

# What's Happening at Park

## OCTOBER WHAP

### PRINCIPAL MESSAGE

We are a little over 30 days into the school year. I hope that your students are falling into a great routine. In my home, I find that when school is in session we may be busier as a family but my children thrive on having a routine. It's always a little hectic at the beginning of the school year, but I do hope that your family is settling in well.

For those new here, we have Leadership Stories each month. In this newsletter, you will find a link to the recorded story, as well as a form to fill out. We encourage families to sit down together to watch the story being read. The form is easy to fill out and in doing so will put your child's name in a drawing to win the book for your own home library.

[HERE](#) is the link to the Leadership Story for the month of October! I hope you will take the time to fill out [THIS FORM](#) afterwards so your student has a chance to win the book!

A huge THANK YOU to parents that came to our first Student Led Conference a couple of weeks ago. Our students are working hard and are always excited to share their progress with you!

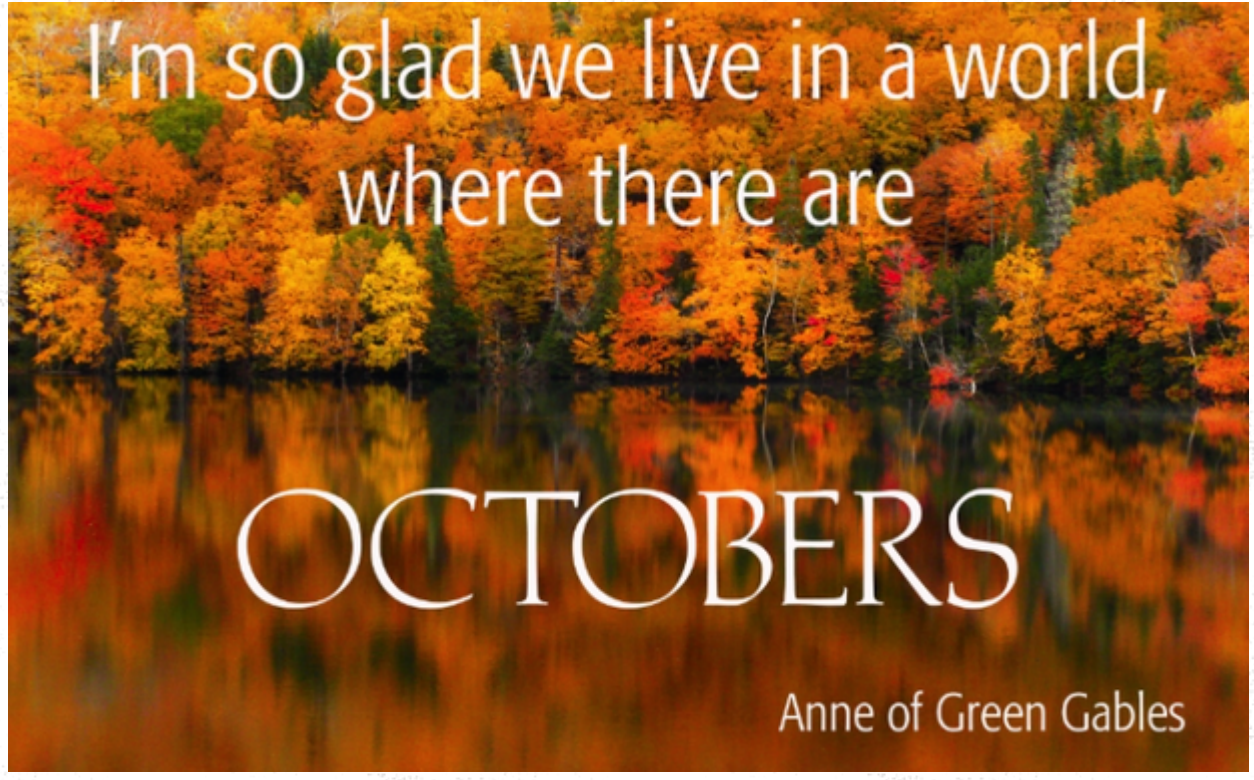
**Remember, Fall Break is Thursday, October 13th and Friday, October 14th. We also have Monday, October 17th off! I hope you enjoy an extra LONG weekend :)**

If I can help in any way, please reach out to me!

Have a WONDERFUL month!

Happy October,

Mrs. Hughes



I'm so glad we live in a world,  
where there are

OCTOBERS

Anne of Green Gables

## COUNSELOR'S CORNER

Our Park students continue to learn about Recognizing, Understanding, Labeling, Expressing and Regulating our emotions.

During September, students learned to identify if their emotions are Comfortable/Uncomfortable and High Energy/Low Energy.

High Energy/Uncomfortable feelings are in the **RED** zone.

High Energy/Comfortable feelings are in the **YELLOW** zone.

Low Energy/Uncomfortable feelings are in the **BLUE** zone.

Low Energy/Comfortable feelings are in the **GREEN** zone.

