The Discovery Connections

A newsletter for parents of Discovery Elementary Students

November 2026

A WELCOME MESSAGE FROM THE PRINCIPAL-DR. MATHEW NELSON

We are off to a wonderful start to the school year at Discovery Elementary!

As we head into November, our **Community C** focus is **"Contribute."** This is a great opportunity to encourage our students to make a positive difference in the lives of others. We are excited to continue this tradition through our annual **Thanksgiving Food Drive Community Service Project**, where our Discovery community comes together to support local families in need.

We also want to share our excitement for **Family Fun Night!** We can't wait to welcome our Discovery Families for a night of exciting games, gathering of friends and relationship building opportunities between Teachers and Families!

At Discovery Elementary, we take pride in educating the whole child. Our goal is to help every student learn, grow, and thrive—not only academically, but also socially and emotionally. We strive to create a welcoming, supportive environment where students feel valued, encouraged, and empowered to succeed.

An important part of this commitment is fostering a **Growth Mindset**. We encourage students to embrace challenges, learn from mistakes, persevere through difficulties, and recognize that effort and determination help us grow. On the following page, we've included helpful information from Mindset Works, along with simple ways families can encourage and reinforce a Growth Mindset at home.

Thank you for your continued support and partnership in making Discovery Elementary such a special place to learn and grow. Together, we can make a lasting difference for our students, families, and community!







How Parents Can Help Instill a Growth Mindset at Home

(From www.mindsetworks.com)

It's no secret that parenting can be hard at times. Having a growth mindset and believing in the power of a "not yet" attitude helps. Research shows that parents can have a powerful impact on their children's mindsets. The language you use and the actions you take show your children what you expect. Giving process praise, talking about the brain, accepting mistakes as learning opportunities, and understanding the role of emotions in learning are all practices you can begin today. The way we praise our children can have a profound impact on their mindset. Research on praise and mindsets shows that when we praise children for being smart, it promotes a fixed mindset. It sends a message that their accomplishments are trait-based, and tied to something innate. In contrast, praising kids for working hard promotes a growth mindset. It sends a message that the child's effort is what led them to success.

Say This	Avoid This
"I can see you worked so hard on this!" • Say this because it helps your children understand you value their effort	"You are so Smart!" • Avoid saying this because it makes them think of intelligence as a fixed quality.
"It seems like it's time to try a new strategy." • Say this because it lets your children know that they control outcomes by making choices.	"It's okay. Maybe you're just not cut out for this!" • Avoid saying this because it makes your children think they don't have the capacity to improve.
"It looks like that was too easy for you. Let's find you something more challenging so your brain can grow." • Say this because it teaches kids that learning should be challenging, and if tasks are too easy then your brain isn't growing.	"That's right!" You did that so quickly and easily; great job!" • Avoid saying this because praising tasks completed without much effort paints effort in a negative light and encourages a fixed mindset.

Talk About the Brain

The brain is far more malleable than we once thought. Teaching our kids that they actually have control over growing their brains through the actions they take is empowering! Tell your children that when they work hard, that's the feeling of their neurons connecting. The dendrites are reaching out to other dendrites, trying to connect to make a stronger brain. What strengthens those connections is practice, asking questions, and actively participating in learning. When children learn that their brains physically change with effort, it leads to increased motivation and achievement.

Accept Mistakes as Learning Opportunities

One of the best ways you can model a growth mindset is to speak candidly about the mistakes you've made, and what you've learned from them. Speak positively about your mistakes and struggles, and this will show your children that taking risks and making mistakes are a natural part of the learning process. Explain to your children that trying hard things is what helps us grow, and you can't be perfect when you try something hard!

