

OCTOBER 21, 2021

THE TATANKA TIMES

ENGINEERING OUR FUTURE

UPCOMING DATES

PTO Coin War

October 4-October 29

Pumpkin Book Character Contest

October 25-October 29

Picture Retakes

October 27

Indigenous Peoples Month

November 1st- November 30

Wear AVID College Gear

November 1

4th & 5th Wolf Ridge Virtual Field Trip

November 2, 3, 4

PTO Meeting Tonight!

November 4

Join us [online](#) for our PTO meeting from 6:30-7:30pm

No School-Teacher Workshop Day

November 12

CRUNCH TIME!



At 1:09 on Tuesday we collectively took a snack break to enjoy some delicious Minnesota Apples!



**Readers Pumpkin
Decorating Contest
October 25-29**

Check out Mrs. Wykle's
Pumpkin, **Ada Twist!**



Adopt A Family Program

The Buffalo Rotary Club will once again be sponsoring the Adopt A Family program this holiday season. This program provides clothing for children, personal hygiene items plus gas and / or grocery gift card(s) to families needing a little extra help over the holidays.

If you would like to have your family adopted this holiday season, please contact **Mrs. Landrus** at **763-682-8645** or the front office at 763-682-8600 and they will assist you in filling out and submitting the forms. Please have your contact information and clothing sizes of your children ready. The due date for all applications will be **November 19**. No applications will be accepted after this date.

If you would like to adopt a family, please contact **Kris Dirks** at the Buffalo Rotary at **763-443-9935**.

3rd-5th Amplified Leadership Group

This year we have created a **new** 3rd-5th grade student leadership group. The **Amplified Leadership** group takes place the first week of each month. Each month 2 students from each 3rd, 4th and 5th grade classroom will be RANDOMLY selected to participate as student leaders. New students will be chosen each month. The selected students will join Mrs. Landrus in her room to practice facilitating a conversation surrounding a topic (our **October** topic was **Leadership**). These students will lead a similar conversation with their classroom peers during morning meetings and then reflect and debrief the process with Mrs. Landrus the next day. Classroom teachers supervise the conversation and take notes on what their students are discussing to better inform our students' experiences here at Tatanka.

3rd Grade Releases Butterflies!



Colder Weather

Our weather is starting to grow a little colder each day! Our students are outside for 30 minutes each day. Please ensure that they are dressed for the elements (e.g., coats, gloves, hats).



Comforting Corner

with Mrs. Landrus, School Social Worker

We continue our Mindfulness series with our sense of touch through any activity called "What I feel". This activity is helpful for students who are feeling overwhelmed and need to reconnect to the current moment instead of focusing on where their worry thoughts are taking them.

What I FEEL

1. Sitting comfortably, feel yourself sink into the chair or floor.
2. What are 3 things that you physically feel or are touching right now?
3. Tell yourself the names of these 3 things.
4. Feel, really feel, their textures, movement, and temperatures.
5. Take a slow, strong breath in and out.
6. Say to yourself, "Thank you dear body and skin for letting me feel."



Updating Household Information

If you have had any changes to phone numbers, addresses, student health, emergency contacts, etc. please make sure to contact the main office so we have the correct information in your child's records.