

November falcon newsletter

November Important Dates

- Nov. 1 - No School - Building Inservice
- Nov 3 - 'Fall Back' - Daylight Savings Time ends
- Nov. 7 - PTO Meeting 5:30
- Nov. 12 - 2nd Grade Music Program 6:30
- Nov. 18 - BOE meeting 7 pm
- Nov. 19 - Picture Retakes
- Nov. 21 - Falcon Fun Day
- Nov. 22 - Staff/Student Thanksgiving Feast
- Nov. 25 - 29 - No School Thanksgiving Break

Office Hours 8:00 a.m. - 4:10 p.m.
Call by 9:00 a.m. to report an absence or
email rtownson@usd261.com or
acarlson@usd261.com

Make sure you're sending your student to school prepared to go outside.

Brrrrr

As the weather is getting colder, please consider the following recess guidelines as your student prepares for the day.

Haysville Elementary Outdoor Recess Guidelines
Cold-Related Conditions

- Regular outdoor recess will be held if:
 - Outside air temperature and/or wind chill is 20° (F) or greater
 - There is no falling precipitation
- Limited outdoor recess will be held if:
 - Outside air temperature and/or wind chill is between 10° and 19° (F)
 - There is no falling precipitation
- Indoor recess will be held if:
 - Outside air temperature and/or wind chill is lower than 10° (F) or there is falling precipitation

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Looking ahead at December -

- Dec. 9-13 - Scholastic Book Fair
- Dec. 10 - 4th grade music program 6:30 p.m.



BETTER TOGETHER



Teamwork

Work together to reach a goal

leadworthy

*This month we're challenging students to work together toward a common goal and shared purpose. **We are partnering with you to grow and develop teamwork in your child.** We can do this by modeling gratefulness, acknowledging positive moments, and affirming each other. Use this month's activities to practice working together and celebrate your family as a team.*

ENGAGE: Grateful for you

I am grateful for you! Create a culture of appreciation and gratitude at home by celebrating the best in each family member all month. What you give attention to grows! On a sticky note or small piece of paper, write one thing you appreciate each day about your child and post it on their bedroom door. Doing this will plant seeds in their heads and hearts to help them see good things about themselves.

EMPOWER: Walk in My Shoes

Create a culture of appreciation and gratitude at home by celebrating the best in each family member. Have every family member trace one of their shoes, then trade drawings and write three words you admire about that family member on their "shoe." Discuss how each family member brings something great to your family team.

EXCEL: Pay it Forward

When someone does something nice for you, do something nice for someone else. Doing this is a wonderful way to continue the cycle of gratitude. "Paying it forward" is a way of showing love and kindness to others. It could be something as simple as holding the door open for someone or buying coffee for a stranger. Once a week, share as a family one time you "paid it forward" during the week.

Volunteers needed for Thanksgiving Feast - please call the office at 554.2265 for more information!

Friday, November 22nd there will be a Thanksgiving Feast prepared and served to staff and students.



This meal is being provided to staff and students by Freeman PTO and Mrs. Haight. Parents may come and volunteer to set up, serve food, and clean up; but there is not enough food to feed parents of students. If students do not want these food options, the best alternative is to bring lunch from home. Alternative foods will not be available from the cafeteria.



FITNESS CHALLENGE

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 3 Leg Raises 3 Sumo Squats	2 Jumping Jacks (30 seconds)
3 5 Side Lunges 5 Tricep Dips	4 5 Leg Raises 5 Sumo Squats	5 5 Side Lunges 5 Tricep Dips	6 5 Leg Raises 5 Sumo Squats	7 5 Side Lunges 5 Tricep Dips	8 5 Leg Raises 5 Sumo Squats	9 Jumping Jacks (45 seconds)
10 7 Side Lunges 7 Tricep Dips	11 7 Leg Raises 7 Sumo Squats	12 7 Side Lunges 7 Tricep Dips	13 7 Leg Raises 7 Sumo Squats	14 7 Side Lunges 7 Tricep Dips	15 7 Leg Raises 7 Sumo Squats	16 Jumping Jacks (60 seconds)
17 10 Side Lunges 10 Tricep Dips	18 10 Leg Raises 10 Sumo Squats	19 10 Side Lunges 10 Tricep Dips	20 10 Leg Raises 10 Sumo Squats	21 10 Side Lunges 10 Tricep Dips	22 10 Leg Raises 10 Sumo Squats	23 10 Side Lunges 10 Tricep Dips
24 FAMILY FITNESS WEEK	25 FAMILY FITNESS WEEK	26 FAMILY FITNESS WEEK	27 FAMILY FITNESS WEEK	28 FAMILY FITNESS WEEK (Thanksgiving)	29 FAMILY FITNESS WEEK	30 FAMILY FITNESS WEEK

November Fitness Challenge Calendar – Use our November calendar for fitness exercise ideas, plus activities for Family Fitness to do at home with family members over school break!



FAMILY FITNESS WEEK –

[CLICK HERE](#)



Side Lunges – Complete one rep by alternating each leg

Special thanks to:



Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.