was paying attention.
- Remove external visual distractions: TV, video games, other children/adults playing, talking, moving around.
- Rate tasks with your child from hardest to easiest for paying attention. Then divide up the most difficult into pieces so his/her challenges becomes easier.



pieces, explaining to your child that it will help him/her learn to focus completely for shorter periods followed by a brain break.

# Happy Thanksgiving

