



# BLENMAN ELEMENTARY SCHOOL

Blenman Bulletin

Vol. 8- Issue 3: Oct. 3rd, 2024

## Message From Ms. Mack

Dear Blenman families,

This month we celebrate gratitude as our Character Strong trait! There are activities in this newsletter you can do together as a family!

Fall is upon us and even though the weather is still warm, cooler weather is coming up! Make sure your child's name is on his/her sweaters and jackets!

Grading day is this Friday 9/4/2024, there is no school. Teachers will have report cards ready to go home on Tuesday 9/15/2024, after Fall break!

Enjoy your week off!

Sincerely,

Mrs. Mack-Outridge

### School Vision:

#### EAGLES are:

Empowering our students to be independent,  
Artistic, and creative thinkers with a  
Growth mindset through a  
Loving community while  
Encouraging cultural diversity amongst all learners in a rigorous and  
Supportive academic environment

### Kindness Pledge:

At Blenman, we are all about kindness, respect, and responsibility. We show kindness by having empathy for others. We show respect by treating others the way we want to be treated. We show responsibility when we are accountable for our actions. At Blenman, we are all about Kindness, Respect, and Responsibility.

Principal: Kelly Mack

School Office Hours: 8:00-3:30

Class Hours: 8:30-2:40, M, T, Th, F

Wed 8:30-1:40

Website: <http://www.tusd1.org/blenman>



SCAN ME

Like us on Facebook!

### Special points of interest:

- Message from Ms. Mack
- School vision and pledge
  - Community events
  - Fall Festival
  - Gratitude activities
  - Book Fair ewallet
  - Oct. calendar

## Community Events: Catalina United Methodist Church

2700 E Speedway Blvd, Tucson, AZ 85716

**Blessing of the Animals: Friday, Oct 4, 4:30 - 6:00 pm on the 1st St lawn**

Bring your pets (on a leash) and join us on the lawn for fun and prizes! We are asking our members to bring animal snacks.

**Trunk or Treat: Friday, Oct 18, 5-6:30 PM, West Parking Lot**

We would love to see many car trunks decorated and handing out candy! Contact Paige at [paige@catalinamethodist.org](mailto:paige@catalinamethodist.org) if you will participate. There will be a competition for the best decorated trunk, voted on by the Trunk or Treaters! This will be held in the shaded area of the parking lot and is sure to be a blast! We also need allergy safe candy donations. Please no candies with tree nuts or peanuts. There will be a bin for candy donations in the Fellowship Hall.





# GRATITUDE

## PurposeFull Pursuits

PurposeFULL  
People

Have some fun connecting as a family this month while practicing Gratitude. Here are 3 "PurposeFull Pursuits" for you to complete together. How many can you do this month?

### Pursuit #1

What are some small, specific things that you are Grateful for? Maybe it is your favorite water cup, the way the cat sleeps on the chair, or when your grandma bakes banana bread. Spend some time as a family trying to think of at least 10 small things that you have Gratitude for and then choose to notice them this week with a smile.

### Pursuit #2

Review Gratitude as a family! Remember that Gratitude is choosing to appreciate the people and things in our lives. 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 and assist students in writing or drawing gratitude as needed. Having a gloomy day or a challenging time as a family? Pull out the slips of Gratitude and read them aloud together as a reminder of your Grateful moments.



### Pursuit #3

Set aside some time to gather as a family and check in with each other. Ask each family member, "How are you feeling today?" Practice Honesty when responding and listen carefully as each family member shares. Use the emotion check-in questions to learn more. Challenge yourselves to check in with each other on a regular basis! Let people know you are Grateful for their willingness to share.



#### Emotion Check-In Questions:

- Tell me more about that feeling.
- Why do you think you are feeling that emotion?
- What do you need right now?



# GRATITUDE

## 3rd Grade Family Connection

PurposeFULL  
People

### Overview

We are looking forward to focusing on Gratitude this month! One way to think about Gratitude is "choosing to appreciate the people and things in our lives." Practicing Gratitude can increase our well-being and our happiness.

Gratitude is 1 of 3 traits we will focus on throughout the year that helps students Be Well. Throughout the school, students will be developing skills like emotion regulation, positive self-talk, and stress management.

### In The Classroom

Sharing how we feel with others is a way to advocate for ourselves. This month, 3rd grade students will practice sharing their emotions and expressing what they need.

Students will use the Emotion Elements to name their emotions and I-Statements to communicate when faced with a challenging situation.

#### Emotion Elements

- **Wind** represents feeling words like inspired, anxious, playful, and nervous.
- **Water** represents feeling words like concerned, thoughtful, tired, and bored.
- **Fire** represents feeling words like annoyed, overwhelmed, excited, and scared.
- **Earth** represents feeling words like motivated, focused, confident, and proud.

#### I-Statement Structure:

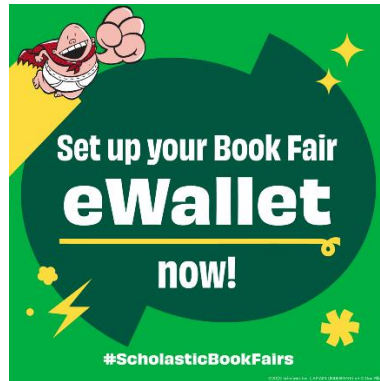
I feel \_\_\_\_ when \_\_\_\_ and I would like \_\_\_\_.

### Conversation Starters



- What does it mean to advocate for yourself?
- Why do you think it is important to be Grateful for our emotions?





*Book Fair is Monday, Oct 14<sup>th</sup>-18<sup>th</sup>!! It is open before and after school and during lunches!*

## October Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
9/30	10/1	10/2	10/3	10/4 No school – grading day
10/7	10/8	10/9	10/10	10/11
<b>Fall Break – No School</b>				
10/14	10/15	10/16 Fire drill	10/17	10/18
<b>Book Fair Week – open before and after school and at lunches!</b>				
10/21	10/22	10/23 <b>No School</b> for Students PLD for Staff	10/24	10/25
10/28	10/29	10/30	10/31 Character parade – 1:45pm	11/1 Fall Festival 5-6:30
<b>Spirit Week – more info coming soon!</b>				

**September Perfect Attendance student 92!**

