


**BRIARCREST**

# NEWS BRIEF

## Calendar

### November

- 11/5 Student Leadership's  
Goodwill Fund Raiser 9 to noon
- 11/6 Standard Time Begins
- 11/7 Pre-School Story Time  
Library 11:15 to 11:45 am
- 11/7 Popcorn Monday
- 11/8 Election Day
- 11/9 Hearing Screening
- 11/11 NO SCHOOL - Veterans Day
- 11/16 PTA Reflections Reception 6:00 pm
- 11/21 Pre-School Story Time  
Library 11:15 to 11:45
- 11/23 EARLY RELEASE 11:15am
- 11/24 and 11/25  
NO SCHOOL - Thanksgiving
- 11/29 PTA Meeting 7:00 pm

### December

- 12/2 PTA Winter Dance 6:00 - 7:30 pm
- 12/5 NO SCHOOL - Staff Work Day
- 12/6 PTA Dine Out at LFP Bar & Grill
- 12/7 Vision Screening
- 12/8 Family Movie Night 6:30 *Frozen*
- 12/8 School Bond Presentation in Library  
6:30 pm

### Fall Back

Sunday, November 6th  
Day Light Saving ends and Standard  
Time begins. Remember to turn  
your clocks back one hour.

## Message from the Principal

Dear BC Families,

Happy November! I hope that the weekend went well, and that you are ready for the new month. I wanted to say a huge THANK YOU on behalf of all of our staff for the lunch on Monday. We spent the day working together and preparing for the remainder of the fall, and having a delicious meal together at lunch time was a true highlight of the day. It is so nice to be cared for by our fabulous families!

Our YMCA Recess Coach is entering his third week with us, and going strong. Dallas Wood has really jumped right in to his work with our students, and is providing a series of active, highly engaging games for us at recess on Tuesdays and Thursdays. The children are responding so well to the program; he often has anywhere from forty to sixty students playing each session. Dallas also brings music with him onto the playground, and it has been such a fun and positive experience. Rain or shine, he is making an impact with our kids.

Our planning work for our Dual Language strand is progressing well. I met two weeks ago with a stakeholders group, which included Briarcrest teachers, support staff, parents, and a district administrator. It is a strong team, and one that I look forward to working with this year. I have also been meeting with district staff on some of the main logistics of the program, including establishing a selection process and guidelines for enrollment. Kinderfest is not too far away, so we have our work cut out for us; we will be hosting several parent nights to provide information to families who are interested in learning more about the program. As a reminder, we are starting small - we will have one kindergarten and one first grade classroom next year in our Dual Language program, while the rest will continue to be our standard general education classes.

We have also been continuing to work on our PAWS at school: Problem Solving, Acting Respectfully, Work to do Your Best, and Safe Choices. I am lucky to have a great support team, led by my counselor, Kelly Akemann. A district-wide component that we are doing this year is to have our teachers complete a simple universal behavior screener, much like we do for reading with DIBELS and for math with EasyCBM. It gives our team good information about how our students are doing, and where we can lend additional support.

Thank you to my first wave of WatchDOGS Volunteers - it has been great having you in the building! I have added our WatchDOGS to our school calendar, which is available on our webpage. We still have available spots throughout the year; if you would like to sign up, come by the office or send me a note.

Wishing you all the best,

Jonathan Nesson,

Principal

## Counselor Corner

### Self-Management

Self-management is the ability to control emotions and the behaviors sparked by those emotions. It also involves being able to set and work toward goals. *If you can accurately identify your feelings and how they influence your actions, you will be better-able to act on those feelings. Being able to take a moment to breathe and calm down when you're angry instead of yelling and fighting is what self-management looks like in daily practice.* Perseverance and resilience are part of self-management because they help you overcome challenges to pursue goals. An example of perseverance could be simply working on a recipe multiple times until it comes out just right, while resilience can involve overcoming financial obstacles to pursue a goal, like taking on an additional job to pick up extra money to go back to school. Everybody has both positive and negative emotions, and the key to self-management is knowing how to regulate and cope with those feelings.

### **Throughout the day**

Take a moment to deal with stress. The responsibilities of caring for children and juggling a variety of other daily tasks can become stressful for any parent. One of the first steps to managing feelings of stress is identifying what causes those feelings. Take a moment to reflect on your emotions. You may also want to use this moment to take a deep breath, redirect your negative emotions, and identify what makes you feel empowered and what causes you to get stressed or engage in bad behavior. You can choose to do this when you are feeling stressed or you can do it regularly during your day. Begin by asking yourself, "How can I control my emotions so that I can set the best example for my child?" For instance, if your child didn't pick up his/her room after you told him to, instead of getting frustrated, you may want to take a moment to calm yourself, and then explain why you are upset. You can say, "I don't like it when the room is not clean because your baby sister might put things in her mouth. Why don't we pick up your toys together?" *By finding ways to cope with your emotions, you will be showing your child how to calm himself/herself, deal with stress and manage his/her emotions.*

Found at [www.parenttoolkit.com](http://www.parenttoolkit.com)

**We are very proud of our highly qualified staff at Briarcrest Elementary School and would be pleased to share any information regarding the professional qualifications (teaching certificates, endorsements, college degrees) of your child's classroom teacher, Title I teacher, or instructional assistants. As part of ESEA, parents have the right to this information. Please contact the principal if you would like to request these facts.**

## Community Story Time

For parents and pre-school children ages 2-5 years old. Join us for a story, an activity and check out books on the following Mondays from 11:15-11:45 am.

November 7, 21	December 12
Jan. 9, 23	Feb 6
March 13, 27	April 10
May 1, 22	

### From Nurse Susan

Looking for volunteers to assist with Hearing Screening on November 9.

Contact Nurse Susan at:

[susan.goldman@shorelineschools.org](mailto:susan.goldman@shorelineschools.org)

### Save the Date - Bond Presentation

Our superintendent, Rebecca Miner, will be visiting Briarcrest on Thursday, December 8th at 6:30 PM to share a building bond proposal with our families. We will have a Movie Night showing of Disney's *Frozen* in the gym at the same time, so that families do not have to worry about childcare. Please come!

