



## *Message from the Principal: Dr. Mathew Nelson*

This month we will focus on “Contribution” as our foundational Discovery C and celebrate how we all contribute in so many great ways to help make Discovery Elementary such a great place! As you know, our school district’s operating levy passed and I want to extend a sincere thank you for all your support in a very uncertain time leading up to the vote. We have such a great thing going on for students here at Discovery and we appreciate all the support!

Another huge example of contributing to our community was our annual contributions to Thanksgiving Food Shelf community service project. We would like to thank DES families for participating and the parent volunteer coordinators Jessica Schmidt, Holly Bode, Kathy Reding, Luke Schmidt, and all other parent volunteers for coordinating this wonderful, authentic learning opportunity for our students. 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 high quality 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, wintry 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 0 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 pages, we have included some information from Mindset Works on the concept of nurturing a Growth Mindset culture and some things that you can feel free to integrate into your home to help connect it for your children. If you would like to learn more about Growth Mindset feel free to reach out to me, your child’s teacher, or visit [www.mindsetworks.com](http://www.mindsetworks.com).

As I walk the halls each day, I continue to see our students smiling, enthusiastic, prepared, and ready to learn, while our teachers and staff are working hard to support students around every corner. Discovery Elementary School is truly a wonderful place to be and we are all thankful to be a part of this great school community.

“Together We’re Better”



# How Parents Can Instill a Growth Mindset at Home



From [www.mindsetworks.com](http://www.mindsetworks.com).

Parenting is really hard. 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.

## Say This, Not That

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. Want more tips on what to say, and what not to say, when praising your kids?

Say This, Avoid This!

Say This	Avoid This
<p>“I can see you worked so hard on this!”</p> <p><b>Say this because</b> it helps your children understand you value their effort</p>	<p>“You are so Smart!”</p> <p><b>Avoid saying this because</b> it makes them think intelligences as a fixed quality.</p>
<p>“It seems like it’s time to try a new strategy.”</p> <p><b>Say this because</b> it lets your children know that they control outcomes by making choices.</p>	<p>“It’s okay. Maybe your just not cutout for this!”</p> <p><b>Avoid saying this because</b> makes your children think they don’t have the capacity to improve.</p>
<p>“I like watching you do that.”</p> <p><b>Say this because it</b> conveys a message of approval of an activity they enjoy doing, regardless of outcome.</p>	<p>“You’re natural at that!”</p> <p><b>Avoid saying this because</b> the next time your children fail or make a mistake, they might think they do not have that talent after all.</p>
<p>“It looks like that was too easy for you. Let’s find you something more challenging so your brain can grow.”</p> <p><b>Say this because</b> it teaches kids that learning should be challenging, and if tasks are too easy then your brain isn’t growing.</p>	<p>“That’ right!” You did that so quickly and easily; great job!”</p> <p><b>Avoid saying this because</b> praising tasks completed without much effort paints effort in a negative light and encourages a fixed mindset.</p>
<p>“That’s not correct. You don’t understand this <b>yet, but if you keep working hard you will get it.</b> What strategies can you try to understand it better?”</p>	<p>“That’s not right. Are you paying attention in class? It seems like you’re not even trying.”</p>

<p><b>Say this because</b> it's important to be honest about what your child knows and doesn't know, but also explain they just haven't got it <b>yet</b>, but they will!</p>	<p><b>Avoid saying this because</b> the fight or flight response may prevent your child from giving their best effort in class.</p>
<p>“That was really hard. Your effort has paid off! Next time you'll be even more ready for the challenge!”</p> <p><b>Say this because</b> reminding children of how they were able to overcome challenges by putting forth a lot of effort cultivates a growth mindset.</p>	<p>“This was really hard. I'm so glad it's over and you don't have to do that again.”</p> <p><b>Avoid saying this because</b> there will always be more challenges, and children should feel that they have the tools for what comes next.</p>
<p>“You've worked hard to become a good writer. You should challenge yourself with an advanced class, and learn something you don't know how to do yet.”</p> <p><b>Say this because</b> putting your children in the challenger zone is how to inspire lifelong learning.</p>	<p>“You have a real talent for writing. You should take a creative writing class because you're so good at it.”</p> <p><b>Avoid saying this because</b> if you only encourage your children to do what they're good at, they'll be afraid to take risks and learn new things.</p>

