



# THE FALCON FLYER

VOLUME 3



## MESSAGE FROM THE PRINCIPAL

Thank you to all the parents who took time out of your busy schedules to have a conference with your student's teacher. Whether it was in person, by phone or virtual, we had 98.4% of our parents participate! Cedar Canyon is so fortunate to have active and engaged parents supporting their students!

We want to thank our PTO for all their support. You have planned and provided our kids with movie night, Combat Ops night, helped with the cost of field trips and supported our teachers with a conference day meal and fall party planning.

Our students are looking forward to hosting Veterans at our November 10 Veterans Day Assembly. Please refer to the article in the newsletter to find the invitation.

Students in grades 4 & 5 will be participating in the Cedar Canyon Spelling Bee on November 21. We wish all the contestants luck!

Finally, we would like to wish you all a very Happy Thanksgiving. We hope you all have a safe and happy time with friends and family.

Please let me know if I can do anything to support your family.

Courtney Bailey, Principal

NOVEMBER 2023

## IMPORTANT DATES AND EVENTS

November 7  
PTO General Meeting  
Everyone Welcome

November 8 & 9  
3rd Grade Field Trips to  
the Botanical Gardens

November 10  
Veteran's Day  
Program

November 13  
World Kindness Day

November 16  
Midterm Date

November 21  
Spelling Bee

November 22-24  
Thanksgiving Break  
School Closed



# CEDAR CANYON CARES!

This year we are intentionally working to build an even stronger sense of community at Cedar Canyon. Each day we focus on creating a safe learning environment where students learn how to use their voice to communicate their needs and develop genuine relationships with their peers and staff. Students are learning strategies to work together, resolve conflict, monitor their own emotions, and empathize with others using the program called Trust-Based Relational Interventions. This month we focused on stick together and deep breathing.

## STICK TOGETHER



### STICK TOGETHER MEANS:

- Listening to people without interrupting.
- Going where the group is going and doing what the group has been asked to do.
- Following directions and the group's rules



## DEEP BREATHING

Using deep breathing strategies is one of the fastest ways to regulate ourselves when our engine is in the red. It helps to calm our brains and bodies.

### HOW YOUR BODY FEELS?



While dysregulated, their mind may race, their heart can beat quickly, have high energy, they can feel angry, scared, or overly excited.

### STRATEGIES TO REGULATE:

<b>Box Breathing</b>	<b>Bowl of Soup</b>	<b>4-7-8 breathing</b>
<b>Blow up a balloon</b>	<b>Trace Hand</b>	<b>Hissing Breaths</b>
<b>Bunny Breath</b>	<b>Tension Release Breathing</b>	<b>Back-to-back Breathing</b>



# A Script from the Clinic

Vision Screening is under way. Hearing Screens will likely take place after the first of the year. If your student DOES NOT pass these screenings, a letter will be sent home informing you of the results. Please review the information in the letter sent home and have your physician fill out the necessary information. Please return it back with your child as soon as possible. Please see below which classes are screened and call me if you have any questions.

## Vision Screenings

1st Grade

3rd Grade

5th Grade

## Hearing Screenings

1st Grade

4th Grade

Any student that is new to Cedar Canyon will also receive both screenings.

Flu season is upon us. I strongly recommend that you protect your family and get your flu shots.

Super Shots is available to those who do not have insurance. To get more information go to [www.phpni.com/supershot.htm](http://www.phpni.com/supershot.htm). October and November are the best times to get the flu shots to be sure that you are covered through the flu season.

We have had a beautiful fall season thus far; however the temperatures will be falling. Please dress your children appropriately for the weather. The kids go out to recess until the wind chill reaches 10 degrees. Children need to be sent to school with a coat, hat and gloves.

If your child comes home wearing different clothes borrowed from the clinic please be sure to wash them and return them as soon as possible. This ensures that there will be spare clothes here at school if your student were to need them. Thanks in advance for your help with this.

Betsy Bloom, RN, BS

637-6101 extension 8508

Clinic Hours 8 a.m. to 2:30 p.m.

