



THE FALCON FLYER

VOLUME 2



MESSAGE FROM THE PRINCIPAL

HAPPY FALL! It is hard to believe that the end of the 1st nine weeks is October 13 and we have packed a lot of learning and fun in that time. I love to see the growth that occurs throughout the year.

Thank you for supporting our book fair. The proceeds will go to purchasing additional books. We also want to thank our PTO and parents for coming to the Falcon Frenzy. We had a beautiful night for the kids to play and their families to connect all while supporting Cedar Canyon. Finally, the students received the new playground equipment including tether ball. It has been a big hit! We have the best school family and PTO!

The Cedar Canyon Cross Country Team had a wonderful season. The kids worked hard and they all improved over the season. I am proud of their hard work and determination. They represented Cedar Canyon well. Way to go, Falcons!

We look forward to seeing all the parents at our conference day on October 20. There will be no student attendance that day so teachers can meet individually with you. Please look for communication from your child's teacher soon.

Finally, we will be finishing out the month with Fall Parties. If you want to volunteer for your student's fall party, you must have a background check on file. Please look for more information from your child's teacher.

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

Courtney Bailey, Principal

OCTOBER 2023

IMPORTANT DATES AND EVENTS

October 6
Falcon Factor and
Falcon Run

October 12
Picture Retake Day

October 13
End of 1st -Weeks

October 18
Report Cards Sent
Home

October 20
Parent/Teacher
Conference - No
Student Attendance

October 23
Fall Break - School
Closed

October 25, 26, 27, 30
November 1, 2, 3
2nd & 4th Grade Swim
at Natatorium

October 31
Fall Parties



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 self-worth and regulation strategies.

SELF-WORTH

SELF-WORTH MEANS:

- The sense of one's own pricelessness and preciousness
- The deep belief that one is worthy of being seen, heard, and valued.
- Everyone makes mistakes, but their worth and value as people will never change

STATEMENTS THAT BUILD SELF-WORTH:

I am so thankful you are in my life.	I am always here for you.	You are a good person.
Your are safe. I will take care of you.	Your feelings matter.	You are loved for who you are and not what you do.
I love you.	You are important to me.	I will have your back.
It's okay to show your feelings.	You don't have to be perfect.	Everyone makes mistakes. You are still a good person.

REGULATION STRATEGIES

It is important for students to be able to keep themselves regulated during the day. When we are regulated, our engine is in the green. When we are regulated, we are kind to one another, we do better on school work, and we stick with the group.



WHAT IS DYSREGULATED?

When our engine is in the blue or the red, we are dysregulated. Students need to know that everyone gets dysregulated at times and they are not bad people when it happens. While dysregulated, their mind may race, their heart can beat quickly, they can feel angry, scared, or overly excited.

STRATEGIES TO REGULATE:

Chair pulls or wall presses	Chewing gum	Drawing or journaling
Use of weighted blankets, vests, or stuffed animal.	Push heavy objects	Stretching or Yoga poses
Rocking in a chair or swinging	Use of fidgets	Drinking through a straw
Sitting in a room with low lighting	Have a snack	Running or riding a bike

PICTURE RE-TAKE DAY IS OCTOBER 12!

If your student didn't get their picture taken, be sure to mark October 12 down on your calendar for picture re-take day. All students who didn't get their picture taken must get their picture taken on October 12 in order to be included in the yearbook, so even if you don't intend to order any pictures, all students will have their picture taken. If your student had their picture taken and you want to have the picture re-taken, all you need to do is send the entire original picture packet to school on picture re-take day. Your student will turn those pictures back in to the photographer, and get new pictures taken.



**Dont forget to order this year's
school pictures!**

ENJOY 10% OFF YOUR ORDER!

CODE: F202310OFF

Expires: May 1, 2024

STUDENT COUNCIL

Our first skating party is coming up on Wednesday, October 18th from 5:30-7:30 for all Cedar Canyon students. Cost is \$5.50 at Roller Dome North and includes your skate rental. They will have food for sale there as well. For every student who attends, Cedar Canyon earns \$1.00. Also, the class with the most students who attend wins their teacher a \$30 gift card to spend at United Arts. So come out and have a great time skating with friends. We hope to see you there!



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.

COUNSELOR'S CORNER

October: Bullying Awareness month

During October, Mrs. Antos will be teaching a state mandated guidance lesson on bullying.

Each student will learn the following:

- What bullying is
- How to stop bullying
- What to do if you witness bullying
- How to stand up to a bully
- Recognize if you are being a bully
- What is cyber bullying?

IS IT BULLYING?

It is very important for kids to know the difference between being mean, rude, and bullying.

When someone says or does something unintentionally hurtful and they do it once, that's RUDE.

When someone says or does something intentionally hurtful and they do it once, that's MEAN.

When someone says or does something intentionally hurtful and they keep doing it-even when you tell them to stop or show them that you're upset, that's BULLYING.

RAKTIVIST

Applications are in! We have over 100 students apply to be in the club!! Students that are chosen for the RAKtivist club will be announced on Monday, Oct 2nd and we will meet the second week of October.



GYM NOTES

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It has been a joy getting to know the students during PE the past couple of months. They have been working hard on team building activities and building up their cardiovascular endurance by running at the start of each class. The first few weeks we worked on planking and throughout the month of September we are working on various abdominal exercises. Most kiddos should be able to teach you a pilates ab workout!

Once we finish our soccer unit we will transition to football. I will carry on the awesome tradition of the Haunted House and Putt Putt in the month of October. While we are warming up in PE I am teaching the students different muscle groups. Hopefully by the end of October they can show you how to properly stretch your hamstrings and quadriceps.

Reminder, if your student can not participate in gym please let me know with a doctor's note. Please email with with questions becky.molter@nacs.k12.in.us



IMPORTANT ART REMINDER!

Please remember to send in an art shirt with students if you haven't already. We are about to begin messier projects soon. Just like gym shoes, students will bring their art shirt to art class with them and store them in their lockers or classrooms during the week. Thank you!



MUSIC – MARK YOUR CALENDARS

Grades 1-5 families,

Mark your calendars! Students in grades 1-5 will perform in grade level musicals this year. Programs are on the following days and times:

Grades 3 & 4 + 5th grade band- Thursday, December 7 @ 6:30pm

Grades 1 & 2 + 5th grade band- Wednesday, March 6 @ 6:30pm

5th grade- Thursday, May 9 @ 6:00pm

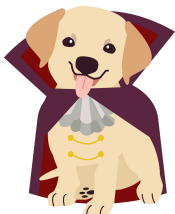
We're looking forward to performing for you this year!

Mrs. Weidner

FUN OCTOBER ACTIVITY!!



A new dog drawing
will be uploaded
daily in October!



[Follow this link to learn how to draw dogs in costumes!](#)

