

# CARDINAL CHIRP



October 2023

1.



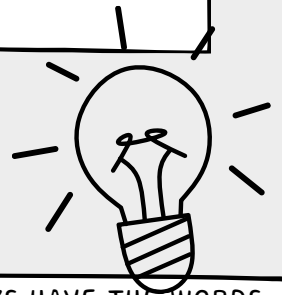
## OFFICE NEWS



Welcome back Cardinal Families! We have gotten the 2023-2024 school year off to a great start! Our theme this year is a Hollywood theme! We will be spotlighting all of the amazing things our students and staff are doing this year! Please follow us on any of the following social media platforms to keep up with the latest CES happenings: facebook, instagram, twitter and our CES website.

## COUNSELOR'S CORNER

















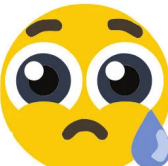

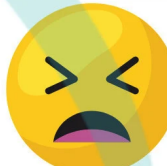

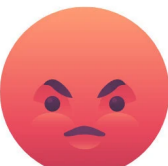
2.



"KIDS EXPERIENCE EMOTIONS, JUST LIKE ADULTS. HOWEVER, OUR KIDS DO NOT ALWAYS HAVE THE WORDS TO EXPRESS THOSE EMOTIONS. THERE ARE SEVERAL WAYS YOU CAN HELP KIDS MORE ACCURATELY IDENTIFY AND WORK THROUGH EMOTIONS:

1. BE A ROLE MODEL - SHOW YOUR CHILD THE DIFFERENT WAYS YOU HANDLE YOUR BIG EMOTIONS IN HEALTHY WAYS
2. LISTEN TO YOUR CHILD WHEN THEY HAVE BIG FEELINGS/EMOTIONS - ALLOW YOUR CHILD SPACE TO EXPRESS EMOTIONS IN A SAFE WAY
3. HELP YOUR CHILD IDENTIFY/NAME EMOTIONS - "YOU MUST BE FEELING VERY FRUSTRATED RIGHT NOW, LET'S TAKE SOME DEEP BREATHS"
4. USE A VISUAL EMOTIONAL IDENTIFIER - PUT A CHART ON YOUR REFRIGERATOR, BATHROOM MIRROR, OR IN YOUR CHILD'S ROOM AND HELP THEM IDENTIFY WHAT THEY FEEL AT DIFFERENT TIMES OF THE DAY!!

# How do I feel?

 Happy	 Confused	 Guilty	 Calm	 Silly
 Loved	 Surprised	 Grumpy	 Disappointed	 Sneaky
 Annoyed	 Hysterical	 Excited	 Embarrassed	 Shy
 Content	 Worried	 Nervous	 Joyful	 Sad
 Disgusted	 Shocked	 Frustrated	 Scared	 Angry



3.

## NEWS FROM THE NURSE

PLEASE DO NOT SEND YOUR CHILD TO SCHOOL IF HE/SHE HAS HAD:

1. FEVER MORE THAN 100 DEGREES WITHIN THE LAST 24 HOURS

(MUST BE FEVER FREE WITHOUT MEDICATION)

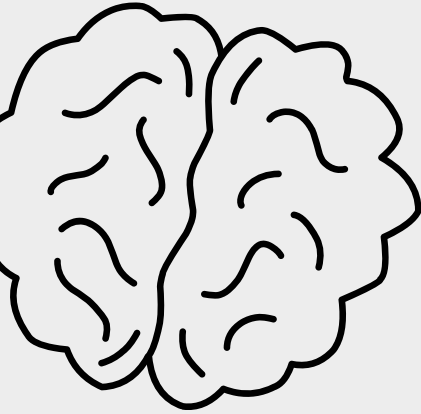
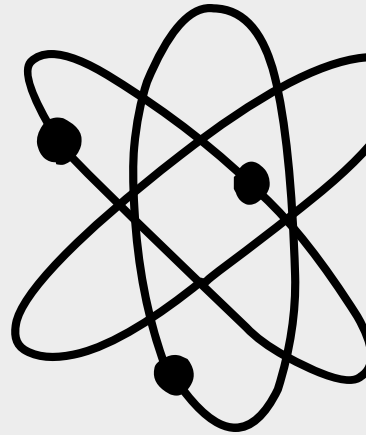
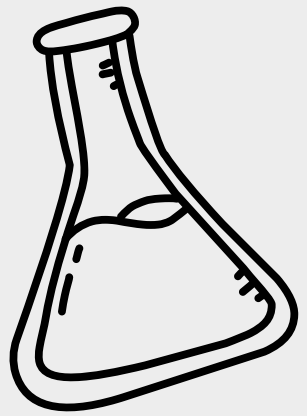
1. VOMITING OR DIARRHEA WITHIN THE LAST 24 HOURS

2. CONTINUOUS COUGHING NOT RELIEVED WITH COUGH MEDICATION

\*\*\*\* AS COLD AND FLU SEASON APPROACHES, REMEMBER THE NUMBER ONE DEFENSE AGAINST SPREADING DISEASE IS TO WASH YOUR HANDS FREQUENTLY.

MAKE SURE STUDENTS ARE WEARING COATS. WE DO GO OUTSIDE AS MUCH AS POSSIBLE FOR RECESS!

THANK YOU IN ADVANCE FOR WORKING WITH US TO KEEP STUDENTS HEALTHY AND IN SCHOOL!



4.

## FAMILY NIGHT



On Thursday September 21st, CES hosted our first family event of the year! We want to thank our intervention teachers and specials teachers for planning a fabulous Family Night! Thank you to our teacher volunteers that came out to help! We were so happy to see so many of our families come out and enjoy the activities together. We have many other fun things planned for this year. Check out the next page for upcoming events.

# UPCOMING EVENTS

- 10/5 TITLE I INFORMATION MEETING  
10:00AM OR 6:00PM
- 10/6- END OF 1ST 9 WEEKS
- 10/12-10/13 PARENT TEACHER CONFERENCE  
DAYS-ELEARNING
- 10/16-10/20- FALL BREAK-NO SCHOOL
- 10/27- OCTOBER BIRTHDAY CELEBRATIONS
- 10/27-FALL FESTIVAL
- 11/8-EARLY RELEASE DAY
- 11/9-PICTURE RETAKE DAY
- 11/10-VETERAN'S DAY PROGRAM
- 11/11-SPELL BOWL COMPETITION
- 11/16-MIDTERM GRADES SENT HOME
- 11/17-NOVEMBER BIRTHDAY CELEBRATIONS
- 11/22-11/24- THANKSGIVING BREAK
- 12/4-12/8- BOOKFAIR
- 12/7-CANDYCANE BINGO
- 12/11-12/15- PENGUIN PATCH
- 12/18-CHRISTMAS PROGRAM
- 12/19-DECEMBER BIRTHDAY CELEBRATIONS
- 12/19-END OF 2ND 9 WEEKS
- 12/20-1/3- WINTER BREAK