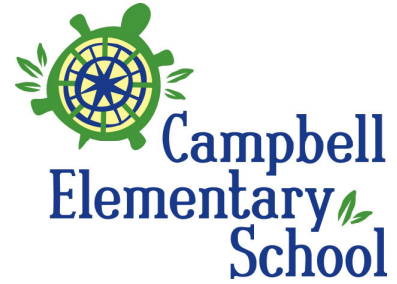


TURTLE TALES

Campbell Elementary School Newsletter



Outdoor Classroom by Ms. Christy

We are really enjoying our time outside at Campbell so far! Every class has been through an orientation to clarify expectations for learning outdoors. We've had several trips to Long Branch and fun lessons at all grade levels. Now that Fall is here consider taking a walk with your child. Look for leaves changing color, flowers that have produced seeds, and squirrels collecting food. Perhaps you will be inspired to write about your experiences. Let us know how we can help you and your family enjoy the

Food Allergies

In order to ensure that students with food allergies remain safe at school, please note the following:

- Each K-5 classroom is assigned two tables in the cafeteria. One "nut friendly" and one "nut free" table.
- When sending in snacks or birthday treats to be consumed in the classroom, please avoid items containing peanut butter, peanuts, or tree nuts. The PTA Healthy Snack Alternatives section lists several non-nut alternatives to sugary treats.
- Parents of students with food allergies may want to provide the classroom teacher with safe food items that can be stored in the classroom for times when classmates have birthday recognition treats.

Perseverance

At school this year, we are talking a lot about perseverance. In today's "point and click" world of immediate gratification, we want students to be able to have stamina to stay with a problem. We want them to try multiple strategies to solve a problem- whether it is academic, social or personal. Our teachers are using "growth mindset" language with students. For example, if a child says "I can't do it", the teacher will help them reframe the comment to "I can't do it yet." We know that through perseverance and practice students will learn how to read, play an instrument, or play a sport. Parents can help us (and your child) by encouraging them at home to persevere. This is an important life skill that students need beyond

Counselor Corner by Ms. Sullivan

September was a busy month here at Campbell! I enjoyed going in to the classrooms, introducing myself to the students, and beginning our Second Step and Mind Up classroom lessons. Our school-wide social-emotional curriculum is an important part of APS's initiative to support the Whole Child. September and October's counseling classroom lessons focus on Listening Skills (K-1), Mindfulness and our Brain (2-3), and Goal Setting (4-5). If you haven't done so already, please help me learn about the counseling needs of our Campbell community by completing the Parent Survey

Healthy Snack Alternatives

Parents are welcome to send in snacks with their children to be consumed during the school day. In an effort to promote healthy eating, Campbell's PTA Wellness Committee has offered the following healthy snack suggestions over the years to parents:

Fruit

Grapes, Bananas, Clementines, Sliced Pears, Sliced Pineapples, Sliced Melon, Apple Slices, Strawberries, and Blueberries.

Vegetables

Cauliflower, Broccoli, Snap and Snow Peas, Bell Peppers, Cucumbers, Baby Carrots, Cherry or Pear Tomatoes, and Celery.

Breads/Grains

Crackers, Rice Crackers, Popped Rice, Sugarless

UPCOMING EVENTS

- 10/9: No School
- 10/10: PTA Meeting 6:30 PM
- 10/11: Project Discovery Classes begin
- 10/17: Restaurant Night at Dogfish Head
- 10/18: Pajama Day
- 10/19: Sports Team Day
- 10/20: Color Day and Fun Run Day!
- 10/20: Harvesting Dreams event at Kenmore MS 5:30-9:00 PM
- 10/25: Early Release- 12:26 Dismissal
- 10/26 & 10/27: No School- Parent-Teacher Conferences
- 11/1: Expeditionary Learning Night