



SPRUCEWOOD SENTINEL

OCTOBER 2016

"We do not need magic to transform our world. We carry all the power we need inside ourselves already. We have the power to imagine better." – J.K Rowling

OCTOBER IS NATIONAL NATIONAL BULLYING PREVENTION MONTH

Dear Parents and Sprucewood Friends,

Ahh October!! The smell of pumpkin, apples and changing seasons means that we are hopefully all settling into a regular routine. One of the routines for October is to discuss bullying. It is important to discuss what bullying is and isn't every year. At Sprucewood, we work hard to maintain a safe and nurturing environment for all students. We strive to focus on positive behavior interventions and support (PBIS). We also try to teach children to be kind and focus on providing students the tools and knowledge to avoid unsafe situations. Sprucewood staff teach positive social skills every year, and we focus on developing one each month with "Chief Example to Others". One of the best ways to deal with bullying is to teach students appropriate behaviors and model what we expect. Playworks is our PE program that allows children to have an inclusive playground, have fun and learn to resolve conflicts. You will often see our students using "Ro Sham Bo" (rock, paper, scissors) to settle disagreements. Ask them to show you how to use "Ro, Sham Bo" at home.

We always need your help in teaching your child the best ways to stop bullying and support others. When you observe playground and traffic rules, encourage your children to help others, model kindness, use and teach good manners and speak respectfully to others, you are helping to reduce bullying.

The word "bullying" is often used inappropriately for all student behaviors. There are three ways to identify bullying behavior. 1) repeated acts 2) an imbalance of power or 3) purposeful and intentional behavior on a regular basis. Sometimes children are impulsive, mean, annoying or rude and it does not mean they are bullying. They just don't know how to act yet. Please help your child distinguish between bullying/harassment and other annoying and inappropriate behaviors. We emphasize SAFE, RESPECTFUL AND RESPONSIBLE.

Instead of labeling a child as being a bully, it is more helpful to encourage all children to be a good "team member" by using great social skills. The **"Stop, Walk and Talk"** method also helps children advocate for themselves and not be a victim. It is very simple and works in most situations. We review this with staff and students every year.

1. STOP- Tell someone teasing you or being annoying to "stop". Hold up an open palm hand.
2. WALK away from problem behavior. Don't respond with insults or violence.
3. TALK to an adult if the teasing, harassment, inappropriate behavior does not stop.

If there is an ongoing problem, please contact the teacher. If you still feel there is a problem, please call Mrs. Jones.

A great app for help with dealing with bullying issues is "Know Bullying" by SAMHSA. This app will give you plenty of ideas on having conversations with your child, teaching your child how to advocate, tips on preventing your child from bullying others and provide you with resources to help your children at many different ages.

Mrs. Jones, Principal

"Nobody Has the Power to Ruin Your Day!" Lizzie Sider

HALLOWEEN PARTY GUIDELINES

The school's Halloween Parade will be held on Monday, October 31, 2016, beginning at 9:15 am. Parents, grandparents and other guests are invited to view the parade in the gym/cafeteria area. Parking is limited in the school lot, so please consider parking on Hidden Valley Rd. or Cedar Ridge Rd.

All students should wear their costumes to school. Students in grades 1-5 should bring a change of clothing and following the parade will change into their regular school clothes. Kindergarten students will wear their costume the entire day. Afternoon kindergarten parade will begin at 1 pm.

A reminder that masks, partial or full masks, are not to be worn as part of the costume. We have been having some problems with the new hoodies that zip up over the face to be a flame or a monster. Students feel empowered to be mean when doing this and have been warned that if they cover their face, they will be calling parents. Weapons or facsimiles of a weapon, are not allowed as part of the costume. We encourage students to be creative with their costumes, but avoid blood and gore as part of their costumes.

Thank you for adhering to the above costume guidelines. We look forward to this well attended event. Thank you for your help in making Halloween fun and safe for our children.



New Sprucewood Teacher:

- Please give a warm welcome to our new 3rd grade teacher- Mrs. Beesley.
- Our 3rd grade classes had reached 29-30 per class which is way too many little ones in class at this age.
- We were very fortunate that the district allocated some extra funding so that we could reduce class size.
- Mrs. Beesley recently moved here from Alaska. She has 4 children and had taught multi-age classes, 4th grade and her favorite grade- 3rd.

SALTA TESTING AND APPLICATION PROCESS

Parents whose children exhibit significantly higher cognitive and academic ability are encouraged to have their kids tested for SALTA, CSD's magnet program for advanced learners. All kindergarten- through seventh-grade students are eligible for testing and can sign up on-line starting on Oct. 1. The testing window closes on Oct. 31; late requests will not be accepted. Parents and guardians will receive notice of their child's test results in early January 2017. The letter will say whether or not the child meets enrollment criteria for SALTA. Parents who decline enrollment are encouraged to share the test results with their school principal and teacher as the information will help guide their instruction.

FOR MORE INFO CUT AND PASTE THIS LINK INTO YOUR BROWSER: <https://salta.canyonsdistrict.org/salta/start.cfm> <https://salta.canyonsdistrict.org/salta/start.cfm> <https://salta.canyonsdistrict.org/salta/start.cfm>



"Halloween was confusing. All my life my parents said, "Never take candy from strangers." And then they dressed me up and said, "Go beg for it." I didn't know what to do! I'd knock on people's doors and go, "Trick or treat." "No thank you."

Rita Rudner