# VETERAN'S DAY

**CEDAR CANYON WOULD LIKE TO INVITE FAMILY MEMBERS, FRIENDS, AND NEIGHBORS WHO HAVE SERVED OR ARE CURRENTLY SERVING IN THE MILITARY TO ATTEND OUR VETERAN'S DAY PROGRAM ON NOVEMBER 10, 2023 AT 9:00AM. PLEASE COMPLETE THE ATTACHED FORM FOR EACH PERSON WHO CAN ATTEND AND RETURN IT TO SCHOOL BY NOVEMBER 3.**

Cedar Canyon Elementary School would like to invite family members, friends, and neighbors who have served or are currently serving in the military to attend our:

## Veteran's Day Program November 10<sup>th</sup>

To Honor our Heroes

**9:00 AM**



Location: Cedar Canyon Gym - Enter door 5

To recognize our heroes for their service, please fill out this form and return by Friday, Nov. 3.

*Name of Guest:*

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*Military Rank:*

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(Example: Sergeant, Lieutenant, Corporal, etc.)

*Division of Service:*

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(Example: Navy, Air Force, Marines, etc.)

*Served during which conflict or peace time?*

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(Example: Iraq, WWII, Vietnam, etc.)

Student(s) Name                      Teacher                      Relationship to Guest

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Additional forms available at the school office, or by calling  
260-637-6101.

# COUNSELOR'S CORNER

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World Kindness Day is Nov 13th!

## RAKTIVIST

A big thank you to all of the students, staff, and families that participated in our spirit week! We will use the funds raised towards spreading kindness in our school and community this year! We will also use money raised for our 5th grade musical.

November 13th is world kindness day! RAK students will be welcoming students into the building with some extra kindness! We will also provide a hot cocoa/coffee kindness bar for staff!

November 11th: 5th grade meeting  
November 8th: 4th grade meeting

### Erin's Law Presentation

This month, our school will be partnering with the Monique Burr Foundation for Children, a leader in abuse and bullying prevention, to implement their comprehensive, evidence-based prevention program called MBF Child Safety Matters®. Students receive a fun, engaging, and developmentally appropriate classroom lesson that educate and empower them to prevent, recognize, and respond appropriately to bullying, cyberbullying, all types of child abuse, digital abuse, and other digital dangers.

By using the MBF Child Safety Matters® program, our school is being proactive and helping to better protect our students.

Learn more at  
[www.mbfpreventioneducation.org](http://www.mbfpreventioneducation.org).



### The Giving Tree

The Giving Tree will be ready in the office the Monday of Thanksgiving break, just in time for your black Friday shopping! Students can choose up to three ornaments with a note written from a parent/guardian giving permission. Once the ornament is chosen, students will write their name on one ornament to leave with office staff and one to take home to attach to the item. Please bring the item back **unwrapped** to school by **December 18th**. We appreciate all the generosity and love Cedar Canyon has shown for others during the holidays. The families and charities receiving these gifts are very thankful and appreciative of everything.



# SPELLING BEE

Orthographers, gather round for the annual Cedar Canyon Elementary Spelling Bee!

Fourth and fifth grade students will battle within their classrooms for the opportunity to compete in the Bee.

Two champions from each class will put their spelling knowledge to the test on November 21st at 8 am.

Sixteen contestants enter, only 1 will be crowned the spelling bee winner with the opportunity to compete at a regional spelling bee.



## Grateful Grams

Our student council will be selling grateful grams again this year! Students are able to send a kind message to students and staff for \$1.00! Their special note and a lollipop will be sent to their person after 12:30 each day. Students will need to purchase their grateful grams in the morning (7:30-7:55) during the week of November 13th-17th.

Thank you for supporting our student council!



