

# The ***Polar Bear Express***

**November 2016**

**“Poly Drives Students  
to Succeed”**

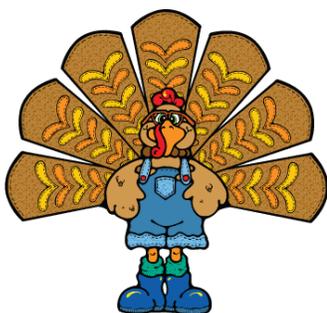


## **Poly Drive Elementary School**

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Dear Poly Drive Families,

We are one-fourth of the way through the school year already, which means Parent/Teacher conferences are here. Here are a few suggestions to help maximize your time during conferences:

- Look for FAST or NWEA/MAP data – these are standardized screening assessments that compare your child’s performance on those assessments to a national standard

- Ask for evidence of work if you have questions about 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 30 conferences 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

- Ask what you can do at home – there are always skills to re-enforce or activities to help build background knowledge

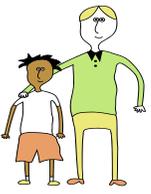
- Follow up with the teacher if you continue to have questions – regular communication benefits all parties

Poly Drive will host our annual Veteran’s Breakfast on Friday, November 11 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 one of my favorite events of the year and it is a fantastic opportunity for several generations to enjoy fellowship and be honored for their service to our great country.

We will shift from coffee to Pizza with Principal this month. Tuesday, November 15<sup>th</sup> at noon I will address parent questions, share school & district news and review a few of the things that make Poly Drive such a great place. All that and feed you lunch, too! Please email or call the school to RSVP so we can order accordingly – hope to see you there.

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 even better.

Sincerely - Kevin Croff



# **KINDNESS AND COMPASSION CLUB**

By Mrs. Reas

## **OPERATION GRATITUDE**

Poly Drive Kindness & Compassion Club (KC Club) is participating in the **Halloween Candy Give Back** this month.

Students are welcome 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 buckets placed outside the office for "Candy Deposits" to be made! We will be collecting candy up until November 11<sup>th</sup>.

## **FOOD DRIVE**

Nov. 28<sup>th</sup> – Dec 9<sup>th</sup>

Classroom competition to see which class brings in the most food!

## **Giving Hands Wreath**

KC Club will once again use the Giving Hands Wreath to help out local families for Christmas. Watch for more details to follow!



## **DROP OFF AND PICKUP STUDENTS ALLEYWAY ETIQUETTE**

If you choose to drop off or pick up your child in the alley, please remember these rules of "alleyway etiquette".

- Park on the LEFT side of the alley only for student drop off. Keep traffic flowing, do not park and stay in the car until the bell rings. If you don't want your child to participate in the morning walk please wait to arrive to school closer to 8:20 or park on the street.
- Drive on the RIGHT side only.
- No double parking at anytime.
- Do not block the right side driving lane to other vehicles.
- Do not let your child leave your car while you're in the driving lane.
- Do not leave your car unattended.
- Please do not use the alley to visit with other parents during this busy time, keep traffic moving.
- When you exit the alley on to Poly Drive, NEVER turn left. That puts the pedestrians in the crosswalk in danger. Always go straight up Arvin or turn right onto Poly Drive.



## **HOLIDAY PROGRAMS**

### **MARK THE CALENDAR**

Tuesday, December 13 is filled with music!

8:00-8:20, Select Choir  
8:30-9:30, 4<sup>th</sup>-6<sup>th</sup> grades  
10:00-10:45, K-garten & 1<sup>st</sup>

Please note that 2<sup>nd</sup> and 3<sup>rd</sup> grade will be performing a program in the spring, not in December.

## **LUNCH ACCOUNT BALANCES**

When lunch account balances reach \$7.50 your student will receive a paper notice indicating their account is getting low. This slip usually goes out in the Wednesday Watch envelope.

A lunch costs \$2.70 per day, \$12.75 per week. "Seconds" cost \$1.25. Sodexo prefers no negative balances, and after two meal charges (-\$5.40) the student will receive a peanut butter sandwich and a milk. They will not have the choice of an entrée until their account is at a positive balance.

You can check your child's lunch account balance by

emailing or calling our lunch clerk, Nicole DePriest at [depriestn@billingschools.org](mailto:depriestn@billingschools.org) or 281-6559 You can also check online through [billingschools.org](http://billingschools.org), then choose Quick Links, Food Service/Menus.



### **News From the Library**

By Mrs. Caskey

#### **Read-a-thon Thank you!**

Thank you to all that sponsored Poly Drive students in the October Read-a-Thon! Not only does this event promote reading, but also raises money for the library and school.

