



EARL TRAVILLION ATTENDANCE CENTER OCTOBER 2017 NEWSLETTER



Principal Pollard's Chalk Talk

It is already October and the excitement for an awesome school year is still in the air here at ETAC. On last month, we held our P-16 Community Council Meeting where some of our staff, parents, and community stakeholders came out to discuss our current data and goals for this school year. We reviewed our 2016 Questar MAP state assessment data, discipline data, and attendance. Parents were given suggestions on how to help their child complete the required Reading Fair projects. Ms. Ladner, our librarian, will provide each parent who attended the P-16 Community Council meeting with a free reading fair board for their child. We are truly grateful for everyone who came out to support our endeavors as we continue *Striving for Better!*



ATTENDANCE MATTERS: CLASS ON TIME, EVERY TIME.

Parents and families are essential partners in promoting good attendance because you have the bottom-line responsibility for making sure your children get to school every day. Just as parents should focus on how your children are performing academically, you have a responsibility to set expectations for good attendance and to monitor your children's absences, so that missed days don't add up to academic trouble. Some strategies include:

- Make getting students to school on time every day a top priority.
- Alert schools and community agencies to barriers that keep kids from attending class.
- Ask for and monitor data on chronic absence.
- Demand action to address systemic barriers that may be causing large numbers of students to miss too much school.



NO BULLY ZONE



No one is born with hatred or intolerance

Babies come into the world innocent without hatred or intolerance. As we grow up we come into our own. We are ALL the same, we are ALL people and we must honor our differences and respect and celebrate our similarities ... **NO MATTER™!**

Hatred and prejudice are contagious and cause pain to others which makes the harm escalate. There is no room in this world for hatred, bias, discrimination or violence for **any reason!**

Young people take their cues from adults. **NO MATTER** what the adults in your life believe, get to know others who are different from you and make your own opinions about them. By living in a judgment free world, you can be the leaders of today and tomorrow and pave the way for harmony and civility.

NO MATTER who you are, what you look like, your race, your sexual orientation, your gender, or your beliefs ... **NO ONE** deserves to be bullied, harassed or hated ... **NO MATTER!**

October Nutrition Tip:

Ask your kids to help prepare meals Have your child help in the kitchen by stirring batter and adding spices.

Discourage unhealthy snacks Limit the amount of sweets and fatty foods you keep on hand. Instead, keep plenty of healthy snacks around, such as cut-up fruit and veggies and low-fat cheeses and yogurt.

Introduce fruits and veggies Encourage your kids to enjoy fruits and veggies by exposing them to a wide variety from an early age. Learn more about the food pyramid for kids and how vegetables can play a role in child nutrition.

At ETAC, the FUTURE is KEY, so We're staying DRUG FREE!

-- in Recognition of Red Ribbon Week Oct. 23-31

OCTOBER MINDFULNESS TIP

Mindful Posing One easy way for children to dip their toes into mindfulness is through the simple method of **body poses**. To get your kids interested, tell them that doing fun poses can help them feel strong, brave, and happy.

Have them go somewhere quiet and familiar, a place they feel safe. Next, tell them to try one of the following two poses:

1. **The Superman:** this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out, stretching the body out as long as possible.
2. **The Wonder Woman:** this pose is struck by standing tall with legs wider than hip width apart and hands or fists placed on the hips.



The Counselor's' Corner

Our character word for the month of October is **Citizenship**. A **good citizen** is someone who respects others and their property. He/she is helpful and considerate, willing to put others first. He/she listens to the views of others and thinks about what they have to say. I will be conducting character education lessons to discuss our character word at the end of the month.

This month we will be celebrating Bullying Prevention, Fire Safety Week, Bus Safety Week, and Red Ribbon Week. I will also be giving away a small prize the students who can spell and define all of our school-wide vocabulary words of the month. Parents, thank you for all you do!



The HARDEST WORKING STUDENT in SCHOOL BIZ School-Wide Vocabulary Challenge!

Memorize the spelling and definition of all 10 vocabulary words by the end of the month and win a special treat! Are YOU up for the challenge?

1. accentuate
2. alliteration
3. analogy
4. antibody
5. aspire
6. bamboozle
7. bizarre
8. boisterous
9. boycott
10. camouflage

Top 5 Bus Safety Tips For Students:

1. **Stand Back.** Stay 10 giant steps away from the outside of the bus at all times. If you stand too close, the bus driver can't see you.
2. **Wait for OK to Cross.** Wait until your bus driver gives you the OK sign before crossing the street.
3. **Use the Handrail.** Heavy backpacks and wet shoes are no match for the handrail. Hold on tight when getting on and off the bus to keep from tripping or slipping.
4. **Sit the Right Way.** Once you sit down, keep both feet flat on the floor and your back against the seat.
5. **Be Still Until the Bus Completely Stops.** It's fun to be first, but it's more important to be patient. Wait for the bus to completely stop before you try to get on board. And always stay in your seat while the bus is moving.

Important Dates To Remember

	Fire Safety Week Oct.2- 6th
	P-16 Community Engagement Council Meeting Oct. 12 @ 5:30PM
	Bus Safety Week Oct. 16-20th
Red Ribbon Week	<p>Oct. 23- Caps off to Drugs (students wear caps/hat & school uniform)</p> <p>Oct.24- Blocking out Drugs - (students wear shades & school uniform)</p> <p>Oct. 25- Sock It to Drugs (students wear whacky socks & school uniform)</p> <p>Oct. 26 - Friends don't let friends do drugs - (students dress identical to their classmate: MUST BE SCHOOL UNIFORM)</p> <p>Oct. 27 - Color My World Drug Free - (All students wear red uniform shirts)</p>

