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

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Together at Discovery Elementary we have had a great start to the school year! I would like to extend a “thank you” to the entire Discovery educational community for supporting the students and staff through the start of the school year. There is no doubt that Discovery has a great group of students, teachers, and families working together for the common good of the students and Discovery as a whole. Speaking of supporting Discovery Elementary, I wanted to mention that BHM Schools will have an operating levy question in the upcoming election. The levy will impact Discovery by helping us to reduce class sizes and address school safety, and provide additional social work services for our students.

Thursday November 4th is “Unity Day” and at Discovery Elementary we are encouraging all students to wear orange to raise awareness of bullying prevention. We take great pride in our school community and treating each other as a family. In our ongoing efforts to proactively facilitate a warm, caring school atmosphere, we have implemented a comprehensive whole-school approach to bullying. The Discovery Community Bully-Free pledge, found below, was discussed with all students and signed individually. “As a Discovery Elementary student, I pledge to do my part to keep Discovery a bully-free zone. I will not allow others to bully me and I agree not to take part in bullying others. I pledge to stand up for others, and to report bullying to a teacher, staff person, or parent.” The signed pledges are on display in the trophy case in the main hallway in school to serve as an everyday reminder. This, along with the numerous daily classroom interactions and teachable moments, is one example of Discovery being proactive and encouraging responsible and respectful behavior.

Also coming soon is our annual Discovery Elementary Family Fun Night. The date for the event is Thursday, November 7<sup>th</sup> from 5:00-7:30. This community-wide event (all families are welcome) features a silent auction, bingo, and fun carnival games such as Bingo, minnow races, jumpy houses, duck pull, ring toss, fish pond, basketball shoot, crazy hair, and face painting along a photo booth. Food and Ice Cream served by *What’s the Scoop* will also be available. We hope we are able to have many Discovery families come together for this event and have some fun!

Please feel free to contact me or stop in if you ever have questions or concerns.

“Together We’re Better”



## 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, so it is **best to call the office if there are ever changes** to 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.

**Family FUN Night is Thursday, October 7th!!!**



**Discovery Elementary Family Fun Night** is Thursday, October 7th, from 5:00-7:30 at the Discovery Elementary School. This event, which is open to all, includes inflatables, bingo, and tons of fun games such as bouncy houses, temporary tattoos, minnow races, ring toss, basketball shoot, crazy hair, and other carnival style games. The goal of Family Fun Night is for everyone to have FUN, and the teachers will be adding to the fun by running the individual games! **Cash or Checks Accepted for ticket purchases.**



## September Community C Students of the Month



“Care”

## Upcoming Important Dates

**Vision/Hearing Screening:** October 12th

**Fall Break/No School:** October 20-22nd

**Picture Retake Day:** October 26th

**Thanksgiving Food Drive Kick-Off:** November 1st

**Conferences:** November 4th, 11th & 16th from 3:30-7:00pm





## Updates from the Health Office

What a great start to a new school year! It is hard to believe it is October already and the first month of school is almost behind us!!

A few updates and reminders from the health office.

**Medications:** If you are sending any medication to the health office please remember that it must be in its original container. We cannot accept any medications in a baggie or envelope. All prescription medications need to come in a labeled pharmacy container. When you get the prescription filled, just request the pharmacy make a second bottle for school. They are happy to do that. The health care provider and parent signature must accompany all prescribed medications. Over the counter medications require parent signature only unless you are requesting a dosage outside of the package directions. A health care provider will then need to sign in that situation.

**Medical notes:** When your child is seen in clinic and there may be restrictions for school, please obtain a written note from the provider at the time of the visit. Many clinics no longer fax to the schools, so it is important for you to provide that information in order for us to provide ongoing accommodations. Students may be allowed to sit out of physical education for one class without medical verification. In that case, they will also remain indoors for recess on that day.

**Dress for the Weather:** Our Fall weather will soon be arriving! When the cooler weather sets in, please remember that students should wear long sleeves and/or sweatshirts for outdoor recess, phy-ed and periodic stretch breaks. The health office has very limited supplies of cold weather clothing, so plan ahead and make sure your child has their cool/cold weather clothing ready to go. **If you or someone you know is in need of cold weather clothing**, please contact Heidi Gallart, RN at 763-682-8514 or [hgallart@bhmschools.org](mailto:hgallart@bhmschools.org) or ask any school staff member. We are all willing to help!

**Illness at school:** We are coming to that time of year where we start hearing a lot about illness and influenza season in the media (in addition to COVID-19). As is typical for this time of year across the district, we are seeing a variety of illnesses. Please continue to monitor your student(s) health and incorporate strategies to keep them healthy. Some things you can do to help prevent the spread of illness are:

- For the safety of all students-do not send your student to school if they are ill.
- Continue to encourage your student to cover their cough by coughing into their elbow.
- **Handwashing is the single most effective way to prevent the spread of illness.** Hand sanitizer is okay to use when soap and water are not available.
- Assure your child is getting adequate sleep. Elementary aged children need 9-11 hours of *sleep* each night.
- Encourage a colorful diet, filled with fruits and vegetables and lean meats.
- Review and follow the school district's exclusion policy for illness.
- When calling in your student's absence, please note the specific symptoms your child is experiencing.



# Ways a Parent Can Help with **READING**

1

**Let your child see you reading!**

Have magazines and books in your home.

2

**Help your child find appropriate word & reading games on the computer.**

Keep a dictionary on hand. Help your child look up new words they read or hear.

3

**Read mysteries with your child and try to figure out the clues together.**

4

**Movie version coming out?**

Read the book together first, then talk about which you each liked better.

5

**Set aside a time and place for your child to read -**

like a comfy chair and a reading light in a quiet place

6

**Visit your public library regularly.**

Look for and read together the books that were your favorites when you were a kid.

7

**Encourage your child to write -**

letters, thank you notes, emails, journals, lists, stories about their own trips, events, and daily life

8

**Ask your child questions about what he or she is reading, such as:**

- What is the story about?
- Who are the important characters in the story?
- Where does the story take place?
- Why do you think the character made that choice?
- Why did that happen?
- How did you know about...?
- Would you recommend this book to your friends?

9

**Ask your child to draw a comic strip about what happens in the story.**

Provide word searches, crossword and other word games and puzzles, or help your child make his/her own



**Share with your child  
about what you're reading...  
and encourage your child to do the same**