This month’s theme will allow students to learn that collectively we all live and work within a community. Teachers will help students to understand that a community is a place or neighborhood to live, go to the store for food or clothing, places to learn like schools or the library and places to go for fun like the parks. Students will gain an understanding of the work of community helpers such as: firemen, policemen, teachers, librarians, doctors, dentists and veterinarians through role-play, group discussion and books.

Literacy: A review of the letters taught from the beginning of the year will reinforce identification and the letter sounds. This month’s letters are: P, p and D, d. An introduction of recognizing and producing rhyme will be taught, as well as, identifying words that do & do not begin with the same sound.

Math: Shape learning will focus on the triangle and rectangle and reviewing the square and circle. Students will sort and count objects up to 3. They will also learn to subitize (recognize how many without counting up to 3).

Second Steps: What is an accident? It could be bumping into someone or stepping on their toes. Students will be taught to check to see if the other person is okay, possibly help them and let them know they are sorry – it was an accident.

According to research children learn best when the subjects are reinforced. Parents are vital to repeating and expanding on lessons taught in the classroom.

Talk to your children about community helpers they see regularly such as: garbage collectors, delivery carriers, clerks, hairdressers and waitresses and why their job is important.

Take a drive to the city and through role-play, group discussion and books.

Our Community at Home

Practicing Math skills:
Look for shapes at home that your child has learned (see above). Practice subitizing using dice and fingers.

Practicing Literacy skills:
Help your child to find this month’s letters (see above) in your outings together at the grocery store, post office, or the mall. Help your child to sign his/her name on a holiday card.

Being aware of our personal space

Each of us has our own invisible yet definitely defined area around us, otherwise known as our personal space. When one’s personal space becomes infringed upon there are steps to remedy the situation like backing up. Teachers are continuously working with and teaching students what to do when someone else crosses over into their personal space. When one student indirectly or directly touches another student the teacher will intervene and stop the action and teach:

1. Look at your friend
2. Say, stop touching me please
3. And/or ask for adult help
The seasonal days have become colder, wetter, and darker. Soon winter weather will be with us bringing the possibility of power outages. Are you prepared?

As North westerners the cause for winter preparation is vital to surviving winter’s harsh onslaught. Listed below are a few items to have on hand to get you through a few dark hours or a couple of cold nights.

- Flashlights/batteries
- Candles and matches
- Extra blankets
- Extra clothing
- Non-cooking food items
- Bottled water
- Manual can-opener
- Medicines
- Battery operated radio/clock

Small amount of cash
A full gas tank
A charged cell phone with minutes
Wrench to turn off the gas or water.
Board games/books
A stuffed cuddly partner for children
A First Aid Kit
Can you think of more?

The holiday season is upon us, and for many people that means decorating the house, baking cookies, and shopping. Families want their special time together to be happy for everyone, especially the children. But what many parents need to remember is that the season can be a time of stress for their children.

You can help your children beat the stress best by following these tips:

- **Limit TV and video games** – encourage and increase physical activity or exercise.
- **Nutrition** – Plan at least one healthy meal as a family everyday and limit sugary snacks.
- **Family traditions** – Family traditions offer great comfort and security for children. Try making your own family fun calendar or developing a family memory book.
- **Attitude check** – Try to have all family members pledge to make the season a time of joy and peace.
- **Rest and relaxation** – Scheduling a much-needed ‘time out’ for everyone in the family will produce happier results.
- **Laugh** - Laughter is still the best way to beat stress. Take time to read the comics to your children or watch a funny family-oriented film.

Make sure you do your part to make the most of this time of the year; you’ll be glad you did.

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