



# Our Class News

September 2023

Mr. Olson's Class

Issue 2

**Thanks to all those who made it to back to school night. If you missed it you can see all the information covered that night on our class website. (address below)**



**Almost all parents have signed up!** If you have not received any texts from me please consider this way of communication. I will be using REMIND.COM to send out reminders of events going on in our class.

To receive messages via text, text **@23-24olson to 81010.**

OR

To receive messages via email, send a blank email to: **23-24Olson@mail.remind.com**

## Mark your calendar

### This month's events:



- 5th NO SCHOOL
- 11th Grandparents and cookies (7:20am)
- 15th –Movie Night
- 18th Minimum Day

—Staff Development

—29th Book Report Due

### Up and coming events

—Oct 16th –Minimum Day –Staff Development

—Oct 23rd –Red Ribbon Week

—Oct 27th –End of Trimester

—Nov 8th –Conference Schedule

—Nov 10th –Veteran's. Day –NO SCHOOL

## September in The Classroom

Math –Finishing up place value, adding, and subtracting. Beginning strategies for multiplication through thousands place, comparison problems, and using the distributive property. Practice those times table through 12s.

Language Arts –Our reading theme is “How people respond to natural disasters”. We will focus on comparing texts and using textual evidence to support our answers. Story theme will also be our focus.

Science –We are focusing on Earth science / Land forms

Social Studies –We will be continuing our California regions study and begin looking at “The First Californians”.

## THE WEDDING

A little boy was in a relative's wedding. As he was coming down the aisle, he would take two steps, stop and turn to the crowd alternating between the bride's side and the groom's side. While facing the crowd, he would put his hands up like claws and roar. So it went: Step, step, ROAR, step, step, ROAR, all the way down the aisle. As you can imagine, the crowd was near tears from laughing so hard by the time he reached the pulpit. The little boy, however, was getting more and more distressed from all the laughing, and was also near tears by the time he reached the pulpit. When asked what he was doing, the child sniffed and said, "I was being the Ring Bear!"

## This month we will be focusing on:

## SELF-MANAGEMENT

Self-Management: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation and agency to accomplish personal and collective goals.

### STOP IMPULSE CONTROL

I can use productive self-regulating strategies to manage emotions & reframe thoughts and behaviors.

### MANAGING EMOTIONS

I know how to use healthy practices that can minimize response to stress and promote physical and mental wellness.

### GOAL SETTING & Organization

I can set, monitor, adapt, and evaluate personal or collective goals. I can manage materials, time and responsibilities effectively.

### MOTIVATION & PERSEVERANCE

I have the ability to take initiative to complete task and can stay actively engaged. I can overcome obstacles and demonstrate perseverance.

## Social Emotional Learning for the month of September: Self-Management

Self Management is the crucial skill in managing our own emotions and behaviors through tough situations and distractions. It is the ability to set goals, stay on task, and regulate our emotions to stay on track to achieve them.

# KINDNESS CALENDAR

## September 2023

**SUNDAY**      **MONDAY**      **TUESDAY**      **WEDNESDAY**      **THURSDAY**      **FRIDAY**      **SATURDAY**

Positivity is contagious.

<b>3</b> Help make dinner	<b>4</b> Make someone laugh	<b>5</b> Wash the dishes	<b>6</b> Draw someone a funny picture	<b>7</b> Do something helpful around the house	<b>8</b> Help your family with the laundry	<b>9</b> Give yourself a compliment
<b>10</b> Write a thank you note to an active military member	<b>11</b> Write a thank you note to a first responder	<b>12</b> Think about what makes you special	<b>13</b> Offer to help a relative that lives with you	<b>14</b> Give out 5 compliments	<b>15</b> Tell a family member 3 things you love about them	<b>16</b> Help make lunch
<b>17</b> Tell someone they are awesome	<b>18</b> Smile at as many people as you can	<b>19</b> Write a gratitude list with a family member	<b>20</b> Tell a sibling or relative 3 things you like about them	<b>21</b> Go on a walk with a trusted adult and wave to at least 3 people	<b>22</b> Write a thank you note to a teacher	<b>23</b> Call or FaceTime a relative you haven't spoken to in a while
<b>24</b> Make every bed in your house	<b>25</b> Do a favor without expecting anything in return	<b>26</b> Pick up trash around your neighborhood	<b>27</b> Read a story to a younger relative	<b>28</b> Enjoy family time	<b>29</b> Hold the door open for someone	<b>30</b> Thank someone for being them