September "C" Students of the Month - Care



October "C" Students of the Month - Cooperate



IMPORTANT UPCOMING DATES



- ***Thanksgiving Food Drive Begins*** - Monday, November 1st
- **Teacher Workshop K-8- No school**- Friday, November 6th
- **Family Fun Night**- Thursday, November 12th 4:30-7:00PM
- **Early Release Day**- Friday, November 13th (early release at 12:15)
    - Wear something showing your favorite thing-(Ex: Sports, Animals, Vehicles)
- **Thanksgiving Break**- No School-Wednesday, Nov. 25- Friday, Nov. 27
- ***Toys for Tots Donations Begin***- Monday, December 1st
- ***Early Release Day***- Friday, December 4th (early release at 12:15)
- **3-4-5 *Choir Concert*** - Thursday, December 10th at 6:00PM (Auditorium)



Discovery Elementary School &
Buffalo Food Shelf

Thanksgiving FOOD DRIVE

NOVEMBER 1-24



SCHOOL WIDE COMMUNITY SERVICE PROJECT

We are collecting optional monetary donations to help support the Buffalo Food Shelf in purchasing Thanksgiving meal bags to distribute to local families in need.

Monetary donation drop off:

Coin bin in your child's classroom

(If you wish to send a check, please make it out to the Buffalo Food Shelf)

Student Reps will present the money to Buffalo Food Shelf November 24th!

DISCOVERY ELEMENTARY

301 2nd Ave NE. Buffalo

Join us for

FAMILY FUN NIGHT

Thursday, November 12th

4:30pm – 7:00pm

Open to the Public

Details

- 50¢ Per Ticket
- Games: 1 - 6 Tickets each
- Pre-sale tickets are available in the DES office starting Monday, November 9th
- Food & Ice Cream payments made directly to What's the Scoop?

TICKETS 50¢

Event Highlights

- Bounce House/ Obstacle Course
- Carnival Games hosted by Teachers
- BINGO
- Food and Ice Cream by... What's the Scoop?

HEALTH UPDATES

KEEPING OUR STUDENTS HEALTHY, SAFE AND READY TO LEARN!

IMPORTANT HEALTH PLANS

If your student has any of the following diagnoses, please provide an **updated order set/action plan** (signed by both parent and healthcare provider) along with any emergency medications.

- Diabetes
- Asthma
- Allergies
- Seizures

MEDICATIONS AT SCHOOL

- **Must be in the original container.** We cannot accept medications in a baggie or envelope.
- **Prescription medications must be in a labeled pharmacy container.** Ask your pharmacy for a second bottle for school.
- **Parent and healthcare provider signatures are required** for all prescription medications.
- Over-the-counter medications require a parent signature only, unless a higher dose is requested. A healthcare provider will then need to sign.

ATTENDANCE REMINDER

Please call the **attendance line or enter the absence through Parent Portal for every day** your child is going to be absent.

Attendance Line
763.682.8401

This helps us make sure your child's absence is coded correctly, but more importantly, it helps us assure your child is safe and accounted for.

GUIDELINES FOR ILLNESS

Please keep your child home if they have any of the following. Students may return to school following the guidelines below.

FEVER	VOMITING OR DIARRHEA	CHICKEN POX	HEAD LICE	IMPETIGO	PINK EYE (conjunctivitis)	SKIN RASH	STREP THROAT
100.4° or higher. Return when fever free for 24 hours (without medication).	Stay home until 24 hours after the last episode.	Return when pox are dry and crusted.	Start treatment **before returning.** Avoid head-to-head contact and notify the health office.	Return 24 hours after prescription treatment has started.	No exclusion unless fever or not healthy enough to participate. May be sent home if significant discharge.	Return after diagnosis as non-contagious or 24 hours after treatment has begun.	Return after 12 hours of antibiotics and fever free for 24 hours.

DOCTOR VISITS & ACTIVITY RESTRICTIONS



- Please obtain a written note from the provider if there are restrictions or accommodations for school.
- Students may be excused from physical education for one class without a medical note. They will also remain indoors for recess that day.
- After an injury, care of minor injuries will be provided in the health office. Parents will be called if further medical attention is needed.

SERIOUS INJURIES

- For serious and life-threatening injuries, **911** will be called.
- Parents will also be contacted.
- Injuries requiring accommodations at school need a healthcare provider's signed follow-up instructions/restrictions.

HEALTH OFFICE CONTACT

Health Office
763.682.8408