

Coyote Tales Vol. 3

From the Principal

As a staff, we have been focusing on ways to support our students when they are feeling anxious. Listed below are some strategies that you can try at home when your child is feeling overwhelmed. Please share any other ones that you might use at home that work - we're always looking to add to our toolbox as educators!

Calming Phrases for an Anxious Child

Navigating anxiety is an essential life skill that will serve students in the years to come. In the heat of the moment, try these simple phrases to help children identify, accept, and work through their anxious moments.

1. "Can you draw it?" Drawing, painting or doodling about an anxiety provides kids with an outlet for their feelings when they can't use their words.
2. "I care about you. You are safe." Being told that you will be kept safe by someone you trust is a powerful affirmation. Remember, anxiety makes children feel as if their minds and bodies are in danger. Repeating they are safe can soothe the nervous system.
3. "Let's pretend we're blowing up a giant balloon. We'll take a deep breath and blow it up to the count of 5." If you tell a child to take a deep breath in the middle of a panic attack, chances are you'll hear, "I CAN'T!" Instead, make it a game. Pretend to blow up a balloon, making funny noises in the process. Taking three deep breaths and blowing them out will actually reverse the stress response in the body and may even get you a few giggles in the process.
4. "I will say something and I want you to say it exactly as I do: 'I can do this.'" Do this 10 times at variable volume. Marathon runners use this trick all of the time to get past "the wall."
5. "Why do you think that is?" This is especially helpful for older kids who can better articulate the "Why" in what they are feeling.
6. "What will happen next?" If children are anxious about an event, help them think through the event and identify what will come after it. Anxiety causes myopic vision, which makes life after the event seem to disappear.
7. "We are an unstoppable team." Separation is a powerful anxiety trigger for young children. Reassure them that you will work together, even if they can't see you.
8. Have a battle cry: "I am a warrior!"; "I am unstoppable!"; or "Look out World, here I come!" There is a reason why movies show people yelling before they go into battle. The physical act of yelling replaces fear with endorphins. It can also be fun.

Facebook page

If you have a Facebook account, please consider following our school page!

<https://www.facebook.com/Corron-Elementary-1421025901489291/>

Bus circle and parking lot

We continue to work with the South Elgin Police Department and the D303 facilities department to make our parking lot safer and move traffic more efficiently. I've had many suggestions from parents, and I appreciate everyone's willingness to problem-solve. We will continue to assess and adjust as we are able.

Scouts

Girls and Boys in grades K-5 are invited to join Cub Scouts on Thursday, September 13 at 7pm in the Corron Cafetorium. Pack 251 is a very active pack: hiking, camping, volunteering--come check us out! Membership for September - December is \$15. Everyone who signs up receives a free gift from the Three Fires Council. For more information contact Stephenie Haehnel slhaehnel@gmail.com

Fifth Grade Choir

Attention 5th Grade Parents: We are starting a 5th Grade Choir this year!!!

It will meet at Bell-Graham School on Fridays from 7:30 am to 8:30 am. It will begin on Friday, September 28th.

All 5th grade students are welcome to join.

5th Grade Choir Sign-up <https://goo.gl/forms/kyHC1lAsrQNn50Vv2>

Book Fair Volunteers Appreciated- Corron's first book fair of the school year will be here September 17-20! We truly appreciate any help you may be able to give us with the following:

- Setting up the fair – Friday, Sept. 14
- Assisting students with previewing books – September 17 & 18
- Assisting students with purchasing books – September 19 & 20
- Packing up the fair – Friday, September 21

Times are flexible and we are happy to accommodate your schedule. If you would like to

volunteer to help make our book fair an enjoyable experience for our students, please stop in

the Corron LRC or e-mail Mrs. Moriarty at cmoriarty@d303.org

Attention All Girl Scouts & Leaders- Friday, September 21 is Peace Day. All Corron Girl Scouts will meet in front of the school at 8:10am to place "pinwheels for peace" in the front lawn. Please wear your Girl Scout vest or sash that day (all day if you wish). This Girl Scout tradition was started many, many years ago in Louisiana by two young students. These children felt they couldn't make a difference and some adults in their life taught them how to bring about awareness. Leaders, please contact your families about pinwheels for peace. It is a great meeting craft, but can easily be done on an individual basis. We will take a group picture right at 8:20am.

