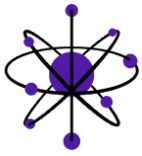
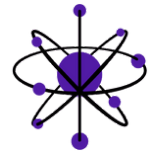


NOVEMBER 11, 2021



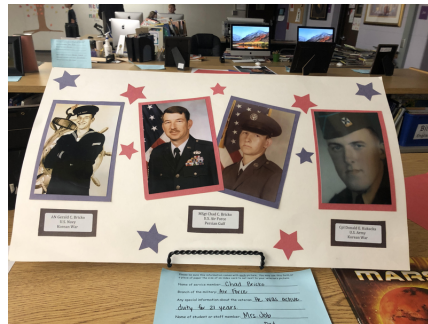
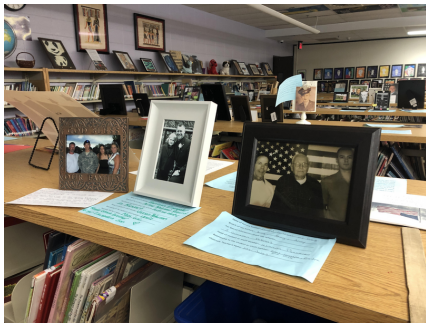
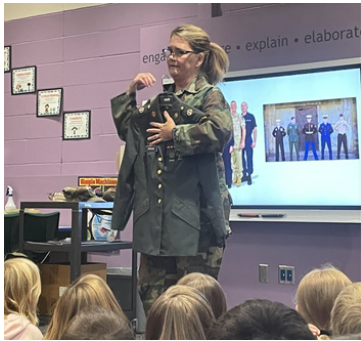
TATANKA TIMES

ENGINEERING OUR FUTURE



Honoring Our Heroes

Today, our 3rd graders had a wonderful opportunity to learn about Veteran's Day from Tatanka's very own Veteran, **Mrs. Colleen Douglas!** Throughout the week our students showed their love and appreciation for the veterans special in their lives by posting pictures in our media center. **Thank you to all who have served our country!**



UPCOMING DATES

Indigenous Peoples Month
November 1st- November 30

No School
Teacher Workshop Day
November 12

Family Fun Night
Postponed Until Spring

No School
Thanksgiving Break
November 24-26

Virtual PTO Meeting
December 2
6:30-7:30

TOYS FOR TOTS

This is a reminder that Applications for Adopt a Family are Due November 19th. Applications for Toys for Tots are due December 3rd. Late applications will not be accepted. Please contact Mrs. Landrus or the front office if you have any questions!

Amplified Leadership Update

Last week, two students from each **3rd, 4th** and **5th** grade class were selected to lead their classrooms in a conversation about **peer pressure**. Students discussed what peer pressure is, times they have felt or seen peer pressure, what they should do if they are being peer pressured, how they can help others who face peer pressure and what adults can do to help with peer pressure. Please don't hesitate to follow up with your students on this topic!

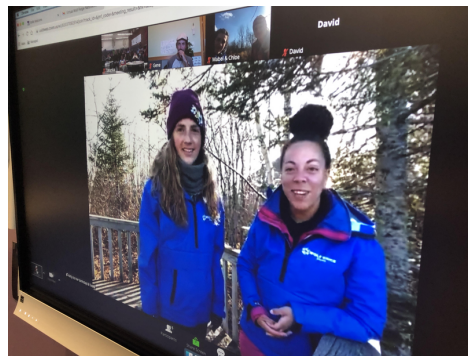
Thank You PTO!

Students enjoyed a Popcorn Treat for their successful **Coin War** contributions! Students raised a grand total of **\$2,410.34**



Wolf Ridge Environmental Virtual Field Trip

Tatanka 5th-grade classes had a virtual visit from Naturalists at Wolf Ridge Environmental Center in Finlason, MN. The Naturalists joined us live to teach us about Forest Ecology. We sketched our observations of the environments including the plants, trees, water, birds, and more. We also learned about symbiotic relationships when observing lichen. Students will be able to connect this experience with their study of ecosystems right here in Buffalo, MN!



Comforting Corner with Mrs. Landrus School Social Worker



Trace EIGHT

1. Pretend that your index finger is an imaginary pencil.
2. As you breathe in, trace or "draw" the top part of the number 8 in the air, on the table, or on your leg.
3. Trace the bottom part of the number 8 as you breathe out.
4. If you have a Breathing Board, use that.
5. Slowly trace and follow the arrows with your finger.
6. Start in the center and take a deep breath in.
7. When you cross over to the other side, slowly let your breath out.

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Next week students will be introduced to the "Trace 8 Breath". Draw or have your student draw a sideways 8 (or infinity symbol) on a piece of paper. Have your student trace the 8 with their finger. As they trace one loop, have your student breathe in through their nose. As they trace the second loop, have them breathe out of their mouth. This activity incorporates tactile input with breathing and is helpful for students who need to refocus their brain from a stressful event to a calmer space.