



Shelledy Elementary

Newsletter: October 2016

Mission: We empower, challenge, and inspire all students to reach their full potential.

Shelledy Elementary
353 North Mesa Street
Fruita, CO 81521
970-254-6460

From the Principal's Desk,

Wow! I can't believe it is October already with Fall Break, Parent Teacher Conferences, and Halloween Parties right around the corner. Fall Break is October 3-7. Students will return to school on Monday, October, 10th. We want to wish everyone a safe week and we look forward to seeing you and hearing about your Fall Break adventures.

Our first School Accountability Meeting is scheduled for Tuesday, October 11th at 6:30 pm in the library. This immediately follows our 5:30 PTO meeting. Our Instructional Focus Team will present data and our proposed schoolwide goals. We encourage you to take the time to attend, learn more about Shelledy, and share your thoughts. Your experiences and perceptions are a highly valued part of our improvement process. Together we can continue to improve student learning. Additional School Accountability Meetings are scheduled for December 6, February 7, and April 4, all immediately following our PTO meetings.



Our Fall conferences are scheduled for Wednesday evening October 26th from 4:00 pm until 8:00 pm. We will resume conferences on Thursday Morning, October 27th at 8:00 am and conclude at 8 pm. Students will not attend school on Thursday, October 27th and Friday, October 28th. We look forward to sharing student progress with you.



Halloween falls on Monday this year. Students may wear costumes however; we ask that costumes do not contain blood or grotesque elements. Weapons need to be left at home and full face paint or masks are not allowed. It is our goal to have a safe and fun Halloween celebration.

As always, we encourage you to visit and we appreciate your continued support for safety and learning at Shelledy.

Sincerely,
Deb Lamb



Motto: Making Tracks toward Excellence



October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Important Upcoming Dates

Oct. 3-7: No School, Fall Break

Oct. 11: PTO Meeting, 5:30 PM, library, child care provided
School Accountability Meeting, 6:30 PM, library

Oct. 12: Picture Retakes

Oct. 14: End of 1st Quarter

Oct. 17: No School, Teacher Work Day

Oct. 26: Parent Teacher Conferences, 4:00-8:00 PM

Oct. 27: No School, Parent Teacher Conferences 8:00 AM to 8:00 PM

Oct. 28: No School



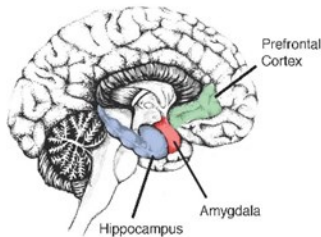
Vision: All students prepared for their future.

Social and Emotional Learning

Growth Mindset, Mindful Awareness, and Habits of Mind

From Mrs. M.C.

“Mind your manners.” “Mind your own business!” “What is your frame of mind?” “Are you out of your mind?” In a world filled with distractions, the English language has grown rich with colorful ways to remind people to pay attention.



The word “mindful” from *mind* (n) + *ful* comes from the Old English *myndful* which meant “of good memory” (<http://www.etymonline.com/index.php?term=mindful>). When we refer to mindfulness in the educational setting we draw on these modern definitions:

1. *Mindfulness is paying attention to your life, here and now, with kindness and curiosity (Dr. Amy Saltzman).*
2. *Mindfulness is the ability to know what’s going on in your head at any given moment without getting carried away by it.*

We are continuing our school-wide efforts to develop a Growth Mindset culture whose members are purposeful thinkers, as described in the Habits of Mind (Art Costa). By helping students learn to pay attention to the here now, by closely observing the information they are taking in, and by reflecting on and taking responsibility for their thoughts and actions, they will take key steps in their social and emotional learning.

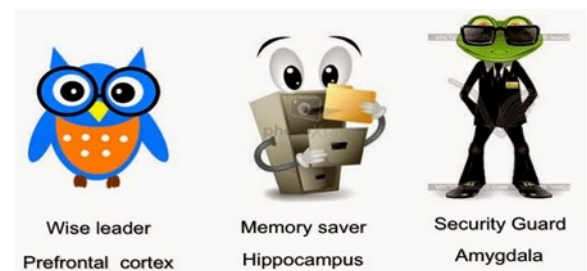
Students who are mindfully aware understand that their brains have a part called the amygdala that is responsible for quickly processing and reacting to the information it receives through the five senses. One of the amygdala’s job is to function as a security guard by triggering a fight, flight or freeze response. However, the amygdala cannot distinguish between a real threat and a perceived threat, which is why for example, we feel scared or nervous when we watch a horror or action film. In learning to be mindfully aware, students can help their amygdalae avoid “false alarms.” Students learn that rather than being ruled by their emotions, they can allow their brains to produce well thought out responses and reactions via the PFC (prefrontal cortex). In doing so, they are more able to persist when facing challenging work and struggles. They can improve their relationships with their peers by learning to listen with empathy and understanding, and they can make sound and purposeful choices by managing their impulses. These are only a few of the many benefits of learning to be mindful.

HOME CONNECTION

Ways you can help your child learn the difference between mindful and unmindful thoughts and actions are to describe different scenarios and ask your child to decide whether the behaviors were mindful or unmindful, then have your child explain why.

