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**MESSAGE FROM THE PRINCIPAL** – Dr. Mathew Nelson

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November has been another great month at Discovery Elementary! In November our Community C of focus was “Contribute” and we held our annual Thanksgiving Food Shelf community service project. Our families contributed to the Buffalo Food Shelf in a big way by bringing in \$1,609.91 in monetary donations, wow! The team at the Buffalo Food Shelf wanted us to extend his sincere appreciation for the generous support!

In December we will be focusing on “Celebrate” because we sure do have a lot to celebrate at DES and we are thankful for that. I believe it is important for us to stop and reflect on and celebrate the many outstanding people who help us provide a great experience for the students of Discovery Elementary. We appreciate all that is done by our teachers, educational assistants, secretaries, school nutrition employees, custodian staff, nursing department, social worker, and school psychologist to provide a high-quality learning experience for each individual student. The gifts of time and talent are always appreciated. We would also like to thank our dedicated parents, families, and community members for all that they do for the Discovery students.

As we move into the coldest winter months we will continue to remind the children to wear appropriate clothing for the weather. Playground rules and procedures for cold, wintery weather and information about emergency school closings can be found in the handbook and on the district website. District 877 elementary schools send students outside for recess **every day** that the temperature and/or wind chill are at or above -5 degrees. Students love playing outside and we just want to make sure they are dressed appropriate, and your assistance is greatly appreciated.

At Discovery Elementary school we all take great pride together in educating the whole-child to help our students learn, grow, and develop both academically and social/emotionally. One element that we are purposely embedding into our culture and everyday practice is that of a Growth Mindset. On the following page, we have included some information from Mindset Works on the concept of nurturing a Growth Mindset culture. As always, please feel free to contact me or stop in if you ever have questions or concerns.

“Together We’re Better!”



## How Parents Can Help Instill a Growth Mindset at Home



(From [www.mindsetworks.com](http://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!” <ul style="list-style-type: none"><li>- Say this because it helps your children understand you value their effort</li></ul>	“You are so Smart!” <ul style="list-style-type: none"><li>- Avoid saying this because it makes them think of intelligence as a fixed quality.</li></ul>
“It seems like it’s time to try a new strategy.” <ul style="list-style-type: none"><li>- Say this because it lets your children know that they control outcomes by making choices.</li></ul>	“It’s okay. Maybe you're just not cut out for this!” <ul style="list-style-type: none"><li>- Avoid saying this because it makes your children think they don’t have the capacity to improve.</li></ul>
“It looks like that was too easy for you. Let’s find you something more challenging so your brain can grow.” <ul style="list-style-type: none"><li>- Say this because it teaches kids that learning should be challenging, and if tasks are too easy then your brain isn’t growing.</li></ul>	“That’s right!” You did that so quickly and easily; great job!” <ul style="list-style-type: none"><li>- Avoid saying this because praising tasks completed without much effort paints effort in a negative light and encourages a fixed mindset.</li></ul>
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### 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!

## Thanksgiving Food Drive



**Discovery Elementary Student Reps presented a check to the Buffalo Food Shelf in November for \$1,609.91! Thank you to the DES families for all of your contributions to the Thanksgiving Food Drive.**

## Toys for Tots- Winter Community Service Project

Discovery Elementary School will participate again this year in the Toys for Tots program that is sponsored by the Buffalo Rotary. This year instead of focusing on collecting monetary donations within classrooms, if students and their families wish to/are able to contribute we are asking for donations of toys that elementary-aged children would enjoy.

The drive will end on Friday, December 17th. Bank West once again partnered with us and donated/matched the first \$500 of toys! Our student reps are going to be taking a field trip to Target to pick out the \$500 worth of toys! We thank them for their generosity!

**WHAT:** Toys that elementary-aged children would enjoy

**WHERE:** Brought into the main office to place in donation bins

**WHEN:** Now through Friday, December 17th



Please note, there is no obligation to participate and we are not keeping track of donations by class or having any sort of contest to raise donations. We are just using this as a Discovery Community Service opportunity to help make Christmas a little brighter for children in need within our community!



