

# Newsletter: December 2019

Dear Dos Rios Families,

December, 2019

Welcome to December! This month is surely one of the most exciting months of the year for most of our kids. It is the holiday season and this is a fitting time for all of us to teach our students to be thankful and show them the value of generosity and kindness. This is also the month that we have more days out of school. Parents, let us use this time to bond more with our kids and to continue helping our children in their learning. There are a lot of fun ways that we can teach our kids the academic skills that they need. We can read and share wonderful stories with each other. We can use numbers and measurements when we prepare ingredients to cook our favorite dish. You can encourage your children to practice writing "thank you" notes to their family members and friends. We need to continue to nurture and grow their brains during our holiday breaks.




Please join us on December 19<sup>th</sup> for our First Annual School-Wide Holiday Concert. See more information inside. Also, our canned food drive ends on December 6<sup>th</sup>. Please donate, if you are able, to those that are less fortunate than us. We hope you and yours have a safe and blessed holiday season.

Happy Holidays to one and all!

Mrs. Cain

## **HOLIDAY SPIRIT WEEK DECEMBER 16th – 20th**

**Dos Rios will have Holiday spirit week the week before Christmas break!**

<b>Monday-Mis-Match Day</b>		<b>Tuesday-Crazy Sock Day</b>	
<b>Wednesday-Wacky Wednesday</b>		<b>Thursday- Holiday Red/Green Day</b>	
<b>Friday-Pajama Day</b>			

Dates to Remember:

December 2 - No School (Teacher Inservice)

5 - 4<sup>th</sup> Grade Music Program

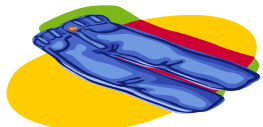
16 - PTO Meeting 4:15 (Café.)

19 - All School Concert

16-20 - Holiday Spirit Week



*From Dos Rios Staff*



**Lost and Found**

**Just a reminder that our lost and found is starting to grow and will disappear over Christmas Break.**

**Please take the time to look through the lost and found before this time and retrieve what is yours. Please label your child's clothing with their names so we can get things back to them easier.**

A Great Big Thank You

Thank you to all who helped and donated cakes and desserts to the Harvest Dance that was held on November 7<sup>th</sup>. You helped make the event a great success. We appreciate you!



*All School Dos Rios Holiday Concert*

December 19th , 6:00-7:00pm in the  
Dos Rios Elementary Gym

Schedule of Performances:

6:00PM- Kindergarten & 1st Grade

6:20PM- 2nd & 3rd Grades

6:40PM- 4th & 5th Grades

*Hot Cocoa and Letters to Santa in the Cafeteria*

*Students should arrive 10 minutes before their concert time and go to the library.*



## Attention Parents:

Students need to walk bikes, scooters, skateboards and hold hoverboards until they are off the school campus.

\* Animals are not permitted on school grounds, unless arranged through the office for a presentation. Please keep your furry friends at home during drop off and pick up times.

**THANKS FOR HELPING TO  
KEEP OUR STUDENTS SAFE!**



"I never thought it was such a bad little tree. It's not bad at all, really. Maybe it just needs a little love."



## *Social Emotional Learning*

### Emotional Awareness

**"I am aware of what I am feeling."**

During the month of November, our Social Emotional learning focused on emotional awareness. Students are becoming mindful of their emotions and feelings. They are working to identify their emotions and describe the situations that trigger the emotions. Students are understanding how they physically respond to emotions. Students know it is okay to have a wide range of feelings and are learning tools to help them manage their emotions.

For the past three years at Dos Rios, our counselor, Mrs. Shepard taught the Zones of Regulation to our students. Zones of Regulation is designed to foster self-regulation and emotional control. Students learn how to identify what zone they are in, by recognizing how they feel. Students learn about different tools that they can use in each of the different zones to manage their behaviors.

### **Zones of Regulation**

**GREEN Zone (Ready to learn) – focused, happy, calm, etc.**

**BLUE Zone (Low level of alertness) – tired, sick, bored, etc.**

**YELLOW Zone (Some loss of control) – anxious, frustrated, silly, etc.**

**RED Zone (Out of control) – elated, furious, terrified, etc.**



# Reindeer Food & Puppy Treat Sale

(A Fundraiser for Special Olympics)

Sales will be on 12/11, 12/12, 12/13

12/16 & 12/17

Look for table in front of the cafeteria

from 8:30-8:50AM.

\$ .50 each



December

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
ES Planning MS Inservice No School	<b>B- EGG &amp; CHEESE BISCUIT</b> <b>L- FRITO CHILI PIE</b> <small>other options and sides listed below</small>	<b>B- WAFFLES</b> <b>L- HOT DIGGITY DOG</b> <small>other options and sides listed below</small>	<b>B- BREAKFAST BURRITO</b> <b>L- BREAKFAST FOR LUNCH</b> <small>other options and sides listed below</small>	<b>B- VARIETY OF MUFFINS</b> <b>L- BRONCO BURGER</b> <small>other options and sides listed below</small>
9 <b>B- PANCAKE WRAP</b> <b>L- CHICKEN ALFREDO</b> <small>other options and sides listed below</small>	10 <b>B- EGGS &amp; TOAST</b> <b>L- BEEF CRUNCHY TACO</b> <small>other options and sides listed below</small>	11 <b>B- BISCUIT WITH GRAVY</b> <b>L- MAC &amp; CHEESE W/ SMOKIES</b> <small>other options and sides listed below</small>	12 <b>B- FRENCH TOAST STICKS</b> <b>L- HOMESTYLE TURKEY</b> <small>other options and sides listed below</small>	13 <b>B- MONKEY BREAD</b> <b>L- HOMEMADE PIZZA VARIETY</b> <small>other options and sides listed below</small>
16 <b>B- EGG, HAM &amp; CHEESE OMELETTE</b> <b>L-MANAGER'S CHOICE</b> <small>other options and sides listed below</small>	17 <b>B- EGG, SAUSAGE &amp; CHEESE BISCUIT</b> <b>L- BEAN BURRITO</b> <small>other options and sides listed below</small>	18 <b>B- PANCAKE WRAP</b> <b>L- PORK SANDWICH</b> <small>other options and sides listed below</small>	19 <b>B- MINI BAGELS</b> <b>L- HOMESTYLE TURKEY</b> <small>other options and sides listed below</small>	20 <b>B- FRENCH TOAST CASSEROLE</b> <b>L- FIESTA NACHOS</b> <small>other options and sides listed below</small>
23 No School Winter Break	24 No School Winter Break	25 No School Winter Break	26 No School Winter Break	27 No School Winter Break
30 No School Winter Break	31 No School Winter Break	<b>Always available breakfast:</b> Cereal variety, toast or yogurt parfait, milk variety  <b>Always available lunch:</b> PBJ Uncrustables or Salad Bar Meal with Fruit and Milk variety	See <a href="http://www.bit.ly/schoolmenus">www.bit.ly/schoolmenus</a> for daily sides and nutritional information	<b>B-Breakfast L-Lunch</b>  This institution is an equal opportunity provider.  (Mar. Choice will be one of the following entrees: Meatball Soup, Sloppy Joes, Turkey Wraps, Chicken Fillet Sandwich or Pigs in Blanket.)