



Bluff Elementary School

# OCTOBER NEWSLETTER

*"Read 20 minutes a day"*



# PRINCIPAL SILVERSMITH



## Communication from School to Home:

- Use of School Webpage and Facebook
- Post news on School Marquee
- School Monthly Newsletter is full of good information from each teacher
- Email and text parent
- Flyers sent home

Happy  
Halloween



If you have not signed up for Bluff Eagles Facebook page, please follow the instructions on the next slide. If you have other suggestions of how to make contact to parents from school to home, please stop by the office and let us know.





# Stay Connected!

## Access the School Newsletter

Every month, Bluff Elementary School sends out school newsletters *electronically*. This is shared through our school Facebook page and School Webpage. Our school newsletters have important dates and information from the front office, school principal and teachers. Below are two options to access the school newsletter:

### **1** School Webpage

1. Click the link below:  
<https://www.sjsd.org/o/bluffes>  
This should automatically direct you to the school webpage.
2. Scroll down and click the [School Newsletter button](#).
3. Scroll down and there you will see all our school newsletters.

### **2** School Facebook Page:

*You would NEED a Facebook account for this option.*

1. Click Link Below:  
<https://www.facebook.com/Bluff-Elementary-School-Bluff-Utah-111749157297923>
2. Like our school facebook page.
3. You'll be able to see any information shared from the school on your facebook timeline.

# Communication Between School & Home

## SCHOOL MONTHLY NEWSLETTERS

Monthly



### Newsletter

Shared on webpage and facebook.

## SCHOOL FACEBOOK PAGE



You would need to sign up for this. Otherwise if you have an account just like our page.

## MASS emails



Office will send emails to parents' emails on file. This can be updated with office if needed.

## FLYERS - PAPER COPY



Flyers sent home with students.

## PHONE CALLS/TEXT MESSAGES



Office will use numbers on file during registration. Please update if needed with office.

## BLUFF NEWS (DIGITAL)



Located in front office on TV screen.

## SCHOOL WEBPAGE



SCAN ME

## SCHOOL MARQUEE



# Bully Blocker Pledge

- I agree not to bully others with my words, actions, or inaction.
- I will help others who are being bullied by *doing something* such as speaking out or getting adult help right away.
- I will include students who are left out.
- I will follow the Bluff Elementary Rules and the Bluff Creed.
- I will be KIND to all students and adults.





# FRONT OFFICE



## Important Dates:

Oct 11th—School Picture Day

Oct 13th—NO SCHOOL (Fall Break)

Oct 16th—NO SCHOOL (Teacher Day)

Oct 23rd—SCC Meeting @ 4pm

Oct 31st—Happy Halloween!



## Attendance Celebration

- \* Each week the school celebrates class attendance.
- \* Depending on which class has the highest average the whole class gets to choose a prize and the teacher gets their favorite drink.
- \* Students who are here Monday-Friday will get a popcorn.

# Happy Halloween

## Parent Reminders:

1. Parents please call in if your child is or will be absent. Please bring in a medical note if applicable. Just a friendly reminder that 3 unexcused tardy = 1 day absent.
2. Call the school **BEFORE** 2:45pm or earlier if you are picking up your child afterschool. The school will NOT interfere with buses after they depart the school.
3. The school or bus drivers cannot make bus arrangements, this **MUST** be done through the transportation department (435) 678-1306/1305.



Having a growth mindset means believing that a person's abilities aren't innate but can be improved through effort, learning, and persistence. A growth mindset is all about the attitude with which a person faces challenges, how they process failures, and how they adapt and evolve as a result. Sometimes it is hard to decipher emotions that often look like anger and sound mean and rude and mean. When we recognize that we might be angry we can sing this song while we tap or clap until we feel ourselves calm down. It's for big kids too...that's us!

As the students memorize this song, they can receive SOAR tickets and be put in for a monthly drawing! If you your student teaches you the song, they will be entered into the monthly Bluff family Games! Will you learn it with your students too? Can't wait to hear it! Send in your video!



9 hours of Sufficient sleep during adolescence is essential and prevention! Research are finding significant correlation between sleep duration in adolescence and depressive thought problems, behavioral problems, and academic performance. Adequate sleep patterns improve long-term employment, positive mental health and reduce risky behaviors. Help our student set healthy sleep patterns so that they can do their best in school!