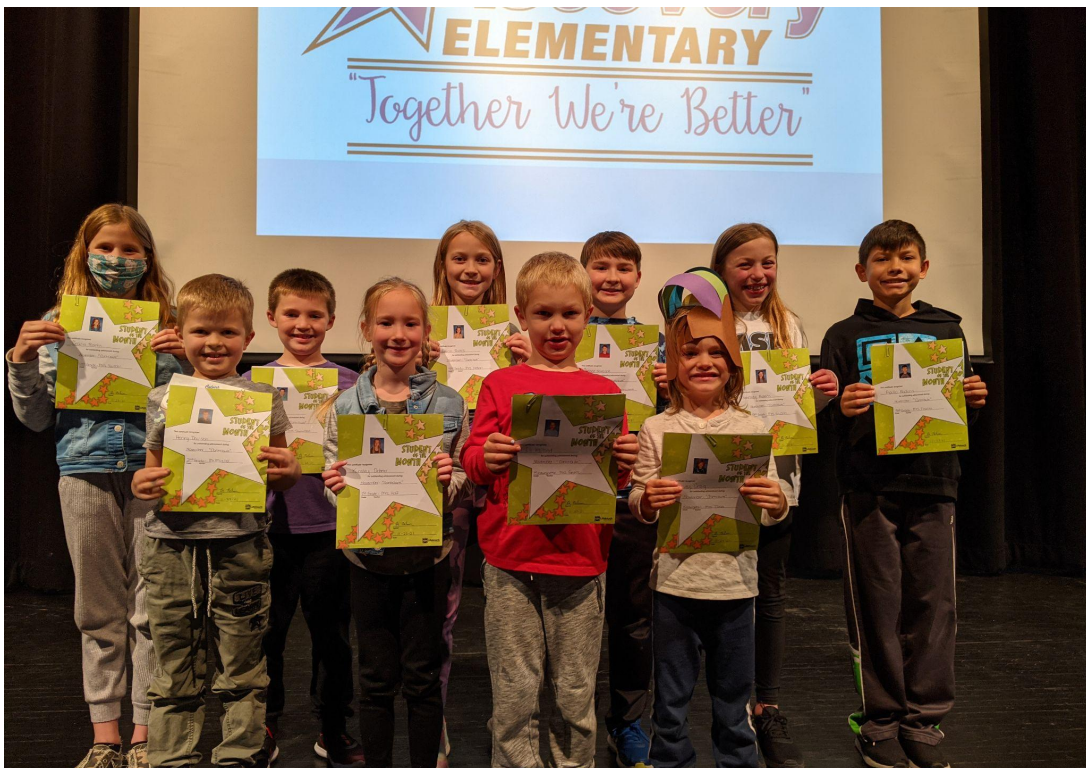
## October Community C Students of the Month

### “Collaborate”



## November Community C Students of the Month

### “Contribute”





## Upcoming Important Dates

**December 16th- Choir Concert 6:30 p.m.**

**December 17th- Toys for Tots Final Donation Day**

**December 23rd-31st- Winter Break-No School**

**January 17th- No School- Martin L. King Jr. Day**

**January 28th- No School (Teacher Workshop- End of 2nd Term)**



## Emergency School Closings



If the district has to close school and send students home early, we will assume that your child will go to his/her normal destination. **If your child must go to a different destination, please be sure that you have contacted the office with this information.**

We only need to know if there is a change for your child.

District 877 weather related school cancellations are reported on KRWC 1360, WCCO 830, local television stations as well as the district automated notification phone system.

## Changes to End of Day Transportation

**Please call the school office at 763-682-8400 with any changes to end of day transportation plans for your child.** You may get in the habit of letting the teacher know, but our teachers are not regularly able to check their email while teaching. If there are changes, it is **best to call the office and let us know** where your child should go after school and we will get a note to your child's classroom so they get to the correct location.

If you need to make a change regarding bussing for your child, please also contact **Vision Transportation at 763-682-3232.**



# Updates from the Health Office

**Health Screenings:** Hearing and Vision screenings are in the final phase of completion for this school year. If there were any concerns as a result of the screenings, a referral to your health care provider will be sent home. Our hope is to have all referrals completed by late-November. If you have any questions or concerns, please contact a district nurse, Heidi Gallart at [hgallart@bhmschools.org](mailto:hgallart@bhmschools.org) or Erica Kindt at [ekindt@bhmschools.org](mailto:ekindt@bhmschools.org).

**Symptoms of COVID, Flu, Cold, Allergies and Asthma:** The Allergy and Asthma Foundation has created a grid of symptoms most commonly seen or not seen with these conditions. We understand symptoms are often similar and some people who test positive for COVID have no symptoms. Please see the grid below for general information should you or a family member experience any symptoms listed.

Symptoms	Coronavirus <sup>†</sup> (COVID-19) Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms	Asthma Gradual or abrupt onset of symptoms
 Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks	Can start quickly or last for hours or longer*
 Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)	Common (can be dry or wet/productive)
 Wheezing	No	No**	No**	No**	Common
 Shortness of breath or trouble breathing	Common	No**	No**	No**	Common
 Chest tightness/pain	Sometimes	No**	No**	No**	Common
 Rapid breathing	Rare	No**	No**	No**	Common
 Sneezing	No	Common	No	Common	No***
 Runny or stuffy nose	Common	Common	Sometimes	Common	No***
 Sore throat	Common	Common	Sometimes	Sometimes (usually mild)	No***
 Fever	Common	Short fever period	Common	No	No
 Feeling tired and weak	Common	Sometimes	Common	Sometimes	Sometimes
 Headaches	Common	Rare	Common	Sometimes (related to sinus pain)	Rare
 Body aches and pains	Common	Common	Common	No	No
 Diarrhea, nausea and vomiting	Common	Rare	Sometimes	No	No
 Chills	Common	No	Sometimes	No	No
 Loss of taste or smell	Common	Rare	Rare	Sometimes	No

Your symptoms may vary. \*Information is still evolving. Many people may not have symptoms. \*If your quick-relief medicine is not helping your asthma symptoms, or if you are in the Red Zone on your Asthma Action Plan, call your health care provider or seek medical attention immediately. \*\*Allergies, colds and flus can all trigger asthma which can lead to shortness of breath, chest tightness/pain and rapid breathing. COVID-19 is the only one associated with shortness of breath on its own. \*\*\*If you have allergic asthma, you may have symptoms of both asthma and allergies at the same time.

Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention. edited 5/21/21 • [aafa.org/covid19](https://aafa.org/covid19)