

# NOVEMBER NEWSLETTER



## Parent Teacher Conferences

Conferences will be held  
November 5th and 6th from  
4:00-7:00 p.m.

Families are encouraged to check out our Scholastic Book Fair when they are here for conferences! Contact Ms. Russell if you have any questions.

## BUS DRIVER APPRECIATION DAY!

Monday, November 25

**School picture retakes** will be held on Wednesday, November 20th. If your child would like to get retakes, please contact your child's teacher to let them know.

Thank you.

Our annual **Remembrance Day** Service will be held on Thursday, November 6th at 11:00 am.

## Operation Christmas Child Boxes

Each class at Shaunavon Public School will be putting together a few boxes for Operation Christmas Child this year. If you would like to contribute, please click on the link below for suggestions on what to send, and what not to send. Shaunavon Pharmacy will give our families 20% off all items purchased for these boxes, just let them know what it's for. If you would like to participate, but don't have time to shop, cash donations will be accepted. Shaunavon Public School will cover the \$10/box charge for shipping. Items must be received no later than November 15th.

[Gift Suggestion](#)

## EARLY DISMISSAL

**WEDNESDAY, NOVEMBER 27**  
**2:25 PM**

Poppies from the Legion will be available at the school office by donation. If you would like your child to purchase a poppy from the Legion, please send them with their donation money to see Ms. Russell.

## SCHOLASTIC BOOK FAIR

November 5th, 6th & 7th!

### Grant a wish for a classroom!

Parents are invited to help build classroom libraries by purchasing a book from their teacher's classroom wish list!

Wish lists will be posted at the Book Fair for each grade. Please check them out.

Please join us November 5th and 6th during Parent Teacher Conferences to have a look at the Scholastic Book Fair.

Students will attend the Book Fair with their class throughout the week, so watch for those wish lists!



# EXECUTIVE FUNCTIONING

## STRESS TOLERANCE

### WHAT IS STRESS?

In today's world, it is virtually impossible to avoid stress. Like adults, children can experience stress, but the indicators often go unnoticed or are misdiagnosed as another health related concern. "Stress is a neurological and emotional reaction when we feel under pressure or threatened. It usually happens when we are in a situation that we don't feel we can manage or control" (Mind.org.uk, 2024). In order to properly understand and tolerate stress, it is important to recognize common signs and symptoms.

### SIGNS AND SYMPTOMS OF STRESS

Understanding signs and symptoms may allow for earlier intervention and support. Common signs and symptoms may include:

- unprovoked mood changes
- lack of energy or motivation
- sudden change in appetite or sleep
- lack of self-worth
- increase in worrisome feelings
- withdrawn behaviors
- choosing to socially isolate
- depression or feelings of dread
- racing thoughts all the time



Tolerating stress is an important skill. It comes in all shapes and sizes and can present itself through a number of different symptoms. It is unavoidable so talk about it and try giving stress an identity and learn effective coping strategies to manage it in a healthier way.

### WHAT KIND OF STRESS IS IT?

**Acute Stress** - short-term stress that comes on fast and quickly subsides when the stress eases. It can be positive or negative (ie: studying for a big exam).

**Episodic Stress** - acute stress or a mini crises that occurs more frequently and results in a prevalent state of tension (ie: taking on too much at work).

**Chronic Stress** - long-term stress that never goes away and is often out of our control to deal with effectively (ie: war, terrorism, poverty).