ReNee  
rmcdonald@sjsd.org





# Carolyn Ballinger

## Preschool and SPED Teacher

Focus. The ability to focus on the task at hand is one of the most important factors in learning. If a student cannot maintain focus on the words being spoken, or on the task he or she is performing, the student will not be able to remember the words or complete the task.

Fortunately, this is a skill that can be learned. True, it is harder for some of us to learn to focus than it is for others of us, but if we start from where we are, and be patient with ourselves, we can gradually learn to pay closer and closer attention to what we are trying to do, and to shut out all the distractions. This takes more energy than we are used to expending, but we can do it if we remember to stop afterwards and relax for a little bit. We will be able to increase the the depth of our focus, and the time we can maintain focus, again, just a little bit at a time.



Thank you Preschool Parents,  
for taking time out of your busy schedule to visit with us  
on CCR day. We enjoyed, laughing, and visiting with you.  
We shared and sent home the Preschool homework folder,  
please have your child work on it every night. You'll see their  
knowledge grow and expand. Thank you for sharing your  
child  
with us, we enjoy teaching and watching  
them grow.

Preschool assessment will be sent out in the mail on  
October 12, 2023

Have a safe Happy Halloween  
Mrs. Wanda Ketchum  
Ms. LaQueen Martin

## Important Dates

October 11th- School Picture Day  
October 12th- Last Day of 1st Term  
October 13th- Fall Break/No School  
October 16th- Teacher Day/No School  
October 17th- 2nd term  
starts  
October 27th- Ma'lyn Birthday  
October 31st- Halloween Party  
Mykelti Birthday

## What We Are Studying

Theme: Health & Nutrition  
Community Helper  
Shapes: Square & Rectangle  
Colors: Orange, Black,  
Purple  
Numbers: 3 & 4  
Letters: Tt, Mm, Hh, Pp

## Hero's of the Month

Ma'lyn: is 4 years old and wants to become a  
doctor. Her hero is her big brother. Her favorites are:

Animal: Fox Food: Dumpling Stew  
Sport: Running Color: Purple/Pink  
Book: Princess

Ma'lyn loves to play with her cat at home. Something  
you may not know about Ma'lyn; she has a dog (Kenai)  
and a cat (Poppy)

MyKelti: is 4 years old and wants to be a  
doctor someday. Her hero is  
her sister. Mykelti's favorites are:

Animal: Dogs Food: Spaghetti Sport: Running  
Color: Blue Book: Llama, Llama Red Pajama  
Mykelti likes to play dress up, watch TV, and play  
with  
her toys.

# OCTOBER

# 1st Grade October Newsletter 2023

First grade families,

Just like that we are coming to the end of first quarter. Thank you to all my families that came to CCR day. We got to talk deeply about your students testing results and what you can do at home to help.

Continue to have your students read at home. We will be having our end of quarter one ice cream party soon. Your student needs to turn in 30 days worth of reading.

We are focusing on short vowel CVC words and L & S blends for reading. I will continue to send home our weekly reading passages for practice.

We are also focusing on addition and subtraction strategies in math.

If you have any questions please feel free to contact me.

-Ms. Begay

## October Birthdays

Kony  
10/23  
Mi'Lyiah  
10/26  
Matthew  
10/29

Happy  
Halloween

## Important Dates

October 11th	School Picture Day
October 12th	Last Day of 1st Term
October 13th	Fall Break (No School)
October 16th	Teacher Day (No School)
October 17th	2nd Term Starts
October 31st	Halloween Party



## October Newsletter



## 2nd Grade 2023

2nd Grade Families,

I can't believe we are almost done with the 1st quarter! Students are working hard and learning lots! Make sure they are here daily so they don't miss anything.

Please have your students read at home. Make sure they are getting their reading calendars signed and bringing them back. We will be having our Ice Cream Party on October 12th!

In math, we are skip counting. This is a very important skill for the future. Practice counting by 2's, 5's and 10's at home!

Thank you for coming to CCR day. Also thank you to the many parents that came and helped us on our field trip, it was a blast!

If you ever have any questions, please reach out to me!

