

# What's Happening at Park

## NOVEMBER WHAP

### PRINCIPAL MESSAGE

Wow, it's November already. I don't know about you, but I can't believe we already have 1/4 of the school year down. I really love this time of year when we can stop, slow down a bit and reflect on all the incredible things and people we have in our lives. The season of gratitude is upon us and I couldn't be more excited!

I hope you were able to join us for our Halloween Parade and enjoyed all the wonderful costumes! Our students had a great day filled with learning and FUN!

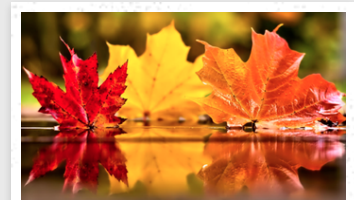
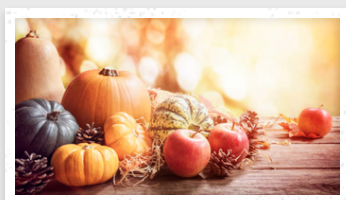
Parents, please make sure you check in at the office when you come to the school. Our main concern is the safety of ALL our students. We can't have adults walking through our school unless they have checked in at the office and are approved to head to a classroom. Thank you for helping us keep our students safe.

Please read the information below to stay up-to-date on all things happening at Park.

Have a WONDERFUL month!

Happy November,

Mrs. Hughes



## COUNSELOR'S CORNER

For the month of November, students are learning to **CHOOSE YOUR PERSPECTIVE**. The skill that Mrs. J is teaching in her classroom and grade level lessons this month is called **REFRAMING**. Reframing is really a combination of three other important skills: perspective taking, empathy, and information gathering. Reframing helps children (and adults) employ cognitive, social and emotional tools in order to broaden their own perspective and gain new insights to help them interact with others in a kinder and more empathic way. The ability to reframe will enhance communication skills and relationships in general.

Some helpful questions to ask in order to help you **REFRAME** are as follows:

- What might this look or feel like for the other person/people involved
  - How would I want someone to respond to me in a similar situation?
  - Do I have all the information I need to make a judgment about this person or this situation?
  - Is there another way to look at this?
  - Do I have all the information I need? Is it possible I am missing something?
- And my personal favorites (shout out to Brene Brown's *The Gifts of Imperfection*):
- Do I have enough information to freak out?
  - Will freaking out help me?

For more information on what exactly Reframing is click [here](#)

For more information on Reframing as a parenting technique click [here](#)

For more information on teaching the the skill of Perspective Taking click [here](#)

## LENDING LIBRARY..... IN YOUR YARD!

My name is Melanie Lundberg. I am with Women United. We are interested in placing a couple of lending libraries at homes in your school boundaries. We are looking for people who have a space in their yard to keep the library that won't be in the way of sprinkling systems. They are about 2'x3'. We will provide books for the libraries. The home owners will just have to manage them and let us know when they need more books. This is a fun way to connect neighborhoods and get books in the homes with children.

If anyone is interested they can email me or call me.

Thanks for your help with this.

Melanie Lundberg

801-258-1607

[Melanielundberg70@gmail.com](mailto:Melanielundberg70@gmail.com)



**VETERAN'S DAY PARADE**





Dear Park Community,

We are thrilled to have the opportunity to support our Veterans this year. We will honor our Veterans on Thursday, November 11, 2021.

Because we are still practicing the health department protocols, we will do this virtually.

If you would like to join us virtually, please use the attached Zoom link and join us at 12:45 p.m. (Please note that we will open the link at 12:45, but we may begin later as we wait for our Veterans to arrive at our school.)

We look forward to honoring our great service people.



Join our Cloud HD Video Meeting

[nebo-edu.zoom.us](https://nebo-edu.zoom.us)

# Scholastic Book Fair



**BOOK FAIR- WE NEED YOUR HELP!**

Parents,

We are lucky to have the Scholastic Book Fair coming to Park from Tuesday, November 9th to Friday, November 12th. In order to keep in running, we do need some volunteers to help. Please use [THIS LINK](#) to sign up to help!

## RESILIENT UTAH



**COMING  
OCTOBER 25TH**

 **Resilient Utah 2021-22**

**RESILIENCE BUILDING TOOL KIT**

The poster features two images: on the left, a teacher in a pink cardigan stands in front of a chalkboard, addressing a group of elementary school children seated at desks; on the right, a family is shown from behind, sitting on a couch and watching a television that displays a woman in a yellow shirt speaking in a virtual setting.

**A special gift for Utah elementary teachers and families!**

**FEATURING:**

-  Something Good Inc. Episode 1, a fast-paced musical children's show that teaches resilience to elementary classrooms and homes.
-  Easy as 1-2-3: Instructions for Teachers and Parents.
-  10 Protecting Shields: Strategies to Build Resilience in Children.
-  Link to Uplift Families Parent Resource Center.

**ResilientUtah.org**

## A MESSAGE FROM OUR NEW TITLE I COORDINATOR ABOUT TITLE I

Hi Park Parents,

Please take 3 minutes to watch [this video](#) made by our amazing Title I Coordinator, Mrs. McEntire, to learn more about Title I, what that means and available resources for you!

Thanks!

## PARK SCHOOL STORE----- NOW OPEN!

Please head over to <https://parkelementary.axomo.com/> to take a look at our Park Elementary School Store. Items are available for purchase now. There are many different styles to choose from. All items purchased may be shipped to your home or picked up at Namify in Springville at no extra charge. We can't wait to see our students decked out in Park apparel!

## 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, Nov. 9- Friday, Nov. 12- Book Fair
- \* Thursday, Nov. 11- Veteran's Day Assembly- Join us via [ZOOM](#) at 12:45 pm
- \* Friday, Nov. 19th- School Community Council- 3:15 pm in the Library
- \* Wednesday, Nov. 24- Friday, Nov. 26- NO SCHOOL- Enjoy Thanksgiving Break!
- \* Monday, Nov. 29- Friday, Dec. 3- Student Led Conference Week- Your student's teacher will be sending home a link for you to sign up to visit with them. Check the website for each link as well.
- \* Tuesday, Nov. 30- Utah Food Bank Truck- 3:00 pm in the cafeteria