#### **November 20th is the Poly Drive Bookfair at Barnes & Noble**

This event happens in-store and online. All purchases made in the store on this date or online will generate a donation to our school. Although details will go home in mid-November, here is a quick run-down of the event.

- In-store event is November 20th from 1-4pm
- Online purchasing dates are November 20th-25th

#### **Activities:**

1:00 - 2nd grade choir concert  
1:20 - Read Aloud  
1:30 - 5th & 6th grade choir concert  
1:45 - 3rd grade choir concert  
2:15 - Maker Table, learn how to make fun items - take what you make  
3:15 - Geek Squad Table, learn about cool and fun technology tools  
\*Activity schedule is a preliminary schedule and subject to change.

#### **November is Picture Book Month**

We will be celebrating the picture book in library this month. Learn more about picture books and the activities we will be doing by visiting [picturebookmonth.com](http://picturebookmonth.com).

#### **Learn a Little**

This month's fascinating website comes from Google: Google Arts & Culture  
Visit [bit.ly/Gartsculture](http://bit.ly/Gartsculture) to read about historical events, take virtual tours, study endangered animals and more. You can learn more than a little from this site.



By Mrs. Reas

Below is the schedule for our PEAK Flag Football Competitions. If anyone would be interested in volunteering during our two home events it would be greatly appreciated! Please email me at [reams@billingschools.org](mailto:reams@billingschools.org) if you can help out.

#### **November 11, 4:00**

Poly Drive vs Arrowhead at Poly Drive School

#### **November 18, 4:00**

Poly Drive vs Miles Ave at Poly Drive School

Starting 11/28 PEAK sport is cooperative dodgeball.



### **SCHOOL CALENDAR**

#### **November**

1 Picture Re-Takes 8:30-9:30  
1 Report Cards Go Home  
2-4 Early Out Day, 12:00  
Parent Teacher Conferences  
6 Day Light Savings Ends  
8 PTA Meeting, 3:15 pm  
11 Veterans Day Breakfast 7:30  
15 Pizza w/Principal, RSVP 12:00  
16 Butter Braid Sales Begin  
20 Barnes & Noble Bookfair  
22 Early Dismissal, 12:00  
23-25 Thanksgiving – No School

#### **December**

2 Butter Braid Orders Due  
13 Music Programs  
15 Butter Braid Delivery  
23-Jan.2 No School

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.

### What Is Gratitude?

Gratitude is one of many positive emotions. It's about focusing on what's good in our lives and being thankful for the things we have. Gratitude is pausing to notice and appreciate the things that we often take for granted, like having a place to live, food, clean water, friends, family, even computer access. It's taking a moment to reflect on how fortunate we are when something good happens — whether it's a small thing or a big thing.

We can use lots of words to describe feelings of gratitude: We might say we feel thankful, lucky, fortunate, humbled, or blessed.

### Why Gratitude Matters

Gratitude doesn't just *feel* good. Making a habit of gratitude can also *be good for us*. Like other positive emotions, feeling grateful on a regular basis can have a big effect on our lives. Brain research shows that positive emotions are good for our bodies, minds, and brains.

**\*Positive emotions open us up to see more possibilities and take in more information.** They boost our ability to develop skills, learn, and make good decisions.

**\*Positive emotions balance out negative emotions.** People who often feel grateful and appreciative are happier, less stressed, and less depressed. Gratitude is like a U-turn on complaining or thinking about what we don't have.

**\*One positive emotion often leads to another.** When we feel grateful, we might also feel happy, calm, joyful, or glad.

**\*Gratitude can lead to positive actions.** When we feel grateful for someone's kindness toward us, we may be more likely to do a kindness in return. Your gratitude also can have a positive effect on someone else's actions. Thanking people can make it more likely they'll do a kindness again.

**\*Gratitude helps us build better relationships.** When we feel and express heartfelt gratitude and appreciation to people in our lives, it creates loving bonds, builds trust, and helps you feel closer. When we make it a habit to feel grateful and appreciative, it increases our awareness of good things as they happen. That mindset of gratitude has positive effects on our mood.

### Build a Gratitude Habit

Sometimes, feelings of gratitude happen spontaneously. But we also can create feelings of gratitude by deliberately counting our blessings. You can build a habit of counting blessings just by paying attention each day to things you're glad to have in your life. Slow down and notice what's around you. For example: "Wow, the sky is beautiful today! What an incredible world we live in," or, "There's Sara! It was so nice of her to help me yesterday."

Noticing the things you're grateful for is just the first step in building a gratitude habit, but you can try other things too, like taking the time to thank people or pausing to appreciate a star-filled sky. Start now. What's good about this moment?

Article from [kidshealth.org](http://kidshealth.org)