—Mrs. Brown



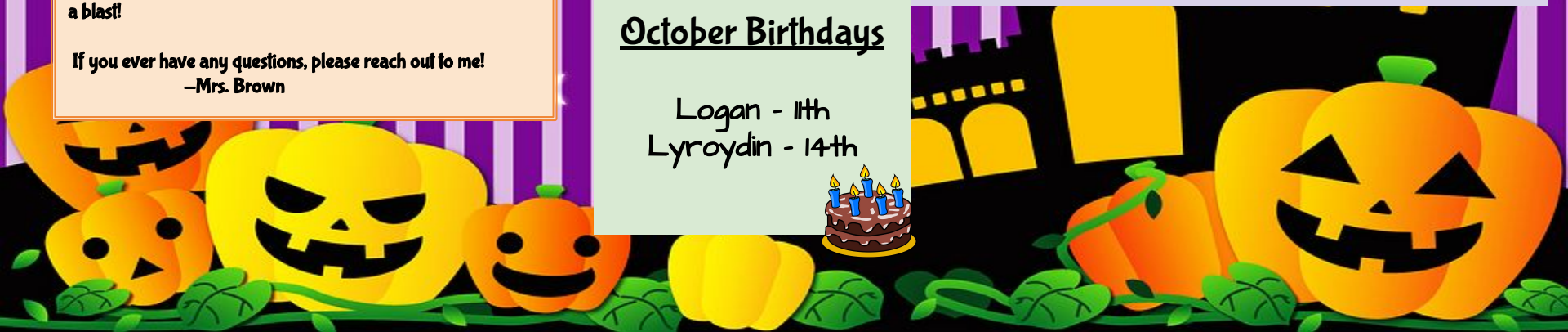
### October Birthdays

Logan - 11th  
Lyroydin - 14th



### IMPORTANT DATES

October 11th	School Picture Day
October 12th	Last Day of 1st Term
October 13th	Fall Break / No School
October 16th	Teacher Work Day / No School
October 17th	2nd Term Starts
October 31st	Halloween Party



# Mrs. Richmond's 3rd, 4th, and 5th grades ELA



Happy Birthday!!

Laanah	5th	Honor	9th
Donovan	14th	JT	16th
Synoa	31st		



Dear Students and Families,

We're flying into October! We will be working on many things this month. In all grades we are working on writing informative essays, or an essay that gives information about something.

For reading this month we will be working on finding the theme, or lesson in a story. These are lessons that the characters learn that can also be applied to our lives.

This month the reading calendar looks a little different. There are parts of a picture to color every day that the student reads. Make sure you're reading 20 minutes everyday. On Halloween the reading calendar can be brought back to school for a prize, if it has been colored in and you have read.

Also, don't forget to practice your spelling words every week.

- Mrs. Richmond



# 3rd, 4th and 5th Math/Science—Mrs. Wallis

## 3rd Graders,

In science, we are learning about how weather is a minute-by-minute, day-by-day variation of the atmosphere's condition on a local scale. Also, how scientists record patterns of weather across different times and areas so that they can make weather forecasts. In math we are learning about subtraction and subtracting larger numbers.

## 4th Graders,

In science, we are learning about plants and animals have both internal and external structures that serve various functions for growth, survival, behavior, and reproduction. will help up on our upcoming field trips. In math finishing up multiplication , then we are learning about division with 1 divisor and up to 4 digit dividends.

## 5th Graders,

In science, we are learning about Earth Changes in science! Knowing how the Earth can change will help up on our upcoming field trips. In math we are learning about division with 1 and 2 divisors. Keep up the good work everyone!

**Families,** Thank you to all the parents and family members who came to CCR day to help support your student in their learning. I appreciate how you have helped and encouraged them to complete assignments and taken the time to reach out to me on their behalf.

Again, I value your support at home, I could not do this without you. -Mrs. Wallis



### Important dates:

October 2nd – 4th Field trip to Sand Island  
October 11th – Last day to turn in work for 1st quarter

\*All work and tests need to be completed by this day

October 12th – End of 1st Term

October 13th – Fall Break – No School

October 16th – Teacher work day – no school for students

October 17 – 2nd term starts—school starts

October 18th – 5th Grade Field Trip to Bears Ears

October 19th – 3rd Grade Field Trip to Bears Ears

October 24th—Museum on the move visit 4th grade

October 25th – 4th Grade Field Trip to Bears Ears

October 31st – Halloween Party

November 1st – 5th grade field trip to Natural Bridges



*Cooperative Learning-Students are making sentence by looking at a photo on the smartboard.*



## 30th Annual Heritage Language Conference



# Heritage

## Happy New Year!!

October (Ghaqji') is the beginning of the Navajo Nation New Year.