## 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!

## Understand the Role of Emotions in Learning

When we get angry, scared, or feel threatened, our fight or flight response is activated. This can happen anytime, whether we're scared of a spider or scared of math! Our brains are wired to protect us when we feel threatened, and stress symptoms such as sweating, stomach cramps, and your mind going blank are completely normal. There are strategies we can use when the fight or flight response tries to take over, to help us learn. One of those strategies is called [Square Breathing](#) and it helps to break down the adrenaline that is flooding the bloodstream and preventing learning from occurring.

# Community "C" for October



The month of October the Discovery Students Community "C" was COOPERATE. Students and staff celebrate each month. Teachers selected this group of students that showed exceptional COOPERATION.

Front Row: Elena Bohnsack, Blake Gonsalves, Kayla Thomas, Clara Wachter, Jacob Berndt and Charlie Walker

Back Row: Zayne Feekes, Josiah Nord, Harlow Tierney, Lucy Dylla and Madden Hilyar

The month of November the Community "C" is CONTRIBUTE



## Service Projects Planned

Planning is in place for a number of our annual service learning projects. We value these projects for the many lessons that they teach our students, as well as reinforcing our collaborative relationships with our local community.

At the beginning of November we kicked off our annual Thanksgiving Food Shelf Project to help collect food donations to provide Thanksgiving dinners for local families who are in need. DES 5th graders will be unloading these donations at Zion Lutheran Church on Thursday, Nov. 14th.

In December we will again participate in the local Silent Santa Toys for Tots. More information will be coming soon.



**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. As it typical for this time of year across the district, we are seeing a variety of illnesses; viral, strep throat and gastrointestinal illnesses among them. Please continue to monitor your child’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 child to school if they are ill.
- Please continue to encourage your children to cover their cough by coughing into their elbow.
- Wash your hands. **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.
- Listen to your child....if he or she is complaining of stomachache, general feeling of malaise, fever or sore throat over a period of days, consider having them seen by your health care provider.
- Review and follow the school district’s exclusion policy for illness.
- When calling in your child’s absence, if you feel comfortable please note the type of symptoms your child is experiencing. This allows the health office to better track illness trends.

**Cold or Flu:** The CDC has much information on its website at CDC.gov. Below is a summary of the signs and symptoms of flu versus cold.

<b>Signs and Symptoms</b>	<b>Influenza</b>	<b>Cold</b>
Symptom Onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly Common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy Nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate

**Health Screenings:** Health screenings (hearing, vision, height and weight) 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 the district nurse, Heidi Gallart at [hgallart@bhmschools.org](mailto:hgallart@bhmschools.org)



## Message from Heidi Gallart, District Elementary School Nurse

It is hard to believe it's November already and we have a few months of school already 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.
- ◆ **School Health Screenings:** The nurses are in the process of completing the initial hearing and vision screenings throughout the elementary schools. This year, we collaborated with the Montrose Lion's Club Kidsight Vision Program. This is a comprehensive screening done with a special vision machine. The screening takes about 30 seconds. If you completed a Lion's permission form, your child did/will receive this screening. The Lion's Club volunteers will notify you if your child did not pass this screening. If your child took part in the regular school screenings (vision and hearing), you will be notified of the results after the school re-screening day. Often times this occurs in mid to late November. We will only notify parents if there is a concern regarding your child's hearing or vision. If you have any questions, please feel free to contact the district nurse, Heidi Gallart at [hgallart@bhmschools.org](mailto:hgallart@bhmschools.org) or 763-682-8514.
- ◆ **Dress for the Weather:** It seems our colder weather has arrived! With the cooler weather upon us, 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!