

November 2022 OUR School Newsletter

Dear OUR School Community,

Thank you to all the families who came out to celebrate, or contributed to, our Halloween events! The children had so much fun! The teachers also wanted to say, "THANK YOU" for the coffee yesterday morning. We needed it!

We broke away from our Covid Outbreak and are grateful for each teacher and their hard work and dedication to this community. We are ALL thankful for each family who kept their children home with illness of any sort. We are glad to have all the students back!



- A friendly reminder that we are hosting our annual Fall parent volunteer day this SATURDAY, NOVEMBER 5th. I appreciate your patience with my error in accurate dates. I get ahead of myself and am learning to take my time.
- A huge shoutout to BLACK HILLS ENERGY for their incredibly generous donation of a new boiler! We are so grateful for their support!
- A Reminder that OUR School will be closed for Thanksgiving break beginning Wednesday, November 23rd - Friday November 25th, we hope you have a wonderful time with your families. **In the spirit of giving, we are going to be collecting donation items with a food drive for Thanksgiving, a coat drive, and donations for Lift-Up or Toys for Tots for the winter season. There are bins in the Toddler and Preschool Cubby areas.**
 - *One of the best life lessons we can teach our kiddos is the warm feeling we get when we do good in the world. Giving to others makes us happy, evokes gratitude, is contagious, promotes cooperation and social connection and is good for our health.*
- We have said "goodbye" to Miss Isis, Aliz, Xyla, and Jago. We knew we would be losing them in December, but she has decided to leave OUR School earlier than expected. We miss her already and hope she is enjoying her time with her children.
 - We have a NEW teacher beginning next Monday. Her name is Karely (Ka-re-li) Ruiz and has been a teaching aid at GSES most recently. Originally, she came to the



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western slope from Greeley, and we're excited to have her. Pop in to say "hi" next time you see a new face.

- I will be working on updated bios for each teacher and will have those on our website and posted in classrooms in the next couple of weeks.



Because of the upcoming Holidays and busy events of the season, I have included an article that I found just the previous holiday season and enjoyed! This provides us with ideas on how to make this often-CrAzY time of the year a little less “nutsy-kookoo” and potentially more meaningful. Read at your leisure

How to Reduce Holiday Stress & Anxiety in Kids

by Katie Gerten | Dec 6, 2021 | Blog, Children's Mental Health, Featured, Parenting

The holiday season is a time that, for many, is filled with fun and joy. Yet, for others, it's a period flavored with stress and even trauma. This time of year, can bring up memories of loss, create tension in homes, and present challenges as many families struggle to make ends meet.

Truthfully, the holidays not only amplify stress but can exacerbate existing mental health issues. For example, a National Alliance of Mental Illness study showed that 64% of those with mental health conditions report increased symptoms around the holidays.

So, how can we help our kids navigate holiday stress to keep their mental health in tip-top shape? Below are a few tips to help.

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Role model healthy coping skills.

- **We set the tone for our kid's behavior. Simply put, if we let holiday stress get to us, our children will pick up on that, and anxiety is more likely to be a problem.**
- **So, while easier said than done, make sure to practice healthy coping skills and whatever self-care strategies keep you at your best.**

Routine helps kids thrive.

- **This time of year often throws routines out the window, particularly for kids with holiday breaks from school. Yet, structure is critical for mental health and navigating stress.**

DO WHAT YOU CAN TO HELP CREATE A ROUTINE FOR YOUR KIDS. GREAT EXAMPLES OF HOW TO DO SO INCLUDE SETTING REGULAR SLEEP SCHEDULES AND MEALTIMES.

Don't overschedule.



- **While it's tempting to try to fit a lot into the short holiday season, try your best to refrain. Cramming too much in will create overwhelm, adding stress in the home, leading to anxiety and challenging behaviors in kids.**

Help kids practice kindness & gratitude.

- **We get so caught up in the hustle and bustle of the holidays that it's easy to forget the true meaning behind the season. An excellent way for you and your kids to navigate stress is to give back. Encourage your little ones to shovel a neighbor's driveway or find ways to participate in charitable giving.**

<https://www.youthdynamics.org/how-to-reduce-holiday-stress-anxiety-in-kids/>

IMPORTANT UPCOMING EVENTS:

-  **NOVEMBER 5th 9-1 – PARENT VOLUNTEER/WINTERIZING**
-  **WEDNESDAY, NOVEMBER 23RD - FRIDAY NOVEMBER 25TH - CLOSED FOR THANKSGIVING BREAK!**

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