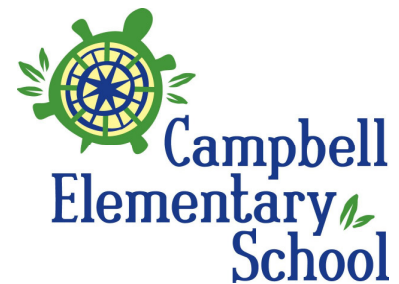


TURTLE TALES

Campbell Elementary School Newsletter



Counselor Corner by Ms. Sullivan

Is your student experiencing anxiety? Good! This may seem counterintuitive; however, anxiety is an adaptive emotion that has allowed human beings to survive for thousands of years- it's proof your student's amygdala is working. Anxiety is, however, a very difficult emotion to watch your child struggle with. I recently tweeted out a helpful article from the Child Mind Institute on tips for parents titled "What to Do (and Not Do) When Children are Anxious" by Dr. Clark Goldstein. An additional resource to consider is "What to Do When You Worry Too Much" by Dawn Huebner; it's a how-to guide and workbook geared towards kids and can be found on Amazon. Finally, if your student's anxieties are getting in the way of their functioning in a significant way, talk with your pediatrician and your student's teacher--there are accommodations available to students with anxiety disorders that can be put in place here at school to support them. Remember: our goal is not to eliminate the adaptive human emotion of anxiety, but to help students persevere despite it.

4/5 Intervention Block

4th and 5th grade students have an intervention and enrichment block built into the school day. Students and teachers call it "Turtle Time." Each day, there are 20-30 minutes that may be used for re-teaching, enrichment, extension, or research based interventions as needed. Based on data and teacher observations, we will regroup students in the grade level into various sessions. Examples might include:

- Orton-Gilligham provided by a reading specialist or special ed. teacher
- Review of specific math concepts with a teacher
- Support with reading comprehension from a reading specialist
- Building science vocabulary for students learning English with an ESOL teacher

Enrichment activities with a specialist that extend learning for students that are above grade level
These sessions tend to have fewer students than the regular classroom, since the students are assigned to various groups with 4-6 teachers. As we move through the year, we will adjust the offerings and which students are assigned to each group based on student needs and test data. If you have any questions, your child's teacher can provide more information. Students receiving researched based interventions have received a letter to that effect.

Weather Alerts

With winter weather approaching, families should familiarize themselves with APS procedures for notifying families of delayed openings and school cancellations.

Please visit the APS Emergency Alerts website at: <https://www.apsva.us/emergency-alerts/>

EL Education Night

Join us on Wednesday, November 20 from 6:30– 7:45 PM for our annual EL Education Night. Come participate in hands-on EL related activities designed by Campbell staff. Come experience what makes us unique and why we are now an official EL Credentialed School!

Holiday Drive

As you begin your holiday shopping, please keep our Holiday Drive in mind! Parents may donate NEW items beginning on Monday, December 2 for the Campbell Holiday drive. Items may be dropped off with Monica Castillo Burgos at the Campbell main office.

UPCOMING EVENTS

- 11/20: EL Education Night
- 11/22: Harvest Square Dance
- 11/27-29: No School– Holiday
- 12/2: Picture Retake Day
- 12/11: Grade 4/5 Music Showcase & Art Show
- 12/23-1/3: No School- Winter Break