

# The *Polar Bear Express*

October 2018

**“Poly Drives Students  
to Succeed”**



## **Poly Drive Elementary School**

**Lorrie Wolverton, Principal**  
2410 Poly Drive  
Billings, MT 59102

Phone (406) 281-6217  
<http://www.billingschools.org>  
[wolvertonl@billingschools.org](mailto:wolvertonl@billingschools.org)  
[polydrive.weebly.com](http://polydrive.weebly.com)  
[polydrivepta.com](http://polydrivepta.com)

## **Dear Poly Drive Families,**

Fall is such a great time of year. I love the changing colors of the leaves and the cooler weather. Schools are abuzz with activities. At Poly, students in grades 3-5 are busy before and after school, actively participating in PEAK. Fall sports are in full swing, students & teachers are back in the routine of school. My own family is back to having earlier dinners and evening school routines.

We just finished our first month of school. September was attendance awareness month. We improved our overall September attendance rates from last year's 82% to this year's rate of 84.5%. We had over 200 students with perfect attendance. Way to go! Remember the key is 3 or fewer absences per trimester.

Officer Miller is our new School Resource Officer (SRO). He attended elementary school at Poly Drive. Students love visiting with him on the playground. He will be at our school weekly. I have asked him to visit our crosswalk areas before and after school. I have had a few reports of vehicles not stopping for our crossing guards or even for parents/students crossing at the crosswalk on 24th & Colton. We all want to model safe behavior for our students. Please use the crosswalk when crossing your child to your car. It is the state law that vehicles must stop for pedestrians at crosswalks.

Our yearly Veterans Breakfast will take place on Monday, November 12th. Please invite any veterans you know to our school sponsored breakfast. It is such an honor to provide a special breakfast to our veterans. I am looking forward to this event. Many people have told me how great it is!

The PTA mixer for our kindergarten families was a huge success. The first grade mixer is this evening. If you have not had a chance, I hope that you attend a PTA function at school. Please watch for events in the newsletters.

Thank you again for such a great start to our school year. Please let me know if you have any questions.

Sincerely,  
Lorrie Wolverton





## SCHOOL CALENDAR

### October

- 2 KG Mixer, 5-7:30pm
- 3 1<sup>st</sup> gr Mixer, 5-7:30pm
- 8-12 Walk/Bike to School Week
- 9 PTA Meeting 6:00pm library
- 24 Read A Thon kick off
- 18-19 No School (staff PIR)
- 26 Spirit Day-wear your Poly Drive shirts

### November

- 9 Picture Re-Takes 8:30-9:30
- 4 Day Light Savings Ends
- 7-9 Early Out Day, 12:00 Parent Teacher Conferences
- 12 Veterans Day Breakfast 7:30
- 13 PTA Meeting, 3:15 pm
- 19 End of 1<sup>st</sup> Trimester
- 21-23 Thanksgiving – No School



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## **KINDNESS AND COMPASSION CLUB**

### **“Halloween Candy Give Back”**

Our Poly Drive Kindness & Compassion Club (KC Club) is going to participate in the Halloween Candy Give Back (or Buy Back as it is

for the Dental Office version) this month.

Students may donate some or all of their Halloween candy to Operation Gratitude which is "a 501(c)(3) non-profit, volunteer-based corporation, funded entirely by private donations". 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".

It's a way for the community to give a little something back in the form of a care package to those fighting for our freedom.

Buckets will be placed outside our front office for "Candy Deposits" to be made! We will be collecting candy up until November 15th. We greatly appreciate your donations and support.

### **STOMP OUT BULLYING**

KC Club will be participating in STOMP OUT Bullying month all of October. Here are some highlights!

**October 5th is Blue Shirt Day at Poly** - to celebrate World Day of Bullying Prevention. KC Club will be giving out blue wristbands to celebrate. Please encourage students to wear blue on Friday the 5th.

**October 8-12: Be friends with someone you don't know at school** - to celebrate, we will be doing a Random Acts of Kindness challenge. Students recite a RAK to a volunteer after school to get a piece of candy. We will be performing RAK all week and handing out ideas for teachers and students.

**October 15-19: Create a STOMP out Bullying chain!** Each classroom will use the strips to write down an idea of how to prevent bullying. Write as many ideas as you can to grow your chain! The class with the longest chain will win a donut party! 1 each for K-2 and 3-5 grades. We will display a finished chain prominently in the school.

