

NOVEMBER 4, 2021

TATANKA TIMES

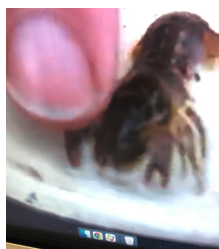
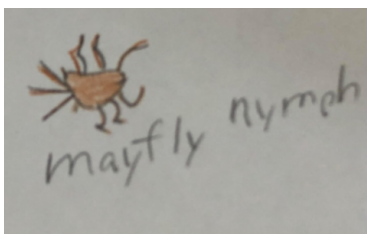
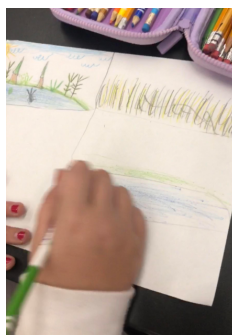
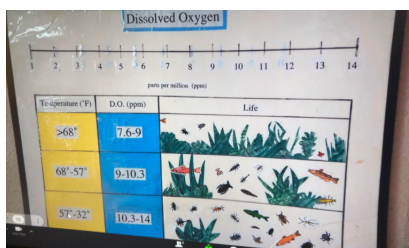
ENGINEERING OUR FUTURE

Wolf Ridge Environmental Virtual Field Trip

Naturalists from Wolf Ridge Environmental Center visited with our **4th graders** and posed the question,

"How will we know if the water in this creek is healthy?" The naturalists joined us live from Sawmill Creek and from a Beaver Pond in Finlason, MN. We

sketched the environments, **collected** data, and **identified** creatures and plants. We decided that Sawmill Creek is healthy and we supported that decision with evidence. Students will be able to **connect** this experience with their **study of water** right here in Buffalo, MN!



UPCOMING DATES

Indigenous Peoples Month
November 1st- November 30

PTO Meeting Tonight!

November 4

Join us online for our PTO meeting from 6:30-7:30pm

Friday Fun Day

November 5

All items \$1

Daylight Savings

November 7

Set your clocks back an hour!



Veteran's Day

November 11

No School

Teacher Workshop Day

November 12

No School

Thanksgiving Break

November 24-26

Honoring Our Heroes

With **Veteran's Day** just around the corner, we would like to honor relatives or friends of our staff and students who have served, or are currently serving in the military. Please send a picture to display in our library. We will place them on top of our bookshelves for all to see.



Please send the **pictures** in the **week of November 8**. Students can place them on the library bookshelf before school begins or bring them to the library during their class library time. We will display the pictures through Friday, November 19.

FIRE HANDS



1. Rub the palms of your hands together, back and forth, as quickly as you can.
2. Notice the sensations in your hands and arm muscles. Focus on the strength and heat you are creating
3. When you feel the warmth, close your eyes.
4. In silence, place your hands gently on top of your head
5. Pay attention to the transfer of warm energy between your hands and head.
6. Slowly bring your arms to your side.
7. Notice how your body feels as you breathe in and breathe out.

Comforting Corner with Mrs. Landrus School Social Worker

This week's activity is called Fire Hands. It combines sensory input with breathing, asking children to push their hands together and notice the strength and warmth of their bodies. This activity is helpful when your child is angry or tense.

TOYS FOR TOTS

If your family would like to fill out a Toys for Tots application please let **Mrs. Landrus** (763-682-8645 or blandrus@bhmschools.org) or the front office (763-682-8600) know and we will send a paper copy home with your child. You can then mail it yourself to the **Buffalo Rotary** or send it back to school and we will mail it for you! **Applications** are due **December 3rd** to the Buffalo Rotary.

HOLIDAY MEALS

fare for all a program of the food group

2021 Holiday Sales*

Please ****wear a mask indoors****
- even if you're vaccinated

Credit, debit, EBT, or cash payments

BUFFALO

Tuesdays, 4- 6 p

indoors
11/9, 12/7

Zion Lutheran
1200 MN 25 S

Affordable holiday meal options!

Open to ALL!
No pre-registration

* Sales are subject to change-
check in to stay up to date:

fareforall.org
facebook.com/fareforall
763-450-3880

November 2021 HOLIDAY PACK

Back **INDOORS** with safety measures to serve you for the holidays!
****PLEASE WEAR A MASK indoors****

November Holiday Pack Contents:

- Jennie-O Turkey- 8-10 lbs
- Herb Garlic Pork Loin (twin pack)- 3.5 lbs total
- Sage Pork Sausage- 1 lb
- (2) French-Cut Green Beans- 2 lbs total
- Sara Lee Pumpkin Pie- 27 oz

\$30

*Contents FROZEN & subject to change
** LIMIT ONE PER HOUSEHOLD
*** Available while supplies last

fare for all
a program of the food group

763-450-3880

fareforall.org
facebook.com/fareforall

GIVING THANKS AND DOING PLANKS

Mr. Turner is bringing one of his best challenges yet! Check out this **fun** and **fit** month-long challenge from keepingkidsinmotion.com

We will be posting challenges to **Tatanka's Facebook Page** and we encourage students and their families to reply online with video and pictures of doing the challenge with your family!

PLANK EXERCISES – Choose 1 Timed Plank Exercise and 3 Counted Plank Exercises each day from the list of 10 plank variations below!

Go to Keepingkidsinmotion.com to see a video of each exercise!



TIMED PLANK

EXERCISES – Hold for at least 20 seconds.

Increase time each day for your personal best.

- High Plank (on hands)
- Low Plank (on elbows)



Scan this QR code to see a video of each exercise!

LEVELS

Level 1-Complete 1 round of planks

Level 2-Complete 2 rounds of planks

Level 3-Complete 3 rounds of planks

GIVING THANKS

Think of someone or something you're thankful for, and write it on the calendar each day.



COUNTED PLANK EXERCISES

- Plank Shoulder Touches – 10 repetitions each shoulder
- Up-Down Plank – 10 repetitions
- Arm Raise – 5 repetitions each arm
- Plank Jacks – 10 repetitions
- Knee-to-Elbow Plank – 5 repetitions each leg
- Toe Tap Plank – 10 repetitions each side
- Plank Leg Raise – 10 repetitions each leg
- Knee Tap Plank (Low) – 10 repetitions each knee