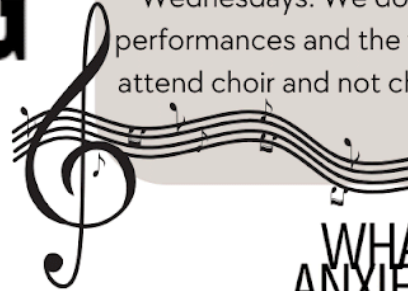
### COPING STRATEGIES

#### FOR KIDS

- talk about your feelings
- identify stress triggers
- deep breathing exercises
- journaling or drawing
- discussing vulnerability
- build resiliency
- schedule activities that promote happiness

### CHOIR

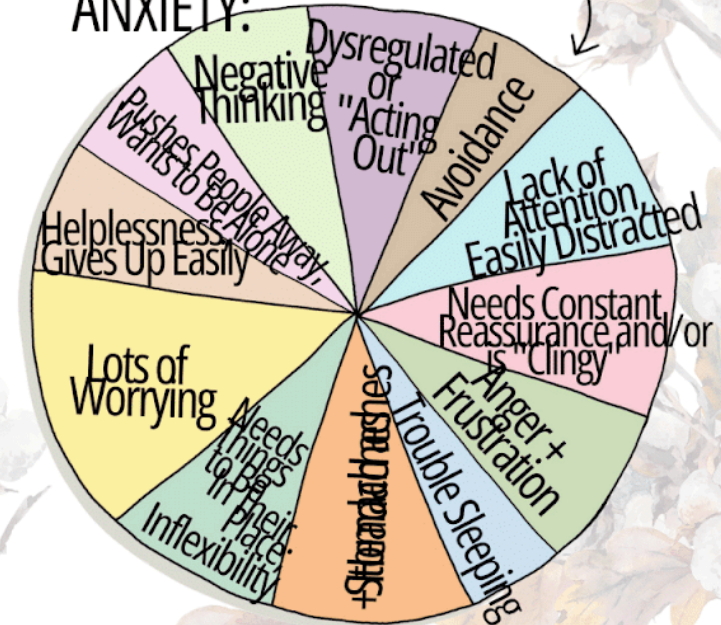
Choir started on Wednesday, October 30th. Choir will occur at noon each Wednesday until approximately late March, 2025. Please remember to send a cold lunch and a water bottle with your child on Wednesdays. We do keep attendance, and in order to be part of performances and the year-end pizza party, children are expected to attend choir and not choose to go outside to play when the weather is favourable.



### WHAT WE OFTEN THINK ANXIETY LOOKS LIKE IN KIDS:



### HOW KIDS ACTUALLY SHOW THEY ARE FEELING ANXIETY:



**STAY TUNED EACH MONTH FOR DETAILS ON A NEW EF SKILL**

### Jump Rope for Heart

Jump Rope for Heart will start on Monday, November 18 and go every Monday and Friday until Friday, January 24. All grades from K to 7 are welcome to attend.





# NOVEMBER

MON	TUE	WED	THU	FRI
				1  <b>KINDERGARTEN DAY 5</b>
4  <b>DAY 6</b>	5 <b>ASSEMBLY 2:40</b> PARENT TEACHER INTERVIEWS 4:00 - 7:00 <b>KINDERGARTEN DAY 1</b>	6 <b>REMEMBRANCE DAY SERVICE 11:00</b> PARENT TEACHER INTERVIEWS 4:00 - 7:00 <b>DAY 2</b>	7  <b>KINDERGARTEN DAY 3</b>	
	12  <b>DAY 4</b>	13  <b>KINDERGARTEN DAY 5</b>	14  <b>DAY 6</b>	15 <b>SUBWAY HOT LUNCHES FORMS DUE</b> <b>KINDERGARTEN DAY 1</b>
18  SCC Meeting @ 6:30  <b>DAY 2</b>	19  <b>KINDERGARTEN DAY 3</b>	20  <b>PICTURE RETAKE</b> <b>DAY 4</b>	21 <b>HOT LUNCH</b>  <b>KINDERGARTEN DAY 5</b>	22  <b>DAY 6</b>
25  <b>BUS DRIVER APPRECIATION DAY</b> <b>KINDERGARTEN DAY 1</b>	26  <b>DAY 2</b>	27 <b>EARLY DISMISSAL 2:25 PM</b> <b>KINDERGARTEN DAY 3</b>	28  <b>DAY 4</b>	29  <b>KINDERGARTEN DAY 5</b>