

What's Happening at Park

OCTOBER WHAP

PRINCIPAL MESSAGE

Hello Parents-

It has been a great September. It was so good to see so many of you at Student Led Conferences last week. Thank you for your continue support in your child's education. We really do adore your children.

As we look forward into the month of October, I want to invite all of you to our biggest event of the year, Family Reading Night. It is on Monday, October 9. We have so many fun and exciting things planned and would love to have every single family attend. Mark it on your calendar!

Halloween Costume Parade- We will be holding this event on Tuesday, October 31. As we get closer to the end of the month I will send out more information on the details.

Thanks again for all your continued support. Please reach out if I can help in any way.

Have a WONDERFUL month!

Mrs. Lindley

MAKE TIME TO

Read

PARK ELEMENTARY FAMILY READING NIGHT

OCTOBER 9, 2023

4:30 PM TO 6:00 PM

PIZZA WILL BE SERVED

Enter to win
your class
basket

Fun for
the whole
family



CHANGE- NO SCOOTERS INSIDE THE SCHOOL BUILDING

We are noticing lots of scooters inside the school building and it is becoming a problem. We love that students are riding their scooters to school but we ask that scooters be left outside by the bike rack. Thank you are understanding this change.



VETERAN'S DAY

For Veteran's Day in November, we would like to share a slideshow with our students that includes any family members that have served or are serving in the Armed Forces! We have a slideshow that has been created throughout the years. If you have shared in the past couple of years we should still have your information and you do not need to send it again. If you are fairly new to Park, and you haven't sent anything, we would love to have you do so if you would like to. Please include a picture, the Veteran's name, relation to the student, and where and how long they have served. You can email this to holly.moss@nebo.edu, or you can also send a copy, that will stay with the school, to your child's teacher. Please have this information emailed or turned in by November 1st, so we have time to prepare the slideshow. Thank you so much for your participation!

PARK ELEMENTARY MUSIC CLUB & CHOIR

We are so excited to start our first Music Club & Choir at Park Elementary! Music and the arts play a huge role in the development of many life-long skills. We are excited to be able to practice, learn, and grow together in the music club this school year!

At this time we are offering this to only 4th/5th graders. If you are interested please reach out to Mrs. Boren (rosie.boren@nebo.edu)

The club will be held on Tuesday's after school from 3:00-3:30.

Applications are due Friday, October 6.

LUNCH

Just a reminder that Lunch is not free. Make sure you pay for lunch. We encourage parents to apply for the Free & Reduced Lunch. Here is the information. [Application](#)

COUNSELOR CORNER

During the month of October I will be visiting classrooms and grade levels and speaking to our Park students about how part of putting "First Things First" includes identifying what we are feeling. Once we name [How We Feel](#), we more easily determine next steps for regulating our emotions. Students will have a refresher lesson on the [Mood Meter](#) and learn more about how being specific in Naming our emotions enhances and expedites the process of moving from the "Downstairs Brain" to the "Upstairs Brain".

A popular catchphrase we use here at Park is "**Name it to Tame it**". Dr. Daniel Siegel, a psychiatrist, writer, and professor who is also the founding co-director of the Mindful Awareness Research Center at UCLA, was the first to identify this technique. [Here](#) is a short clip of Dr. Siegel explaining the science and research behind this process.

In a nutshell, the "Upstairs Brain" is where we do our thinking, emotional regulating and problem solving. The "Downstairs Brain" houses our Flight, Fight, Fawn or Freeze reactions. We cannot be in both places at once. So by using the simple technique of "**Name it to Tame it**", we move from our "Downstairs Brain" to our "Upstairs Brain". Here are some other great resources on "**Name it to Tame it**" if you would like more information.

[Name It to Tame It: Label Your Emotions to Overcome Negative Thoughts](#)

[Kids in Charge YouTube video about Name it to Tame it](#)

[Marc Brackett; A Word is a World.](#)

“

Language shows us that naming an experience doesn't give the experience more power, it gives us the power of understanding and meaning.

Brené Brown
ATLAS OF THE HEART



Attention **Nebo** Parents

join our Mental Health Series focusing on...

Social Media: Protecting Your Child

October 12, 2023
6:00–7:00 PM via Zoom



REGISTER HERE:

<http://cookcenter.info/Oct12Nebo>

Nebo
SCHOOL DISTRICT



Atención padres de Nebo School District...

úbase en nuestra serie de salud mental...

Redes sociales: Proteger a su hijo

12 de octubre, 2023
6:00–7:00 PM en Zoom



Inscríbese aquí:
<http://cookcenter.info/Oct12NeboSp>



Nebo School District will offer a virtual

Parenting the Love and Logic Way™ Workshop

The Parenting the Love and Logic Way™ curriculum was developed by Jim Fay, Charles Fay, PhD., and Foster W. Cline, M.D., of the Love and Logic Institute, Inc. Nebo School District is an independent facilitator of the Parenting the Love and Logic Way™ curriculum.

"There's a lot of advice out there on how to raise your kids—some better than others. "Love and Logic" is a favorite of therapists, family life educators, teachers, principals and most importantly parents. It is practical, easy to learn and really effective! Come and enjoy this fun, upbeat and informative workshop full of useful tips!"

—Jonathan Sherman, LMFT, Family Therapist and Parent Educator

Where: Online: via Zoom

Dates: Tuesdays, October 3rd, 10th & 17th (all three for the full course)

Time: 6:00-7:30 pm

Cost: provided Free by Nebo School District.

Manuals are \$12 each and can be purchased with card, cash or check made out to Nebo School District. They are available at the Nebo School District Office in Student Services (top floor, south entrance)

This class will be capped at 50 participants. To sign up; email aubree.judkins@nebo.edu with your:

- Name
- Email (this is where the Zoom link will be sent for the class)
- The Nebo District school your student(s) attends

The meeting ID and password will be emailed to you a few days before the class begins.

UTAH FOOD BANK MOBILE PANTRY

If you need or know anyone in need of groceries, the Utah Food Bank Mobile Pantry is in Spanish Fork EVERY FRIDAY at 1138 W 100 S from 9 am to 10 am. Please pass the word along!

<https://www.utahfoodbank.org/programs/mobile-pantry/>

Important Dates



UPCOMING IMPORTANT DATES

- October 2- Victory Assembly
- October 3- Park Student Leaders Conference at BYU. Bus leaving @8:45
- October 6- Park Spirit Day- Wear School Colors
- October 9- Family Reading Night
- October 11- Fire & Critical Drill
- October 13-Park Spirit Day- Wear School Colors
- October 19, 20, 23- Fall Break (NO SCHOOL)
- October 24- First Term Reward Party
- October 24- 4th Grade Natural History Field Trip
- October 27- Park Spirit Day- Wear School Colors
- October 31- Halloween Costume Parade