Learning to RECOGNIZE if emotions are *Comfortable vs Uncomfortable* and *High Energy vs Low Energy* is a "first step" in cultivating emotional intelligence. You can click [here](#) to learn more about how these emotions are organized. Or download the Mood Meter App [here](#)

During the month of October, students will learn to UNDERSTAND where their emotions are coming from by determining if their emotions are HERE AND NOW emotions (aka Integral Emotions) or SOMETHING MORE emotions (aka Incidental Emotions)

HERE AND NOW emotions are directly caused by the action or situation at hand.

SOMETHING MORE emotions are affected by past experiences.

One way to BE CURIOUS (or an emotional detective) about UNDERSTANDING where our emotions are coming from is to ask if the situation is a **big deal** or a **little deal**. A big deal is usually an emergency situation where someone is hurt or someone is in danger. If we find ourselves having a BIG reaction to a little deal, that is usually a sign that it's a SOMETHING MORE emotion.

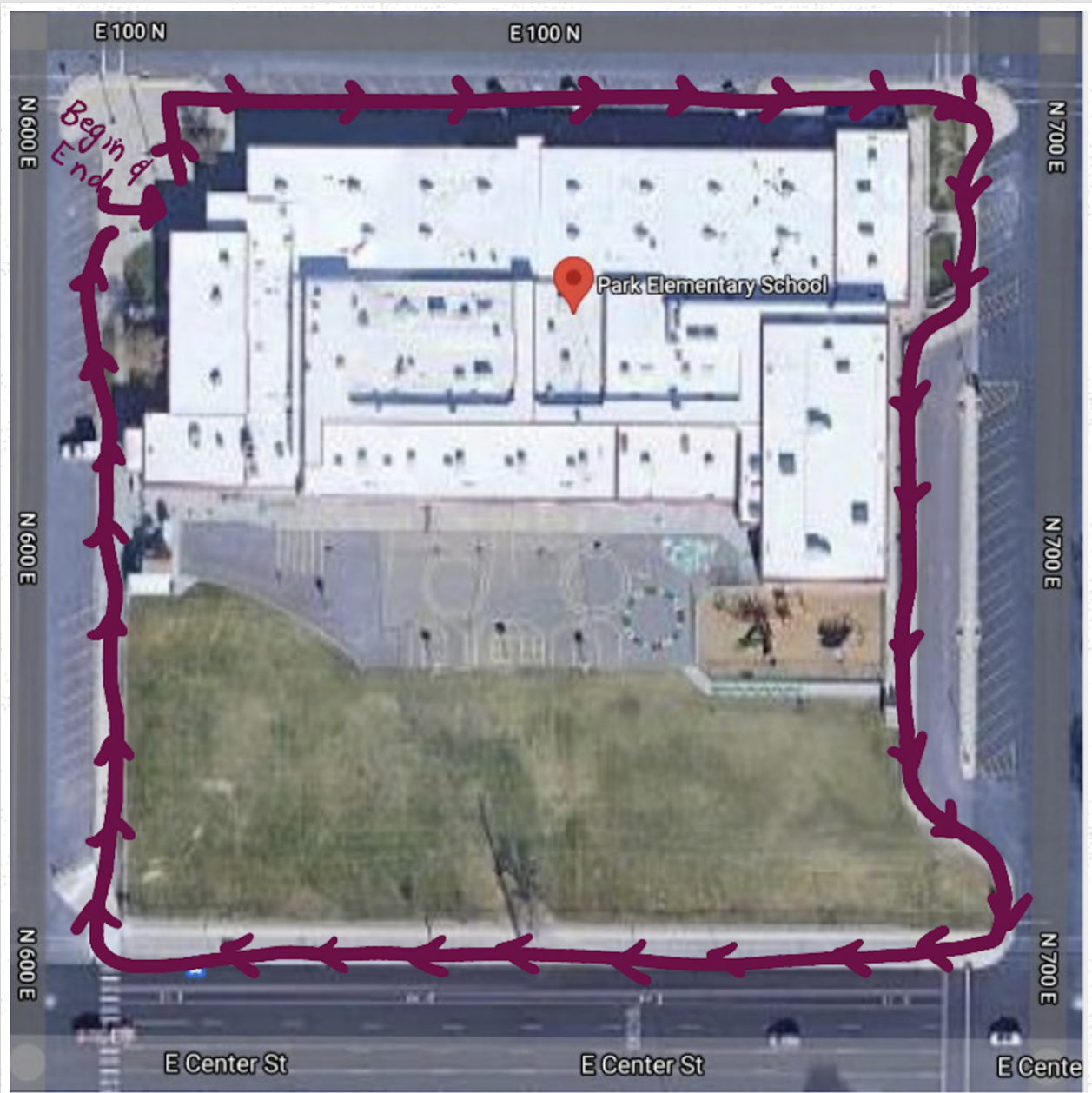
# HALLOWEEN PARADE INFORMATION

Park Parents,

We LOVE doing a Halloween Parade and we are so excited that you come to watch each year. Our parade will be at a different time, so that we don't have the chaos of trying to check students out. Please DO NOT come into the school before or after the parade. Your help in staying out of the building, helps me to ensure student safety. Thanks for your cooperation!