The fall (Aak'ei) season is a time of harvest, preparing for the coming winter, and a time of reflection. It is a time for us to appreciate the richness around us as we anticipate the hardships that winter will bring.

## Upcoming Events:

- October 2-15 Shiprock Fair
- October 5 Youth Day at Shiprock Fair
- October 7 Shiprock Parade
- October 9 Indigenous People's Day
- (Optional) Have your child wear their traditional attire.
- October 21 Navajo Taco Sale
- October 27 Bluff Princess/Warrior Pageant
- 3:00-4:30 pm Bluff Elementary







# INTRODUCING HOPE!

The 5th grade will all participate in Jr Hope Squad with an leadership committee that will plan activities. Part of the role of Jr. Hope Squad members is to help others live positive, happy lives be learning what hope means, sharing their experience, and creating an school environment that feels welcome and safe for everyone be offering friendship and being role models.



**HOLD on**



**PERSUADE**



**EMPOWER**

## What is Hope?

- *Have self worth:* Care about others and yourself!
- *Be optimistic:* Believe good things will happen.
- *Have Vision:* Set goals and work hard.
- *Share hope!* Express how you feel - let others know you care!

# Bluff School Menu



## October



2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Soup Day Rolls Green Salad Apples Green Beans	3 Taco Tuesday Peaches Refried Beans Chocolate Cake	4 BBQ Beef Sandwich Steamed Carrots Mandarin Oranges Steamed Broccoli Pudding	5 Mac & Cheese Green Beans Green Salad Apples Rolls	6 Chicken Patty Sandwich Fries Pears
9 Spaghetti Breadstick Green Beans Green Salad Peaches	10 Cheeseburger Fries Melon Rice Krispy Treat	11 Beef Nachos Corn Pears Refried Beans Cookie	12 Stromboli Carrot Sticks Peas Oranges	13 <b>FALL BREAK</b>  <b>NO SCHOOL</b>
16 <b>TEACHER DAY</b>  <b>NO SCHOOL</b>	17 Ravioli Breadsticks Peaches Corn Green Salad	18 Toasted Cheese Tomato Soup Green Beans Bananas Rice Krispy Treat	19 Roasted Ham Au Gratin Potatoes Applesauce/Rolls Green Salad Cherry Crisp	20 Pigs in A Blanket Baked Beans Broccoli Pineapple
23 Beef Nachos Refried Beans Corn Applesauce Brownies	24 Meatball Sub Green Beans Peaches Steamed Broccoli	25 Country Fried Steak Potatoes/Gravy Steamed Carrots Mandarin Oranges Rolls	26 Corn Dog Tater Tots Carrot Sticks Pears	27 Bean & Cheese Burrito Tater Tots Pineapple Jell-O
30 Chicken Patty Potatoes/Gravy Peas & Carrots Pears Rolls	31 Chili Beans Cinnamon Rolls Carrot Sticks Crackers Pears			

SAN JUAN SCHOOL DISTRICT ELEMENTARY SCHOOL LUNCH

### Breakfast Prices:

Ault Breakfast.....	\$3.00
Non-Student Child.....	\$2.00
Milk (Extra).....	\$0.40

### Lunch Prices:

Adult Lunch.....	\$4.40
Adult Salad (Pre-Order Only).....	\$3.00
Non-Student Child 0-12 yrs.....	\$2.40
Non-Student Child 13-17 yrs.....	\$2.70
Milk (Extra).....	\$0.40

**Call BEFORE 9:30am to order lunch. Cash or Check ONLY!**

Parents who would like to eat school lunch need to call the school by 9:00am to reserve your meal for the day.  
Served Daily:

-Beverages:  
Chocolate Skim Milk  
1% White Milk

"Parents and Community Members who would like to make comments or suggestions regarding the San Juan School District Wellness Policy can contact the District Food Services Office at (435) 678-4300 or (435) 678-1265"  
Wellness Policy Can Be Found At:  
<http://sjxd.org/students-parents/food-services-menus/>

*This Institution Is An Equal Opportunity Provider*

*\*\*MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE!*

