

WELCOME TO OUR

# November Newsletter



## All Good Things

November is a crazy busy time but as the title states, it's busy with "all good things". One of the main things this month brings us to is the important conversations that we get to enjoy with you at Parent Teacher Conferences on Nov. 10th & 13th. We want to celebrate your wonderful child, share the growth that has been experienced so far as well as challenge some areas for future growth. Plus, we want to hear from you! What questions do you have for us? We truly see this as a partnership and look forward to these brief but valuable meetings. See you soon!

Mr. Cox  
Principal

## Important Dates:

Nov 10 Conferences/Book Fair  
Nov 13 Conferences/Book Fair  
Nov 26 Half-Day of school  
Nov 27/28 Thanksgiving Break!

## Office Notes:

When making a dismissal plan change, please call the office no later than 2:30. This provides the needed time to communicate the change. Thank you!

## Morning Drop Off Improvements:

If you are a parent that chooses to drop off your student(s) in the morning you probably have noticed some extra attention being given to our procedures and traffic flow. We want to thank the Newaygo City Police for their assistance with a traffic study that was conducted to analyze how improvements can be made in the total amount of time it was taking for a family to make it through the drop-off line.

The good news is that with some minor changes the total drop-off experience has become significantly faster by several minutes. The other major detail worth noting is that it takes everyone working together to maintain this improvement. Here is a breakdown on what that looks like and how you can help:

- We are unloading as many as eight vehicles at a time starting at the flagpole and going all the way around the circle. So as you approach the flagpole, please have your "good-byes", love you", and "have a great day" routine all set so your student is ready to exit the vehicle as soon as you come to a stop. This ensures a quicker unloading process.
- As you approach, please be watching for the continued advancement of cars all the way up to the purple cone. This allows us to continue to unload eight cars each "round".
- If you are someone who prefers to park and walk your child up to the school (which is fine), please be mindful to park in an actual parking space, and as you leave do your best to not hold up the flow of the traffic loop.

We appreciate your patience and good will as we constantly review and reflect on procedures that impact the overall school experience!



### Firestarters for Sale!

Dear NES Families,

The After School Program Students have been working hard to make firestarters! Our product will be ready to sell during conferences.

We are learning new vocabulary words like materials, product, supply and demand. If you are interested, stop by the table to learn more and make a purchase. You can purchase 2 for \$1.00. All profits will be split between an ice cream party and Love Inc.

Sincerely,

The ASP Students





## 4<sup>th</sup> Grade Reading Lessons Come Alive

As part of our 4th Grade CKLA Amplify unit, we read several chapters from *Small Steps* by Peg Kerhret — an inspiring true story about Peg's experience with polio and her incredible determination to recover. During our reading, we explored literary techniques such as similes, metaphors, sensory details and dialogue to better understand how authors bring their stories to life. We celebrated our learning with chocolate milkshakes — just like the ones that helped bring down Peg's fever when she was sick — and played a variety of games, especially *Candy Land*, which was originally created by a teacher for children recovering from polio. It was a fun and meaningful way to honor Peg's story and celebrate how far we've all come!



## 2<sup>nd</sup> Graders Enjoy Field Trip

Second graders recently enjoyed an educational field trip to Heritage Farm, where hands-on activities brought classroom learning to life. Students learned about elk and bison during an interactive hayride, deepening their understanding of animal habitats and conservation. They watched apple cider being made, connecting science lessons to real-world processes, and enjoyed tasting the fresh cider. Navigating the corn maze and participating in yard games encouraged problem-solving, teamwork, and physical activity. The day was filled with fun and meaningful experiences that sparked curiosity and made lasting memories.



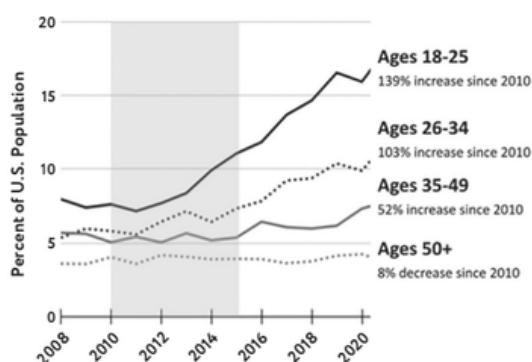
# “Growing” our Kids!