**October 22-26: Read all about it!** The 25th - guest readers in the gym before school to read anti-bullying books to kids. We will have a few community leaders to participate as readers

Sincerely, Mrs. Tatum, Mrs. Caskey & The Entire KC Club



## **Poly Drive Manners of the Month**

Each school week Poly Drive focuses on practicing a common social manner. These manners will be shared in each newsletter.

### **October**

- √ Clean up after yourself
- √ Respect other's property, belongings, and projects
- √ Treat others the way you want to be treated
- √ Use polite/quiet voice tones

### **NO COSTUMES**

A friendly reminder students should not wear Halloween costumes to school.



## **NEWS FROM THE LIBRARY**

By Mrs. Caskey

### **Storybook Pumpkin Patch**

Parents, once again the library will have a storybook pumpkin patch. This is an opportunity for students to decorate a pumpkin as their favorite storybook character. Details will be sent out in the October 10th Wednesday Watch.

### **Books are to Borrow**

Hey parents! Can you help Mrs. Caskey out? Please talk with your child about being responsible for the library book(s) they check out. Have a specific place to books and get into a routine of putting them in the backpack on library day. This will ensure that your child has no overdues and can continue to check out new books!

### **New Book Highlights**

Mrs. Caskey has been super busy getting new books into the library. Here are a few:  
Everyone (picture books) - Alpha Oops! The Day Z went first by Alethea Kontis

Fiction (chapter books) - Pup patrol series by Darrel and Sally Odgers  
Nonfiction (informational books) - True Stories of \_\_\_ series by Paul Dowswell  
You can always see what books Poly Drive has in the library by visiting our K-12 Catalog.

Visit [bit.ly/k-12catalog](http://bit.ly/k-12catalog) to search for any book or author. Be sure to select Poly Drive from the library menu.



### **MUSIC NOTES**

By Mrs. Langeliers

Select Choir began on Oct. 2<sup>nd</sup>. Rehearsals are on Tuesdays and Thursdays from 7:45-8:15.



### **BIKE RIDING REMINDER**

Oct. 8-12 is Walk/Bike to School Week so it is a good time to practice safe crossings at streets. Remember to always use crosswalks, look both ways for traffic, and wear a helmet!

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.

## Encouraging Kids to be Includers

Exclusion is an example of relational aggression, which is defined as behavior that intends to harm others by damaging or manipulating their peer relationships. This subtle form of bullying can be hard to detect but causes significant psychological stress for kids.

The best thing parents can do is to empower kids to act as “includers.” When we instill kids with prosocial skills, we spread kindness and compassion. Follow these steps to teach your kids to include others.

**1. Listen and empathize.** It can be very difficult to sit back and listen when a child tells a story of being excluded, humiliated or otherwise hurt at school, but listening and empathizing are the two best things you can do. While it might be tempting to respond, “What a terrible friend!” or “Don’t play with them anymore!”, what your child *actually* needs to hear is, “That sounds terrible. You must feel so upset right now.” When we empathize with our kids, we teach them to do the same for others. Empathetic kids can create giant ripples of kindness in this world. All we have to do is be there for them and let them work through their emotions.

**2. Be an “includer” yourself.** Ever stare at your phone to avoid social interaction when you’re just not up for it or you don’t know anyone in the room? You’re not alone. Technology makes it easy to avoid uncomfortable situations, but using technology to avoid social interactions sends mixed messages to our kids. If we want our kids to learn to reach out to others and include new people (or people they wouldn’t otherwise sit with), we need to do the same. Show your kids how to make new friends by introducing yourself to new people and striking up conversations with people they don’t know.

**3. Look for someone who needs a friend.** It’s normal for kids to get caught up in their usual groups. Young children like routine and tend to sit at the same table at lunch or play with the same groups at recess, but this can be limiting. Teach your child to scan the room (or playground) to look for someone who might need a friend. Practice ways to invite a kid into the group or ask others to join a game. When kids practice these skills at home, they are better able to use them out in the world.

**4. Talk about unintentional exclusion.** Sometimes kids exclude others without intent to harm. Talk to your kids about what it means to exclude and how they can include others. Coach them on being aware of the people around them and how their actions may affect others. Sometimes children aren’t excluded because someone is being mean but simply because they get wrapped up in playing with their own close friends and they don’t notice who isn’t getting a turn or who is being ignored.

There is no one, quick, easy answer to relational aggression. Neither you nor your child can control how other children act. What you **can** work on is how your child responds to relational aggression or exclusion and how your child can take the lead to be an “includer” of other children.

Content of this article is from: Katie Hurley of pbs.org and Rebecca Eanes of creativechild.com.