## **PTO VOLUNTEER DATABASE SIGN-UP**

IF YOU MISSED THE QR CODE ON BACK TO SCHOOL NIGHT, PLEASE SIGN-UP BELOW FOR THE 2023-2024 PTO VOLUNTEER DATABASE. VOLUNTEER OPPORTUNITIES INCLUDE CLASSROOM PARTIES, BOOK FAIR, HOLIDAY SHOP, PARENT WORKROOM, PTO COMMITTEES, LITTLE SHOTS, MOVIE NIGHT, AND MORE.

[HTTPS://CEDARCANYONPTO.ORG/VOLUNTEER](https://cedarcanyonpto.org/volunteer)

AS A REMINDER, YOU MUST COMPLETE YOUR OWN BASIC CRIMINAL BACKGROUND CHECK IF YOU INTEND TO VOLUNTEER, CHAPERONE, OR PARTICIPATE IN ACTIVITIES THAT INVOLVE EXTENDED INTERACTION WITH STUDENTS OTHER THAN YOUR OWN. BACKGROUND CHECKS WILL BE COMPLETED THROUGH RAPTOR TECHNOLOGIES. THE LINK CAN BE FOUND ON THE DISTRICT WEBSITE UNDER PARENTS. THERE IS A COST OF \$15.00 TO SUBMIT THE BACKGROUND CHECK AND IT IS VALID FOR THREE YEARS. IF YOU ANTICIPATE VOLUNTEERING IN THE CLASSROOM, GOING ON A FIELD TRIP, HELPING WITH FIELD DAY OR SIMILAR ACTIVITIES, PLEASE COMPLETE A BACKGROUND CHECK. IF YOU DON'T REMEMBER IF YOU HAVE COMPLETED THIS, PLEASE CALL THE OFFICE AND WE CAN VERIFY THAT INFORMATION.

## **MUSIC NOTES WITH MRS. WEIDNER**

**HAPPY NOVEMBER! I HAVE STARTED TAKING PICTURES DURING CLASS AND WILL BE UPLOADING THEM TO CANVAS. TO SEE WHAT YOUR STUDENT IS UP TO IN MUSIC CLASS, SIMPLY GO TO THE MUSIC CANVAS PAGE, CLICK ON YOUR CHILD'S GRADE LEVEL, AND CLICK ON THE "CLASS PICTURES" BUTTON.**

**3RD AND 4TH GRADE IS WORKING ON OUR WINTER MUSICAL, ON WITH THE SNOW! SAVE THE DATE- THURSDAY, DECEMBER 7 AT 6:30PM IN THE GYM. PLEASE SEE THE ATTACHED INVITATION, WHICH WAS ALSO SENT HOME: 3-4 ON WITH THE SNOW INVITATION**

**BAND- WE HAVE BEEN WORKING HARD TO PREPARE FOR OUR WINTER CONCERT! BAND STUDENTS WILL PERFORM AT THE BEGINNING OF THE 3RD AND 4TH GRADE WINTER MUSICAL, FLAKES ON THURSDAY, DECEMBER 7 AT 6:30PM. PLEASE SEE THE ATTACHED INVITATION FOR MORE INFORMATION BAND ON WITH THE SNOW INVITATION**

**FAMILY ACTIVITY: THROUGHOUT THE YEAR WE TALK ABOUT INSTRUMENT FAMILIES. TO LEARN ABOUT THE FAMILIES, HEAR VIDEOS OF THE INSTRUMENTS, AND DO A REVIEW ACTIVITY, SCAN THE QR CODE. IT WILL ASK YOU TO MAKE A COPY OF THE GOOGLE SLIDES RESOURCE SO THAT YOU AREN'T EDITING THE SAME ACTIVITY AS ANOTHER FAMILY. TEST YOUR MUSICAL KNOWLEDGE AND HAVE FUN!**

**IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT ME AT [JAMIE.WEIDNER@NACS.K12.IN.US](mailto:jamie.weidner@nacs.k12.in.us).**

**-MRS. WEIDNER**

# GYM NOTES

The glow in the dark miniature golf course was a hit! Students created three of their own holes.



GLOW  
party



The Haunted House brought on even more laughter as well as sweat! They did amazing working as a team!

