COYOTE BULLETIN

Otondo Elementary school

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The month of November







IMPORTANT DATES



- November 11: Veterans Day, No School
- November 15-19: Spirit Week
- November 16: Virtual PTO meeting, 5:30 PM
- November 18: Class Pictures
- November 22-26: Thanksgiving break, No School

PTO ANNOUNCEMENTS

Future PTO Meeting Date: November 16th at 5:30 PM

meet.google.com/fco-cwzy-ksg

STUDENT COUNCIL ANNOUNCEMENTS

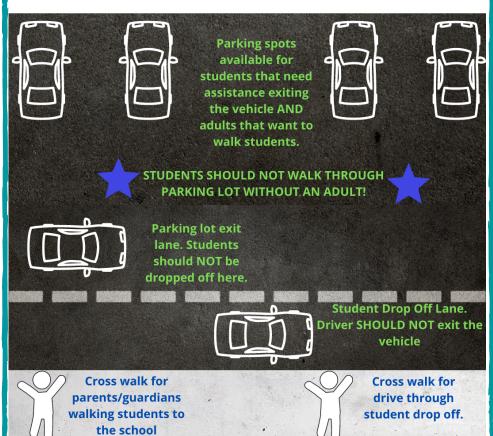
Future meeting for students: November 2, 2021

Spirit Week

Monday-Twin day Tuesday- Dress up as your dream job. Wednesday- Jersey Day Thursday- Dress like your teacher Friday- Sprit shirt and crazy hair day



PARKING LOT RULES & REMINDERS



TRUNK-OR-TREAT

Thank you to everyone who came to our Trunk-Or-Treat! We are very sorry for the long lines, we never envisioned a turnout so



PURPOSEFULL PEOPLE



Gratitude

This month we're talking about Gratitude! The dictionary defines it as: "the quality of being thankful; readiness to show appreciation for and to return kindness." The definition we are using in class is:

Gratitude: choosing to notice and appreciate things in our life, things in others, and things in the world.

We want to make sure we share with students that Gratitude is 1) a choice that we get to make over and over again on where we put our focus and 2) doesn't always have to be about something positive. We can feel grateful even for tough or challenging things in our life! There is plenty of research that shows a strong connection between Gratitude and reduced anxiety, increased happiness, and better relationships. Over the course of the month, we will talk about amazing people who demonstrate Gratitude in various ways. We will talk about what we are grateful for in ourselves and in others. And we will even find Gratitude in some things we wouldn't expect to be thankful for!

Conversation Starters for Home

- Talk about why you were grateful for the teachers and mentors in your life then ask your children why they are grateful for theirs. Have they had a favorite teacher? If so, who? What makes that teacher a favorite? If they haven't had a favorite yet, find out what makes a great teacher in their eyes.
- Gratitude takes practice! What can we do as a family to work on expressing Gratitude more regularly to each other and those around us?
- Discuss why you are grateful for your child. Be specific: who are they? How do they make you feel? Ask them what they are grateful for about your family, your home, your neighborhood, etc..



Coyote Challenge

Find a place in your home to display a glass jar. Cut up small slips of paper and place them next to the jar. Use the jar to collect special people, places, events, and memories that your family is thankful for. Find a time each week to add slips of Gratitude to the jar. Having a gloomy day or a challenging time as a family? Pull out the slips of Gratitude and read them aloud as a family as a reminder of all of your grateful moments.