We have talked about the book, *The Anxious Generation* as the foundation for some of the new initiatives we have introduced this year. While we still highly recommend reading this transformative book, we also know that you are super busy. Therefore, over the next few newsletters, we will highlight and summarize different parts of the book that may be most helpful for you as parents.

## Setting the Stage

After more than a decade of stability and improvements in children’s mental health, rates of depression, anxiety, self harm and suicide suddenly skyrocketed in the early 2010's. Why the early 2010's? Dr. Haidt explains that between 2010 and 2015 the social lives of our teens/pre-teens moved largely onto smartphones with continuous access to social media, online gaming, and other internet based activities. This period of time began the sharp transition from a play-based childhood to a phone-based childhood. This “Great Rewiring” of our children’s childhood, has serious (and scary) implications for their developing brains. How does a phone-based childhood interfere with child development? We will take a look at this next month!

Anxiety Prevalence by Age



Emergency Room Visits for Self-Harm

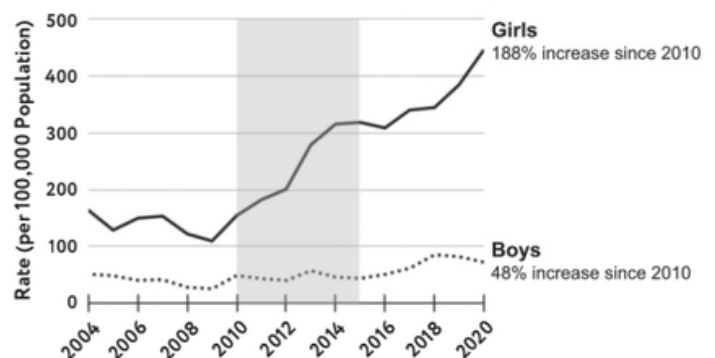


Figure 1.4. The rate per 100,000 in the U.S. population at which adolescents (ages 10–14) are treated in hospital emergency rooms for nonfatal self-injury. (Source: U.S. Centers for Disease Control, National Center for Injury Prevention and Control.)<sup>20</sup>

# Parent Guidance

## Mental Health Resources

### Ways to Build Your Child's Confidence

Newaygo Elementary School and Parent Guidance.org are partnering to bring families resources to help with parenting, mental health, navigating school and more. This month NES will be focusing on helping families building their child's confidence.

- **Foster a Growth Mindset**
  - a. **Encourage Effort and Resilience:** Teach your child that effort and persistence are more important than inherent talent. Encourage them to tackle challenging tasks and praise their efforts rather than just their achievements. Remind them, "I can do hard things," and share stories of times when you or others have succeeded through perseverance.
  - b. **Model Growth-Oriented Language:** Use language that promotes growth. For instance, when your child faces a difficult task, say things like, "What did you learn from this experience?" or "How would you approach this differently next time?"
- **Create Playful and Creative Opportunities**
  - a. **Engage in Play:** Dedicate time to play with your children. This can involve imaginative play, playing sports, or participating in creative activities like drawing or building. These interactions help children develop social skills, improve hand-eye coordination, and stimulate their imagination.
  - b. **Integrate Play into Daily Activities:** Incorporate playful elements into routine tasks. For example, turn tidying up into a game by setting a timer and seeing who can pick up the most items. This not only makes chores more enjoyable but also strengthens your bond with your child.
- **Develop Emotional Resilience**
  - a. **Acknowledge and Honor Emotions:** Encourage your child to express their feelings and validate their emotions. Ask them, "What are you feeling right now?" and listen attentively. Teach them that it's okay to feel sad, angry, or frustrated and that these feelings are part of the human experience.
  - b. **Guide Emotional Regulation:** Help your child learn to manage their emotions by discussing different ways to cope with stress and setbacks. Share techniques like deep breathing, journaling, or talking about their feelings with a trusted adult.