There will be a drop-in pinwheel making event on **Thursday, September 20th in the Corron cafeteria from 3:00-4:00**. Supplies will be provided. **THIS IS NOT A DROP OFF EVENT**. You must stay with your child. Girl Scouts of all grades are welcome to attend.

Kindergarten Girls- If there are any kindergarten girls interested in joining us, please come to our event on Thursday to make pinwheels, meet some Girl Scouts, talk to leaders, and have some fun! Stop by the cafeteria before heading to book fair to have some fun with some great Corron girls!

If you would like to make your pinwheel at home, here is a helpful tutorial on making pinwheels that can be varied, <https://www.homemadeinterest.com/diy-pinwheels/>

Questions??? Contact Megan Stone (Leader of 1st, 3rd, & 5th Grade Troops) at meganestone@hotmail.com

SAVE THE DATE! FALL FEST is Friday, October 19th- Mark your calendars now- you don't want to miss Corron's biggest event of the year! More details soon to come!

Fall Fest Sponsors- Do you have a business or work for a company that would be interested in being a sponsor at this year's Fall Fest? Contact Megan Stone at meganestone@hotmail.com for details.

Fall Fest Silent Auction- Looking for donations!!! If you have anything that you or your business would be able to donate to Corron for the Fall Fest Event, please contact Megan Stone at meganestone@hotmail.com

Corron School Beautification Committee- Corron PTO is starting a new committee to help beautify our school, to brighten up the walls of building and build positivity for students! We are looking for artists, creative minds, or anyone interested in being a part of this initiative. Please contact Megan Stone at meganestone@hotmail.com if you are interested in being a part of this committee.

Corron Mum Pick-Up- If you purchased mums from the Corron Mum Sale, pick-up is Friday, September 21st from 1:00-4:00pm outside of Corron's main entrance.

AVIC (Art Volunteers in Classroom): Did you miss the AVIC signup at the ice cream social? We still have many open spots for October. If you are interested in signing up please email Nikki Zalewski nlhayden@hotmail.com. Are you new to AVIC and would like more information before signing up? Please email Nikki Zalewski nlhayden@hotmail.com.

Negative lunch account balances: As we begin the new school year, please ensure your students' lunch account balances are up to date and have a positive balance. An easy way to monitor your student's lunch account is by signing up for PushCoin at www.pushcoin.com. By using PushCoin, you can add money to your student's lunch account, check their balance, receive email notifications when the balance becomes negative and even transfer funds from one student to another. Visit www.pushcoin.com to set up an account and have your students ID number handy.

Attendance- If your child will be late or absent from school, please call the Corron Attendance Line at 331-228-6900. This number is available 24/7 for your convenience-just state your child's name, teacher's name and reason for the absence. For vacations or other events that span several days, a prearranged absence form needs to be filled out. This form is available on the D303 website under "Forms", on the Corron Website under "Forms" or a paper copy is available in the school office.

Corron Calendar

9/14/18	8:00am	Volunteer Training Meeting
	9/17-9/18	Preview books
9/17-9/20/18		Fall Book Fair
	9/19-9/20	Books for purchase

9/18/18	3-4pm	Student Council
9/19/18	TBD	Mum Sale
9/20/18	3-6pm	Book Fair Family Night
9/21/18	7:30-8:30am	Makerspace
9/21/18	1-4pm	Mum Sale Pick Up
9/21/18	8:45 - 11:00	KDG Field Trip Kuipers
10/2/18	3-4pm	Chess Club begins
10/4/18	8:45-11am	Picture Retake Day
10/5/18		SIP Day-No Students
10/8/18		Columbus Day Holiday
10/9/18	7-9pm	PTO Meeting
10/10/18	3-4pm	Engineering Club begins
10/12/18	7:30-8:30am	Makerspace
10/16/18	3-4pm	Student Council
10/19/18	6-9pm	Fall Fest
10/26/18	7:30-8:30am	Makerspace
10/31/18	1:45-2:50pm	Halloween Party