

# October

St. Helens Elementary  
Highland's Neighborhood  
Longview WA U.S.A.

October 2017

lpotter@longview.k12.wa.us

## Mrs. Potter's Classroom Newsletter

### Class News



We have become a community of learners and using the Conscious Discipline approach to help ourselves focus and calm down. We are now working on identifying our feelings and the possible feelings of others. This will help us with:

- Empathy
- Emotion Management
- Problem Solving

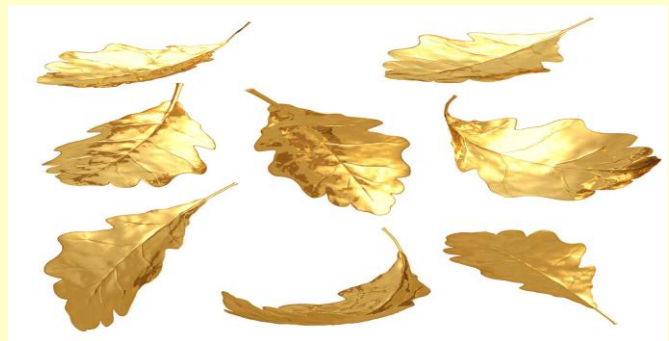
### Mathematics

Your child is still working on number sense during math. We are expanding our skills to larger numbers (ten thousands) and building strategies to add, subtract, and even multiply these numbers without paper.

**At Home:** Your child has learned at least three math games that they can teach you to play at home. All you need is a deck of cards or two dice and you can play "Oh Darn," "Roll em, Show em," or "Go Fish to Ten." The kids love these games and they help reinforce important math skills!

### Reading

Did you know that third graders receive 90 plus minutes of reading instruction and practice a day? We have already read and discussed over 100 pages in our textbook. Plus, we have read several small group texts to expand our understanding of how to write a summary and how to restate a question.



**Reading At Home:** Students need to read at least 20 minutes each night. Reading at home with family has a huge impact on children. Third graders are allowed two books from our library each week so they can choose both a fiction and a non-fiction for their personal enjoyment.

## Counselor's Corner

Dear Families, as the year progresses, some students are experiencing more upset during their school day. This can be the result of different things such as increased academic rigor, an argument with a friend or maybe a challenging recess time. One important tool that students can use during moments of upset is the Safe Place.

Every classroom has a Safe Place and it is meant to be a space that students can go when they're having upset. After going to the Safe Place they have time to go through the steps of: I Calm, I Feel, I Choose and I Solve. Please join us in encouraging your student to practice taking a break and calming themselves. This will help keep their brain in the best possible state for learning. Practicing this at home will help strengthen this important skill for success at school. We hope that the habit of taking a break will lay the foundation to a positive school year.

## Our week at a glance

### Monday

Library

### Tuesday

Music and PE

### Wednesday

No Specialist

### Thursday

PE

### Friday

Music

## Upcoming Events

**Picture Day- October 4<sup>th</sup>**

**Fundraiser Assembly/Kick Off- October 4<sup>th</sup>**

**Literacy Night- October 19<sup>th</sup>**

*Garden Club every Tuesday after school*

*Goody Friday in front of the school sponsored by our P.T.O.*