

The ***Polar Bear Express***

November 2019

**“Poly Drives Students
to Succeed”**

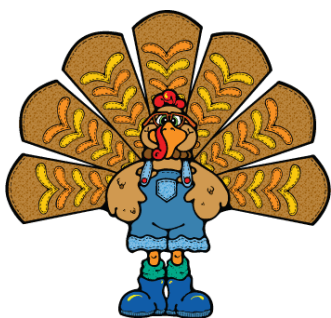


Poly Drive Elementary School

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Poly Drive will host our annual Veterans Day Breakfast on Monday, November 11th from 7:30-8:30. We will have a variety of breakfast goodies on hand to share with anyone that has connections to Poly Drive and has served in the armed forces. This is a fantastic opportunity for several generations to enjoy fellowship and be honored for their service to our great country. I look forward to honoring our veterans.

Parent/teacher conferences will be November 6, 7 and 8th. If you have not signed up online for a time, please call the school or go to bit.ly/polypc.

Report cards will come home on November 25th. This means you will not have a report card to review before conferences. Instead here are a few suggestions to help maximize your time during conferences:

- Discuss FAST or NWEA/MAP data – these are standardized screening assessments that compare your child’s performance on those assessments to a national standard – these scores will be from the beginning of the year.
- Ask for evidence of work demonstrating student performance – teachers use a variety of means to assess students, so if you have an area of concern, let the teacher know you would like to have additional feedback on specific areas.
- Write down specific questions you may have and bring them to the meeting – this will help you stay focused during your discussion.
- Be considerate of the schedule – teachers may have up to 28 conference to get through, so even a few minutes adds up – if you feel like you did not have enough time to address everything you wanted to, set up another meeting for a later date.
- Follow up with the teacher if you continue to have questions – regular communication benefits all parties.

Enjoy this wonderful time of the year and please let us know if there is anything we can do to assist you or make Poly Drive a better place.

Sincerely – Lorrie Wolverton



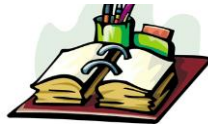
OPERATION GRATITUDE

Don't forget that Poly Drive school is participating in the **Halloween Candy Give Back** this month.

Students are invited to share their Halloween candy! Operation Gratitude sorts and sends it to "individual Soldiers, Sailors, Airmen and Marines deployed in harm's way, to their children left behind, and to Veterans, Wounded Warriors and First Responders".

There is a big bucket placed outside the office for "Candy Deposits" to be made! We will be collecting candy up until November 15th.

Last year Poly Drive students donated over 125 pounds of candy!



SCHOOL CALENDAR

November

- 3 Day Light Savings Ends
Set clocks back 1 hour
- 6-8 Early Out Days, 12:00
Parent Teacher
Conferences
- 11 Veterans Day Breakfast 7:30
- 12 PTA Meeting, 3:15 pm
- 15 End of 1st Trimester
- 25 Report Cards Go Home
- 27-29 Thanksgiving –
No School

December

- 12 Butter Braid Delivery
- 19 Music Programs
K, 1st, and 2nd grades
8:30 & 1:00
5th gr Orchestra 2:30
- 23-Jan.1 No School



News From the Library

By Mrs. Caskey

Engineering a STEAM powered Library

STEAM stands for science, technology, engineering, arts, and math.

The Poly Drive library has received a \$10,000 grant! Roger L. Daniel Insurance awarded the library \$5,000 with matching funds from our PTA! The money is

being used for two main purposes; increasing collaboration between classrooms and the library, and creating a community connection with the school.

On any given Monday you will find classes in the library working on STEAM related lessons. Once a month (3rd Monday) the school is hosting Makerspace Monday - Family Fun Night. Grade-level appropriate activities are provided for families to explore. October's focus was engineering and November's focus will be art.

For a look at the complete grant, you can visit <http://bit.ly/PolySTEAM>.

Don't miss our next Makerspace Monday - November 18th from 5:30-6:30. Fun art activities will be provided.

I want to thank our amazing PTA for providing the matching funds for this grant! Your generosity and commitment to our school is beyond amazing.
~Mrs. Caskey

SAVE THE DATE - Barnes & Noble Bookfair

Saturday, Dec 7th
Watch for details!



REPORT CARDS

Report cards go home November 25th. Please go over your child's report card with your child. After you have done so, **please sign the report card envelope and return it to the classroom teacher as soon as possible.** This same envelope will be used for future report cards.



MANNERS ARE A TRUE REFLECTION OF OUR CHARACTER...

Poly Drive Manners of the Month

November

- √ Do not bully, threaten, or intimidate
- √ Speak when spoken to
- √ Think before speaking: Is it true? Is it kind? Does it need to be said?

WINTER MUSIC PROGRAMS



'Tis the season for fun holiday music performances from our amazing Poly Drive students.

Schedule of Performances

Thursday, December 19

Kindergarten

1st and 2nd grades

8:30a.m. and 1:00p.m.

(Same performance, two time options)

5th gr Orchestra 2:30p.m.

