

SAGEVILLE



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Sageville Elementary Newsletter

November 14, 2019

From the desk of Miss Mac:



Please bring your canned good or boxed good items any day next week! This will benefit the St. Stephen's Food Pantry!



Emmett, Gavin and Austin were all dressed up to enjoy the Dubuque Symphony!

Calendar of Events

Scrip orders due tomorrow

Monday-November 18

Trimester I ends
Thanksgiving Food Drive starts

Tuesday-November 19

Choir
9:55 All School Grades 4 & 5 music performance
6:30 PM Grades 4 & 5 music performance in the gym

Wednesday-November 20

Steam Club

Friday-November 22

9:40 Late start
11:35 & 12:05 November birthday lunch

Over \$1400.00 was raised for Special Olympics last Friday!

THANK YOU!

Friday Focus:

- Sessions on trauma and the affects on the brain and sensory training will be the focus this Friday.



Preschoolers love to play together, especially Legos!

Counselor Corner...Mrs. Boeve

Greetings! We are switching it up a bit this year in guidance during the month of November. In the past, traditionally, students have been taught emotion regulation in order for them to have calm minds and bodies. However, research has shown that when students learn how the brain works prior to learning about emotion regulation, they are better able to understand what's occurring inside of them when they are out of control (emotionally and/or physically). Therefore, students in grades 3rd, 4th, and 5th are learning about the brain, what it means to "flip your lid", and how to calm their brain (or Guard Dog Amygdala) in order to move on throughout their day safely and productively. This leads to better learning outcomes and healthier, happier kids! If you are interested in learning more about the brain and "flipping a lid" please watch his 2.5 minute video on any internet connected device:

Youtube: "Dr Daniel Siegel's Hand Model of the Brain" (2:31)

<https://www.youtube.com/watch?v=gm9CIJ74Oxw>

Our Sageville Family Team activity in December will be to do something special for the campers of Albrecht Acres. They are in need of the following craft supplies:

Paper bags

Craft sticks

Glue Sticks

Cotton Balls

Paper plates

Be thinking about picking up some of these items in your shopping travels in the next couple of weeks. We would like to have these by Friday, December 13th.

We will also be making placemats for their upcoming breakfasts. Thanks for helping out our special neighbors!