

What's Happening at Park

NOVEMBER WHAP

PRINCIPAL MESSAGE

Wow, I can't even believe that we are already entering the holiday season! I say this every year, but time flies! I have spent quite a bit of time in classrooms and the learning that is happening in every classroom is incredible! Thank you for being invested in your child's education and for making an effort to send them to school every day! It makes our jobs so much easier when our students are at school everyday, on time!

As the weather is turning colder, please make sure that your child comes to school each day dressed to be outside. If you need help with getting your child a coat, please let me know. We will be outside every day unless it is raining heavily or actively snowing or if the temperature is below 20 degrees.

Don't forget to participate in the Leadership Story every month! 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 November! I hope you will take the time to fill out [THIS FORM](#) afterwards so your student has a chance to win the book!

SLCs for 2nd Term are coming up soon. Please make sure you sign up for a time to meet with your child's teacher. It is very important to us to meet with each and every parent so that we are both on the same page about your child and their education.

Remember, our Halloween Parade is happening on Monday, October 31st at 9:00 am. Please stay out of the building and wait for us to exit the building and walk around the whole school. The map of our route is on the website as well as in the October WHAP.

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

Have a WONDERFUL month!

Happy November,



COUNSELOR'S CORNER

For the past several years, I have been working with the students at Park on learning the importance of naming our emotions. 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, regulating and problem solving. The "Downstairs Brain" houses our Flight, Fight or Freeze and emotional responses. 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.](#)

During the month of November I will be visiting with students in their classrooms and also as a grade level. We will be talking about the "L" part of RULER: Recognize, Understand, **Label**, Express, Regulate. Students will take a deeper dive into the [Mood Meter](#) and learn about how being more specific in Naming or Labeling our emotions enhances and expedites the process of moving from the "Downstairs Brain" to the "Upstairs Brain".

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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



SCHOLASTIC BOOK FAIR IS COMING!

Please plan to attend the book fair on November 15th- November 18th. It will be open from 8:15-8:45am, 11:15am-12:15 pm (for kindergarten and preschool pickup and drop off) and 3:00-3:30pm. Friday is morning only.

If you would like to help, please sign up [HERE!](#)

You can check out more information [HERE!](#)

NOVEMBER IS NATIONAL DIABETES MONTH

November is National Diabetes month! Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes. If you notice any of the symptoms please get medical care.

What is Type 1 diabetes?

A chronic, autoimmune condition that occurs when the body's own immune system attacks and destroys the insulin producing beta cells of the pancreas.



This attack leaves the pancreas with little or no ability to produce insulin, a hormone that regulates blood sugar. Without insulin, sugar stays in the blood and can cause serious damage to organ systems.



People with T1D must inject or pump insulin into their bodies every day to carefully regulate blood sugar and stay alive.

T1D

MEANS INSULIN
DEPENDENCY FOR LIFE

DIAGNOSED AT ANY AGE

THREATENS DEVASTATING
COMPLICATIONS

DEMANDS METICULOUS
PLANNING TO AVOID
LIFE-THREATENING
SITUATIONS

T1D is not

A LIFESTYLE DISEASE

SOMETHING YOU OUTGROW

CONTAGIOUS

CAUSED BY SUGAR

PREVENTABLE

CURABLE...YET

BEYOND TYPE 1

   @beyondtype1
BEYONDTYPE1.ORG

Warning sign of type 1 diabetes

EXCESSIVE THIRST
FREQUENT URINATION
BEDWETTING OR HEAVY DIAPER
VISION CHANGE + HEADACHES
RAPID WEIGHT LOSS
INCREASED APPETITE
IRRITABILITY + MOOD CHANGES
FATIGUE + WEAKNESS
STOMACH PAIN, NAUSEA + VOMITING
FRUITY BREATH ODOR
RAPID, HEAVY BREATHING

MISTAKEN FOR

STOMACH FLU OR VIRUS
STREP THROAT
GROWTH SPURT
URINARY TRACT INFECTION

ask for a
simple urine
tester
finger prick

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

- * Monday, October 31st- Friday, November 4th: Upstander Week- See the flyer above for more information
- * Monday, October 31st- Halloween Parade- 9:00 am
- * Friday, November 4th: School Spirit Day- Please send your child in their school shirt or school colors!
- * Friday, November 11th: School Spirit Day- Please send your child in their school shirt or school colors!
- * Friday, November 11th: Veteran's Day Assembly- 12:50 pm
- * Monday, November 14th-Friday, November 18th: Term 2 SLCs (Student Led Conferences)- Please sign up and plan to attend!
- * Tuesday, November 15th-Friday, November 18th: Scholastic Book Fair- South Gym
- * Wednesday, November 16th: School Community Council- 11:15 am
- * Friday, November 18th: School Spirit Day- Please send your child in their school shirt or school colors!
- * Wednesday, November 23rd-Friday, November 25th: No School! Enjoy your Thanksgiving Break!
- * Tuesday, November 29th: Utah Food Bank Truck- 3:00 pm (ALL FAMILIES WELCOME)