We will begin our Halloween Parade promptly at 9:00 am. We will exit the front doors of the school and begin heading east on 100 North. At 700 East, we will turn and head south. At Center Street, we will turn and head west. And finally at 600 East, we will turn and head north. We will head back inside the building to finish off our school day.

We can't wait to see you!





## DO YOU KNOW A VETERAN.... WE'D LOVE TO SPOTLIGHT THEM...

Dear Parents,

For Veterans 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 [heather.jones@nebo.edu](mailto:heather.jones@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

## PLEASE HELP OUR PICK UP AFTER SCHOOL PROCESS

Please watch [THIS VIDEO](#) to better understand our rules and procedures for drop off and pick up.

Our main goal after school is to keep students safe!

I love that our middle school and junior high students come and pick up their younger siblings, however, for safety reasons it is problematic to have them enter the building during school hours or right as the bell rings at the end of the day. If you have chosen an older sibling to pick up a Park student, please have them choose a designated area **OUTSIDE** of the building to meet. Our focus is on having Park students exit our building at the end of the day safely without additional students entering our building.

Will you please follow the recommended rules below to help us with this?

- 1) The preferred location to pick up students is the **BACK** of the school, located on 700 E. Please use the pull through lane to do that.
- 2) Students should never get into a vehicle that is stopped in the middle of the road. **PLEASE** use the pull through lane or a parking stall.
- 3) Students should never run across the road, they need to use the crosswalk every time.

We understand that there are quite a few cars picking up students after school and we are trying to get cars in and out as quickly as possible. The pull through lane really does die down after 3:05 pm.

Another option is to have your student use one of the designated crosswalks to meet you on a different road; on the north side of 700 E or 600 E, etc.

Thank you for helping us keep our students safe~

## FALL FAMILY READING NIGHT- MARK YOUR CALENDARS...



FALL FAMILY  
READING NIGHT



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MONDAY, OCTOBER 10TH  
AT PARK ELEMENTARY  
OPEN HOUSE FROM 4:30-6:00 P.M.

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BRING A PHONE OR DEVICE  
FOR SCANNING QR CODES.  
WE WILL HAVE INFORMATION  
ON HELPING YOUR CHILD WITH  
READING, HALLOWEEN STORIES,  
GAMES, BOOKS AND DINNER!

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SEE YOU THERE!

**UPSTANDER WEEK**

## Upstander Week Activities-Park Elementary 2022-2023

**OCT 31ST-NOV 4TH**

- **Monday, Oct 31st**
  - *Upstanders speak-up and stand-up*
    - Wear your Halloween costume
- **Tuesday, Nov 1st**
  - *Upstanders are team players*
    - Wear your favorite Team Apparel
- **Wednesday, Nov 2nd**
  - *Upstanders rise and shine*
    - Pajama Day
- **Thursday, Nov 3rd**
  - *It's crazy not to be an Upstander*
    - Wear mismatched clothes and crazy hair
- **Friday, Nov 4th**
  - *Park Panthers are proud to be Upstanders*
    - Wear your Park Panther clothes or colors

### Upstander:

1. A person who stands up for his/her beliefs.
2. A person who does what they think is right, even if they are alone.
3. A person who is not a bystander.

Source: UrbanDictionary.com

RaisingWorldCitizens.com

All week students will be learning about what it means to be an Upstander in Leadership Academy.

We will have the BMX Assembly on Friday to learn about the skills and qualities it takes to be an Upstander.

## 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/>

## LENDING LIBRARY

The lending library is free to all and is filled with books you are welcome to take. Don't feel like you have to return the book if you loved it! We will restock periodically. If you'd like to donate books, feel free to place them inside. Thanks for joining our reading community! The location for our lending library is 250 E 400 N, Spanish Fork.

Go visit it today!

## NETSMARTZ MONTHLY TIP FOR PARENTS

Click [HERE](#) to enjoy simple tips to creating a more safe tech family. Learn about living a more balanced life, gaming safety, understanding news, managing social media, what you need to know about online predators and much more.



## UPCOMING IMPORTANT DATES

- \* Tuesday, October 4th: PSL (Student Council) Conference at BYU
- \* Monday, October 10th: Fall Family Reading Night- 4:30 pm to 6:00 pm- PLEASE COME!
- \* Wednesday, October 12th: Last Day of First Term
- \* Thursday, October 13th-Friday, October 14th: FALL BREAK- NO SCHOOL
- \* Monday, October 17th: P/C Comp Day- NO SCHOOL
- \* Tuesday, October 18th: First Day of Second Term
- \* Thursday, October 20th: School Community Council Meeting- 11:15-12:15 pm
- \* Tuesday, October 25th: Utah Food Bank Truck- 3:00 pm- ALL FAMILIES ARE WELCOME!
- \* Thursday, October 27th: Picture Retakes
- \* Monday, October 31st- Friday, November 4th: Upstander Week- See the flyer above for more information
- \* Monday, October 31st- Halloween Parade- 9:00 am