4th grade and 5th grade general music will have a ukulele concert in January. 3rd grade will have a music performance in February. 5th grade band will also be scheduling a concert in the new year.

MORE MUSIC NOTES

Select Choir for Poly Drive 4th and 5th graders will resume on November 14th. Rehearsals will be every Thursday from 7:45-8:15. The fee for participating in Select Choir is \$30. This includes the price of a shirt and hopefully enough left over to cover the expenses of a Spring Choir Tour. Regular attendance is encouraged and expected. Concert dates will be provided at a later time. We will do a Select Choir Family Christmas Caroling on Thursday, Dec. 12th.



TARDINESS

Promptness to class is very important. The bell rings at 8:20 a.m., students are considered tardy at 8:25. Late arrivals disrupt class and cause loss of instruction time. A student who arrives late must report to the office to obtain a late slip, which is then given to the teacher. This allows the office to correct the attendance report and obtain lunch information.

A referral to the truancy officer may be made when a student is consistently tardy (10 or more in a trimester).

We LOVE our POLY DRIVE PTA!
Check out their website at polydrivepta.com for memberships, events, resources and much more!

BPS School Counselors



BULLYING: Bully behavior occurs when there is deliberate intent to harm, dominate, inflict pain, exclude or otherwise cause distress to the person being targeted. The person who bullies purposefully misuses his/her power (size, age, popularity, confidence, verbal ability), usually repeatedly. The balance of power between the bully and target is NOT EQUAL.

6 Healthy Habits to Teach Kids Who Worry Too Much

One of my favorite quotes is by Marjorie Hnckley, the author of the book *Small and Simple Things*. In it she says, "The trick is to enjoy life. Don't wish away your days waiting for better ones ahead." It seems like an easy principle to live by, but in reality many of us live our days fighting the Worry Monster -- that constant internal voice that tells us we aren't doing enough, succeeding enough, gaining enough, earning enough. For our kids, this trickles down into fears like "I won't be able to pass my spelling test," "I won't do well in soccer practice" or "I'm not smart enough or cool enough for my friends."

So how do we instill tools within our children to help them combat these universal and common anxious feelings? How can our children learn to live in the present rather than worry about the future that has yet to come?

Encourage these six simple, practical and healthy habits for daily living:

1. Make a worry list. Have your child make a list of all his or her worries and fears, both small and large. Just the act of recognizing and writing down worries can sometimes make the scary emotions seem less intimidating for your child. This allows you to identify which worries and fears you want to work on with your child, tackling one by one together.
2. Practice thinking strategies. Help your children convert their worries into reassurances by teaching them new thinking strategies. For example, if their consistent worry is "I am afraid my mom won't pick me up from school," have them replace it with "I know my mom is coming for me because she ALWAYS does." Together, you can say each worry and fear and come up with new sentences to combat the old. Practice these with your kids until they become habitual replacements for the old, incessant worries. This is a key skill for building resilience.
3. Don't skimp on sleep. Make sure your child gets enough sleep on a regular basis. Well-rested equals well-equipped mentally and physically to deal with minor daily stresses. The [National Sleep Foundation recommends](#) that 3- to 5-year-olds get 11-13 hours a night, 5- to 12-year-olds get 10-11 hours per night, and teens get 9.25 hours per night (although some do fine with 8.5 hours).
4. Make good nutrition a priority. Make sure your child gets a steady dose of protein throughout the day. Many kids experience low blood sugar, also known as hypoglycemia. Low blood sugar usually occurs a few hours after breakfast and it looks and feels a lot like anxiety: they feel dizzy, start sweating, feel weak, and their heart beats really fast. Staying away from caffeine and energy drinks is also recommended as they mimic the effects of adrenaline and cause people to feel anxious.
5. Get some exercise. Exercise burns adrenaline. If it's not already a part of your child's daily routine, add daily exercise to your child's plan, and let him know that not only is it good for his body, but it will help keep the Worry Monster away. Exercise can include any activities that your child enjoys such as swimming, shooting baskets, hiking, soccer, dodge ball, tennis, martial arts, jumping rope, rock climbing, bicycling, dancing, gymnastics or yoga. Anything that increases your child's heart rate will help fight the Worry Monster.
6. Don't underestimate distraction. Arm your children with a little healthy distraction. Let them pick a favorite activity such as ten minutes on the computer playing a brain game, time out for reading a favorite book, watching a half hour television show or bike riding around the block -- and allow them to do that activity whenever a worry attack comes on. This allows them to combat worry with pleasure and takes their mind off the often paralyzing thoughts and feelings brought on by the Worry Monster. Before you and they know it, they have been distracted from their worries. All of us experience worry and anxiety, but Worry Warriors know that the trick is to understand how the Worry Monster works, be prepared for his sneaky ways, tackle him head-on and not leave him lurking silently in the closet. We can arm our children to battle their anxious thoughts and engage in life -- and we can do the same. By maintaining these six healthy habits, your family can put their worries aside and experience life to the fullest.

<https://www.huffpost.com/entry/6-healthy-habits-to-teach-kids-who-worry-too-much>