



The Northstar - Ross Elementary

We are getting ready to end a successful trimester. Please be sure to access your child's progress report on the Parent Portal, Wednesday, Nov. 15th. Our upcoming Fall Party is on Friday, Nov 3rd and the last day of the trimester. We will be following the new Parkway Food Protocol and will not have food at our class parties. It will continue to be a great time for all as parents will plan fun games and crafts for each class.

I am excited to share that we are in the process of re-applying to be a National School of Character. Schools awarded as a National School of Character must re-apply every five years. We are excited to include many new character structures in our application as well as solid gains in our academic achievement. We continue to provide leadership opportunities for our students as part of our character education framework and will begin Character Council and Ross Ambassadors this month. This year, we will include a leadership opportunity for student membership in our *Student Principal Cabinet*. The leadership structure will allow for student voice in our school activities and events.

~National School of Character~

UPCOMING DATES

- 10/19 Running Club 8:00 am
Early Childhood Visit 9:30 am
PKWY Board Meeting 7:00 pm
- 10/20 2nd Grade Yoga Club 8:10-8:45 am
Principal's Coffee 9:15-10:00 am
5th Grade Cahokia Mounds 9:05-1:50pm
PTO Skate Night 5:30-7:30 pm
5th Grade Trunk or Treat 6:00-8:00 pm
- 10/24 Vision Screening All Day
- 10/26 Running Club 8:00 am
- 10/27 2nd Grade Yoga Club 8:10-8:45 am
Buddy Field Trips
K & 3rd Theis Farm 9:15-1:45 pm
1st & 4th Grants Farm 9:15- 1:45
- 10/30 North High Trunk or Treat
- 11/1 Late Start- School begins 11:05 am
PTO Restaurant Night –Fuzzy's Taco
5:00-8:00 pm \$5.00 Brownie Sundae
- 11/3 Fall Party 3:00 to 3:45
End of the Trimester
- 11/6 No School- Records Day
- 11/10 Veterans Day Celebration
- 11/15 Progress Reports are available to view

Parents,
Thank you for the wonderful treats during Parent Teacher Conferences. The Potato Bar was delicious! ~ Ross Staff



2nd Annual Ross Elementary

Trunk or Treat

All proceeds to benefit the 5th Grade Moving- Up Celebration

\$10/car Friday, October 20th 6pm to 9:00 pm

Chili \$2 Hot dog \$1 Chili dog \$3

Frito Chili Pie \$3 Bottled water \$1

Pumpkin carving contest Spooky Fun Photo Booth Contest for best decorated trunk

Food (6-8:00 pm), pumpkin carving contest (7:00 pm)

New Awning

Our PTO will be using money earned from Trivia Night to purchase the school awning. The awning will protect students and families from inclement weather as they enter our school. The awning could possibly be installed during the holiday break. Stay tuned!

9/21/2017

Ross Elementary-rendering Plum Purple.jpg



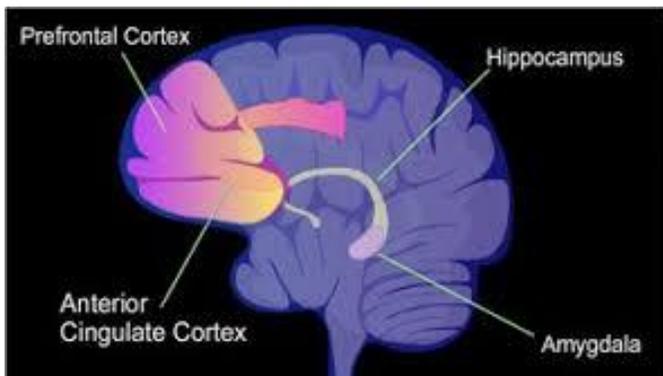
Home-School Connection

It's no secret that a child's social and emotional well-being can directly influence academic outcomes. When a child is in tune with their emotions, it can help them pay attention and make sound decisions.

In order to learn, a child must engage their prefrontal cortex in the brain. The prefrontal cortex helps a child focus and monitor their attention. The latest educational research suggests that regular mindful activities can change how our body and brain respond to stress and can strengthen the connections in the prefrontal cortex. When we strengthen the prefrontal cortex, we support self-reflection and self-regulation. These functions play a critical role in learning, memory, and retention.

In an educational setting, we can support the prefrontal cortex by engaging the students in mindfulness practices. These practices have proven effective in enhancing attention and reducing stress. One of the ways we are using mindful activities at Ross is through intentional breathing. Deep breathing increases the supply of oxygen to our brains and can promote a state of calm. Our students are learning to breathe in and out slowly as a way to get calm.

You can practice deep breathing at home with your child when they need a quick break or an opportunity to refocus.



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@Ross Elementary School

We post pictures, notes, celebration and events each week!