Families can access additional [parentguidance.org](https://parentguidance.org) resources on our school website [newaygo.net](https://newaygo.net)



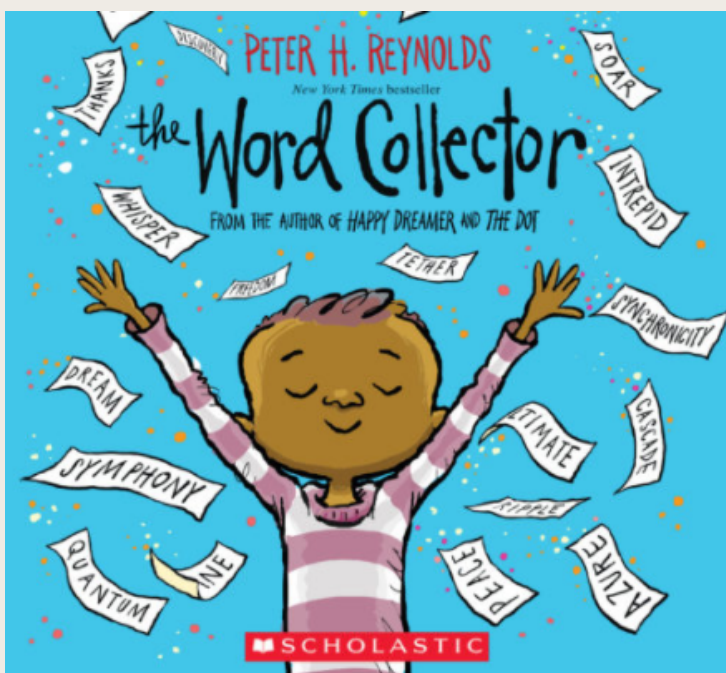
## Parent Tips for Developing Vocabulary By Mrs. Hreha

Our elementary school is working to grow your child's vocabulary knowledge. Each classroom dedicates instructional time to teaching new vocabulary words across all content areas. Your children are official WORD COLLECTORS just like Jerome!

By teaching students the words they read in books, it will help them to better understand what they are learning in school. You can teach your child new vocabulary words too.

Here are a few tips:

- **Use mature language around your child.** Your child will not learn new words if you don't use new words. "I **dread** going to the haunted house!"
- When reading to or with your child, **explain the meaning of new words using child-friendly definitions.** Just plop that meaning right into the conversation. For example: "Jiminy Cricket was Pinocchio's conscience. Your conscience is your voice inside."
- Finally, **revisit words** that you want your children to know. Focus on using them while speaking or writing. Celebrate and recognize your child for the moments when he/she uses new vocabulary words!





**Newaygo Elementary will be collecting food donations for hungry families again this November! Your child may bring food items to his/her classroom!**

**As a parent, this is a great opportunity to talk with your child about the positive impact he/she is having on the community. Sometimes children need to hear that the smallest voices can have a BIG impact!**



# HELP US FEED LOCAL FAMILIES



**TOGETHER, WE CAN PUT FOOD ON THE TABLE**

## N

### HOW YOU CAN HELP:

- Donate non-perishable food
- Monetary donation



### WE NEED YOUR SUPPORT

Every day, families in our community go to bed hungry. Your donation helps us provide fresh meals and groceries to those who need it most.

### MOST NEEDED FOOD ITEMS:

- Canned vegetables, beans & soup
- Rice, pasta & cereal
- Peanut butter & canned protein
- Cooking oil & spices





The annual pumpkin character contest happened again this year at Newaygo Elementary School. Students and families created over 200 marvelous works of art based upon some of their favorite book characters. In addition, this year we also invited the community to vote for their favorites. The following are the 2025 winners:

#### Community winners:

Kindergarten: Anthony Puschkar,  
 First grade: Emma Sanchez,  
 Second grade: Arianna Parra,  
 Third grade: Lilianna Slater, and  
 Fourth grade : Nataly Johnson.

#### School winners:

Kindergarten: Anthony Pushckar & Lily Giles,  
 First grade: Hal Emelander & Kaxton Brandt,  
 Second grade: Lilly Waffle & Ryan Blenman,  
 Third grade: Piper Nelson & Ty Schutter, and  
 Fourth grade: Kyrston Harrold & Penny Crane.

Thank you to the community for making this pumpkin contest so amazing and we can not wait to see what you create next year!