For example:

- A child eats dinner really fast because she wants to play video games. (unmindful)
- A child turns off the television to be able to focus on homework. (mindful)
- A player has a temper tantrum after losing a soccer game at recess. (unmindful)
- A player shakes the hands of the winning team after losing a game and then asks the coach for ideas on how to improve. (mindful)



PTO September News

CARNIVAL UPDATE: The PTO Carnival was a great success thanks to all our volunteers and sponsors! Volunteers included teachers, staff, parents, guardians, and past students that ran booths, cooked food and assisted the students throughout the evening. Our sponsors were Grand Valley Bank, Wildcat Car Wash, Fruita Chiropractic & Massage, Kokopelli Animal Hospital, Chesnick Realty, Robinson & Co. Realty, Mike Daniels Insurance Agency, Lower Valley Fire Department, Discover Kids Learning Center, Western Slope Home & Lawn, Over the Edge Sports, McDonald's, and Dolan Storage. We couldn't have made it possible without all of our volunteers and sponsors!

CHARLESTON WRAP: Thank you to everyone who participated in the Charleston Wrap Fundraiser. With each fundraiser we are one step closer to our goal of improving the playground. The next fundraiser will be the Original Works. We will kick that one off in October after fall break.

PTO MEETING UPDATE: Our first PTO meeting of the 2016-2017 school year was held September 13, 2016. We would like to thank all the parents and teachers who attended. We passed several motions at the meeting that we are very excited about! They were:

- Soccer Goals for the intermediate playground. With the funds from last year's walk-a-thon and some of the fundraising from the last school year, we are able to afford one pair of goals. Dad's Making A Difference will have a work day in October to assemble the soccer goals.
- Bobcat Den improvements and restocking the recess equipment (tetherballs, soccer balls, basketballs, ect.) for all grades. We are so excited about these!!
- Teacher Dinner on October 26th. \$400 was approved to provide dinner for the teachers during conferences.
- Positive Proof - \$199.00 was approved to maintain our visitor, volunteer and student check in system for the 2016-2017 school year.
- 1st Grade Information Night- \$267.49 was approved to assist with the 1st grade parent information night. Thank you to the first grade teachers for organizing this for our families!
- Dad's Making a Difference - \$175.47 was approved for our DMD information night. It was a huge success and we have several dad's who have already volunteered to make a positive influence for our Shelledy learners!
- Carpet for Mrs. Robinson's Classroom – Mrs. Robinson's purchased a new rug for her classroom for the students to gather during group learning. She used her \$100 teacher funds and was approved for an additional \$179.99 for the rug. The kids are greatly enjoying it!



At the end of the meeting we did hand out 2 door prizes. The first one was a \$10 gift certificate to Fruita Downtown businesses that went to Jessica Staheli. The second door prize was a Bronco's cup and Shelledy Shirt and the winner was Shande Tally. Come to our next meeting and you could be a winner! **Our next meeting will be held on Tuesday, October 11th from 5:30 to 6:30 PM in the Shelledy Library.** Free childcare is provided!

STAY CONNECTED: Did you know Shelledy PTO is connected? We have our own Facebook page! Follow us and stay up to date on PTO Events and news. Use the QR code to find us.



Music News



I have been teaching the students about persistence in music. To explain about persistence I told them the story of Cory Weismann. His story has been made into a movie, "1000 to 1" and it is on Netflix. Some students wanted to watch the movie so I am including it in the newsletter so that you know the name of the movie to watch it as a family. Enjoy!

The third grade program will be November 10 at 10:00 a.m. and 6:30 p.m. The morning performance will be outside on the south side of the playground. The Grand Valley Combined Honor Guard will be attending and helping with the program. The evening performance will be in the gym and the Colorado State Honor Guard will be attending. Please let Veterans know about this program that we do to celebrate and honor them. We are asking students to bring pictures of family who have served in the military to Mrs. Barger. You may email digital copies of pictures to cathy.barger@d51schools.org. The pictures will be included in the power point. Pictures need to be to Mrs. Barger by Oct. 26. Students should wear red, white and blue clothing and dress for the weather.



December 13 will be the music fundraiser at Barnes and Noble for all students. The money will be used to purchase curriculum and instruments. I have received word from Santa Claus that he will be attending our fundraiser! Kindergarten students will be providing our entertainment and this will be their program. Please mark your calendar for this very important date!

Please feel free to come and visit your child's music class at any time. We love visitors!

If you have any questions about music classes, programs, or other issues, please feel free to see Mrs. Barger at any time.

Typing Pal



3rd through 5th grade students use Typing Pal to learn important Typing skills at the elementary grades. Typing Pal is a web-based program that can be accessed anywhere with an internet connection. Students can get to the link by going to the Kid Friendly Sites on Shelledy's web page and scrolling down until you find the icon. The kid's Typing Pal login username is their school username and their password is 'esshe'.

Typing skills are important during elementary school, middle school, high school, and beyond. They can save lots of time and energy on projects and assignments. Typing can get reluctant writers who struggle with handwriting to enjoy writing again. With state testing going to a computer based system, it becomes even more important for them to be prepared. Typing can be challenging and frustrating to learn, but it is important that the students practice home row finger movements correctly and focus on accuracy over speed when they are learning.



Shelledy Elementary
353 North Mesa Street
Fruita, CO 81521
970-254-6460

Deb Lamb, Principal and Stacey Morton-Cohen, Assistant Principal