



Cougar News



November, 2020

Webster Elementary 202 N. Sycamore St. Mesa, AZ 85201

Mrs Stacey Ball
Principal

Learning for All... Whatever it Takes

Important Numbers

Secretary	472-4860
Registrar	472-4861
Attendance	472-4864
Nurse	472-4852
Counselor	472-4806
Psychologist	472-4856
PTO	472-4876
Family Support	472-4876

Worth quoting...

"The difference between winning and losing is most often not quitting."

Walt Disney

Webster School Hours:

8:15-2:45 Regular Day
 8:15-12:45 Wednesday Early Release.
 Due to current safety protocols, we are limiting visitors on campus. Help us keep our staff and community safe by scheduling an appointment, limiting the the number of people you bring with you, and wearing a face covering.



November Calendar

- 11/3 Election Day
(General Elections)
- 11/4 SIAC meeting
8:00 am
Wed. Early Release
12:45 pm
- 11/6 College T-shirt Day
- 11/11 Veterans Day/No School
- 11/18 Early Release Wed.
12:45 pm
- 11/25-27 Thanksgiving Break
No School
- 11/27 Native American
Heritage Day

Principal's Message

Happy Fall! This is MY favorite time of the year! The weather is starting to cool, colors on trees begin to frame our beautiful Webster campus, and excitement about holidays has begun.

This is the time of year we all spend showing our gratitude to those around us. Thanksgiving is my favorite holiday. Next to the gravy and pie, expressing thanks is my favorite part of November!

Before all the holiday hustle and bustle begin, take some time to express thank you to those that you appreciate! BUT first, Thank YOU for all YOU do to support Webster and allowing us to partner for the success of your Cougar!

Thank YOU!

Stacey Ball
Principal

You should have or will receive a digital survey from the District asking you to determine which learning model is preferred for your elementary student. We ask that this survey be completed as soon as possible so we can plan for a safe change after Winter break for the spring semester. Selections on the survey will be for the entirety of the Spring semester; Jan 4th to May 20th, 2021. There will be a survey for each student registered at Webster or other Mesa Public Schools.





Happy November everyone!

Finally, the weather is cooling down, and we can welcome some major holidays! However, this time of year can bring adults and even students down. Depression and anxiety are on the rise this time of year, with many factors for it. The focus of the Counseling lessons will be on being thankful and finding appreciation in what we have. This has been a hard year for all of us, but there are always ways to stay thankful! Students will utilize SEL techniques to find the good in situations and to accept the bad. Perception is key!

Mr. Mejia, School Counselor, Webster Elementary
480-472-4806

Learn to manage emotions

Is your youngster's behavior sometimes a mystery to you? Acting out can be a child's way of showing you he's angry or upset. Use this advice to help him express his feelings in more positive ways.

Make a chart

Together, brainstorm a list of emotions, such as happy, frustrated, excited, and bored. For each one, your child can draw and name a character (Happy Henry, Frustrated Fred). If he misbehaves (say, he yells at his sister for touching his toys), he could use the characters to talk about his feelings. ("Uh-oh, I'm acting like Angry Andy!")

Ask "why?"

Simply asking "Why do you think you feel that way?" and listening carefully to your child's answer helps in two ways. First, it allows him to recognize and describe how he's feeling. ("I'm frustrated because my project isn't turning out the way I wanted.") Second, he will feel heard and cared about. As a result, he may be less apt to take out his frustration on others.

Find coping techniques

Equip your youngster with strategies for handling negative emotions. You might mention things you do when you feel the same way he does.

("If I'm worried about something, it helps me to put it in writing. That might help you, too.") With time and patience, he'll develop his own strategies for managing his feelings.

How are you feeling?



Hello from the Health Office!

Q: Why does the government require children to be vaccinated to attend school?

A: The mission of a public health system, as its name implies, is to protect the health of the public — that is, everybody. Remember that vaccines protect not only the person being vaccinated but also people around them. Immunization laws exist not only to protect individual children, but to protect *all* children.

If vaccines were not mandatory, fewer people would get their children vaccinated — they would forget; they would put it off; they would feel they couldn't afford it; they wouldn't have time. This would lead to levels of immunity dropping below what are needed for herd immunity, which would lead in turn to outbreaks of disease. So mandatory vaccination, while it might not be a perfect solution, is at least a practical solution to a difficult problem.

In a sense, school immunization laws are like traffic laws. We're not allowed to drive as fast as we want on crowded streets or to disobey traffic signals. This could be seen as an imposition on individual rights too. However, these laws are not so much to prevent drivers from harming themselves, which you could argue is their right, but to prevent them from harming others.

<http://www.cdc.gov/vaccines/pubs/parents-guide/parents-guide-part4.html>

If your student is missing ANY immunizations please get them done and get a copy to the health office

A.S.A.P. as students are not to be in school without them. Thank you!



Dannielle Latvenas-Russell
Webster Elementary Nurse
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We want to remind students and parents that you can access the Webster library catalog from home by going to <https://search.follettsoftware.com/metasearch/ui/4563>.

This a great way for students who are remote learning to log into their accounts and read ebooks online. At the same time, in person learners can log into their account and reserve titles for check out, as well as read ebooks online.

November Book Recommendations:



• **Twilight Comes Twice** by Ralph Fletcher: Free-verse text describes the transition from day to night and from night to day, revealing the magic in these everyday moments.

• **Hello, Harvest Moon** by Ralph Fletcher: This companion to *Twilight Comes Twice* offers a glimpse of nature's nightlife long after bedtime.



From the Parent Resource Center

Parent To Parent: Tag ... you're out!

Our sons love our local playground, but because of the pandemic, we don't go when it's crowded. So we look for creative ways to stay active outside. Recently, the boys started making up new versions of tag. Brody invented Pizza Tag. When "It" tags you, you have to call out a pizza topping before "It" counts to 3. If you can't think of one, or you pick a topping another player already said, you're out. Then Ben came up with Sticker Tag. "It" tags you by putting a sticker on your back. If a player gets three stickers, he's out. In all of our games, the last person out becomes "It" and decides which version of tag we'll play next—or invents a brand-new one. And all that running around means the boys get plenty of exercise!



A vote for good citizenship



Good citizens take an active role in selecting their leaders. Show your youngster how it's done. Talk about the candidates you prefer and what they stand for. Then, take her to the polls when you vote this month, or let her watch you fill out a mail-in ballot and put it in the mailbox.

I'm thankful for...

What is your family grateful for?

Try this idea to find out—and teach your child about gratitude. Pick categories. Choose six crayons, and assign each color a category.

Example:

Red = person

Blue = place

Green = object

Yellow = food

Orange = animal

Purple = your choice

Place the crayons in a bowl, and give each person a sheet of paper. Draw and write. Take turns selecting a crayon, drawing a heart on your paper, and writing something you're grateful for that matches the category. Your youngster might write "My Aunt Amy" in red and "Macaroni and cheese" in yellow. Share. Once everyone has a heart of every color, read what's in your "hearts" to each other. Display the papers for a nice reminder to be grateful all year long!

