

Bear Tracks

Volume 19, Issue 06

November 1, 2018



Dates to Remember



- **Nov. 1**
 - ◆ Noon Dismissal
 - ◆ Parent/Teacher Conferences
- **Nov. 4**
 - ◆ Daylight Savings Time ends
- **Nov. 5**
 - ◆ Field Trip—Grade 3 students to Congaree National Park
- **Nov. 6**
 - ◆ Election Day
 - ◆ No School
- **Nov. 7**
 - ◆ Class pictures and picture retakes
- **Nov. 9**
 - ◆ FUNd Run
- **Nov. 12-16**
 - ◆ American Education Week
- **Nov. 13, 14, 15**
 - ◆ Thanksgiving Feast for students and families – see flier and RSVP form in communication folder
- **Nov. 15**
 - ◆ Upper El Play, 6:00 pm
- **Nov. 16**
 - ◆ FUNd Run Rain Date

Guidance



Thanks to all of you who dressed up for our Red Ribbon Week spirit days last week! In Primary and Lower El classes we have been learning about taking care of our bodies and making safe, healthy choices. Last week, Upper El classes participated in a Red Ribbon Week Escape Room experience! Students practiced communication skills, cooperation, and critical thinking to break codes and solve puzzles which revealed interesting facts about the history of Red Ribbon Week and the dangers of smoking and alcohol abuse. Georgia Godfrey School Counselor

Principal's Message

Dear Brockman Families,

An important part of my job is coaching teachers to help them improve in their practice. As a new Montessori principal, I spend a great deal of time observing both teachers and students. This week I sat in the sun observing upper elementary students in physical education playing softball. It was clear that some children had experience and others were new to the sport. They were learning how to swing, catch and field the ball. Mrs. Curtis modeled a supportive attitude and I overheard students encouraging each other, regardless of their success in the play. They kept score, but their real focus was on working together as a team. It's clear that our school has a *culture of kindness*. This doesn't happen by chance. We work on caring for each other every day, because it is an important part of who we are. Thank you for working closely with us!

Respectfully,
Dr. Heidi Stark

Brockman Bash

The Brockman Bash Committee would like to thank these amazing parents for giving their time and energy to helping us put on this wonderful fall event for all our families to enjoy!

Margaret Aucoin	Brandon Jones	Tiki Satterwhite
Tara Cecchini	Susan Kuhn	Lindsay Shazly
Nici Comer	Misha Lawyer	Tarek Shazly
Katy Dallas	Gabe Madden	Kristen Spotts
Katharine Dragner	Katie Purnell	Sara Svedburg
Valerie Goodwin	Michelle Thorvaldson	Tommy Williamson
Robyn Holt	Thor Thorvaldson	

We also would like to thank Dr. Stark, Mrs. Sharonda Giles, and Mr. Linnan for their unwavering support and help through it all.

And finally, an extra special thank you to Melanie Trimble and Erica Ferrell; this event could not have been a success without help for people like you!

Seema Madden and Jen Williamson
Brockman Bash Co-Chairs 2018

Brockman FUNdRUN

FUNd Run Update — Dream Big? Let's Play!

Keep collecting those pledges! We only have about a week left to raise money for Brockman and new playground equipment that supports our Montessori values. Remember that our FUNd Run is put on entirely by parents, teachers and staff — so all funds raised go to support our school!



Dates to Remember:

- Friday, Nov. 2:** Hoola Hoop Day
- Saturday, Nov. 3:** Free barre class at MUV Fitness on Forest Drive from 8:00-9:00 am, taught by one of our Brockman Bear parents. Arrive a few minutes early to sign the required waiver by MUV Fitness; childcare is available for \$5.00. RSVP is encouraged but not required (see brockmanpto.org/fund-run for the link to sign up).
- Monday, Nov. 5:** Smoothie Day in the cafeteria (see brockmanpto.org/fund-run if you can sign up to help!)
- Friday, Nov. 9:** Pledges due and the day of the FUNd Run! Parents are welcome to join us for this events. Stay turned for run times.

Primary

Independence and so much more (part two)

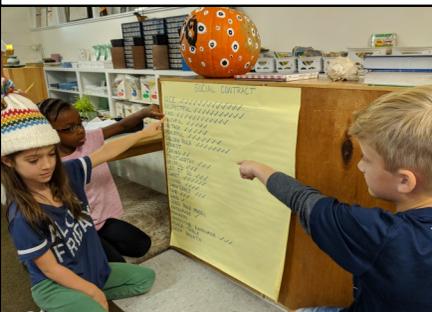
The Practical Life area of the classroom is one of the most valuable curriculum areas. However, it is often overshadowed by the more traditional academic areas such as math, language arts, and science. Yes, your child is learning to pour, spoon, sew, prepare food and button, but it's so much more than just the direct lessons in **independence**. Behind every Practical Life lesson there is an indirect lesson being taught. Important skills your child will need in order to be successful academically and as adults. The child may directly be learning to zip a zipper and consequently indirectly strengthening their **coordination**. The indirect lesson may have to do with order (**organization**) such as presenting lessons and practicing them from left to right or remembering the multistep process of washing a table from first to last. It could be building **concentration**; because the Practical Life lessons are highly interesting, they hold children's attention building concentration over time. If you'd like to know more, remember to ask your child's teacher during your conference this month.

The child who concentrates is immensely happy.
~Maria Montessori



Lower Elementary

Our class has been working on Grace and Courtesy this year. At the beginning of the year, we always work on a social contract. The social contract has words we write that tell ways we want to treat each other such as respectful, nice, kind and our favorite, Let it Go. Let it go means not to hold a grudge. We focus on grace and courtesy a lot in our classroom using team meetings. Team meetings are where we bring up issues and then talk about a solution to the problem. We try to do better on that issue in the next week. We use the peace table to solve our conflicts. We talk about it with one another and fix the problem the next time. At the beginning of the year we write down 'put downs' that people say to each other and then we tear them up and throw them away in the dumpster. Sometimes we read books to calm ourselves and carry on with our day. Because of this, our community is a very peaceful place!
Submitted by: Mamie Biel and Jasper Comer



Brockman Elementary
A National Blue Ribbon School



Upper Elementary

While focusing on healthy living, students in several Upper Elementary classes had the opportunity to work with USC doctoral students from the Department of Psychology. Upper Elementary students practiced techniques on mindfulness and coping with stress. Students also explored what it means to have an "Inner Coach," and how to use positive self-talk to have the courage and strength to get through stressful situations and to stay calm. Students also practiced relaxation techniques.



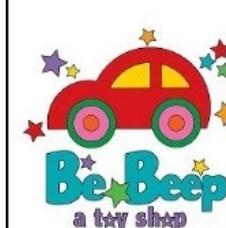
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RST
R. Sims Tompkins, DMD MS



Health Room

Do you have a Cold or Flu? Use the following chart to compare symptoms.

<u>SYMPTOMS</u>	<u>COLD</u>	<u>FLU</u>
Fever	Rare	Characteristic, high (100-102 degrees) lasts 3-4 days
Headache	Rare	Prominent
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Quite mild	Can last up to 2 to 3 weeks
Extreme Exhaustion	Never	Early and prominent
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe