

Choose kindness
I am safe.
I am responsible.
I am respectful.
I am a learner.



Elige la amabilidad
Estoy seguro.
Soy respetuoso.
Soy responsable.
Soy un aprendiz.

Dayton Grade School

503-864-2217

November 2023

Upcoming Events

Thursday, November 2
Vision Screenings

Friday, November 3
No School
Grading Day

Wednesday, November 8
Conferences
3:30–7:30 PM

Thursday, November 9
No School
Conferences
7:30–11:30 AM

Friday, November 10
No School
Veterans' Day

November 20–24
No School
Thanksgiving Break



GRATITUDE

We are looking forward to focusing on Gratitude this month! One way to think about Gratitude is “choosing to appreciate the people and things in our lives.” Practicing Gratitude can increase our well-being and even our happiness! Gratitude is 1 of 3 traits we will focus on throughout the year that helps students Be Well. Across grade levels, students will be developing skills like emotion regulation, positive self-talk, and stress-management. Have some fun connecting as a family this month while practicing Gratitude. Here are 2 activities you can complete together!

#1

What are some small, specific things that you are Grateful for? Maybe it is your favorite water cup, the way the cat sleeps on the chair, or when your grandma bakes banana bread. Spend some time as a family trying to think of at least 10 small things that you have Gratitude for and then choose to notice them this week with a smile.



#2

Review Gratitude as a family! Remember that Gratitude is choosing to appreciate the people and things in our lives.
Find a place in your home to display a glass jar. Cut up small slips of paper and place them next to the jar. Use the jar to collect special people, places, events, and memories that your family is thankful for. Find a time each week to add slips of Gratitude to the jar and assist students in writing or drawing gratitude as needed. Having a gloomy day or a challenging time as a family? Pull out the slips of Gratitude and read them aloud together as a reminder of your Grateful moments.

Conversation Starters



- Can you share or show what it means to practice Gratitude?
- What is something you are Grateful for every day?

PTSO News

Upcoming Events:

PTSO Monthly Meeting
Wednesday, November 15

All Meetings Begin at 6:30 PM



Parent Conferences



Wednesday, November 8
3:30 - 7:30 PM
Thursday, November 9
7:30 - 11:30 AM

November Character Trait: **GRATITUDE**

Choosing to appreciate
the people and things
in our lives.



All School Vision & Health Screenings

The Oregon Lions Sight & Hearing Foundation will be here Thursday, November 2nd to do vision screenings for all students K-5. If you are interested in volunteering for this event, please contact the grade school office at 503.864.2217.



Dayton Tree of Giving Applications

To receive gifts from the Dayton Tree of Giving, you have to apply at the McMinnville Salvation Army on **Friday, November 3, 2023** between 8:00 AM - 12:00 PM and 1:00 PM - 4:00 PM or on **Saturday, November 4, 2023**, between 8:00-12:00 noon. Valid identification, proof of residency and birth certificate for each child is required. For more information, contact the Salvation Army at 503-472-1009.

To sign up for a conference, you will receive a message from your child's teacher through ParentSquare that will allow you to pick a time slot.

November Dress Up Day Crazy Sock Day Friday, November 17



Winter Program "Survival Santa"



The Winter Programs for Grades 1-5 are Tuesday, December 19 and Wednesday, December 20..

We will be sending notification home with students the week after Thanksgiving on what night they are performing.

