

Carson Elementary School

# Cougar Connection

November 9, 2020

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## Principal's Message



This month's character trait focus is Gratitude. Gratitude is the expression of appreciation for what one has. It is a recognition of value independent of monetary worth. Spontaneously generated from within, it is an affirmation of goodness and warmth. Studies show that specific areas of the brain are involved in experiencing and expressing gratitude. Brain scans of people assigned a task that stimulates expression of gratitude show lasting changes in the prefrontal cortex that heighten sensitivity to future experiences of gratitude.

Although at times, it feels like there is much chaos and hardship in our world, there are many things to be grateful for. I am grateful for all our students, back at school. It is so good to see their happy faces and eagerness to learn. I am also grateful for the support of our families and community. If we look for the good, we will find it.

 **Sarah (Marino) Dodson**  
Principal, Carson Elementary

## Important Dates

### Wednesday, November 11

- Veterans Day – No School

### Thursday, November 12

- School Board meeting via Zoom Webinar, 7:00

### Tuesday, November 17

- Virtual Family Learning Night: Health & Wellness

### November 25-27

- Thanksgiving Holiday – No School

### Friday, December 2

- AR Goal #2 Ends



### Student Council would like to invite all CES students to join them in purchasing our new Cougar Pride t-shirts.

We have a new shirt design from last year (see below). We typically have multiple days throughout the school year where students have an opportunity to sport their Spirit Shirts. Our first official Spirit Day will be in January 2021. Orders will be accepted until Tuesday, Nov. 24. Shirts will be delivered before Christmas break. Changes cannot be made once the form is submitted. If you are ordering for multiple family members, fill out one form per family member. PLEASE NOTE THERE ARE ADULT & YOUTH SIZES. Shirts are 90% cotton/10% polyester so we suggest students order a size up so that they can wear their shirt for next year as well. Got questions? Contact Jessica Schultze at [SchultzeJ@scsd303.org](mailto:SchultzeJ@scsd303.org) or call the school. Youth and parents shirts are \$15 (add \$3 for 2XL & 3XL).

[https://docs.google.com/forms/d/e/1FAIpQLSeMa5anaCJXdLj3fY8MCT6JGrKEhScdxTRakcTXX3pFz\\_0GhQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeMa5anaCJXdLj3fY8MCT6JGrKEhScdxTRakcTXX3pFz_0GhQ/viewform?usp=sf_link)

## Around the School

### Virtual Family Learning Night



## Health & Wellness

November 17, 2020, 6:00-7:30 p.m.

Join us for a night of learning and activities around health and wellness, with special guests:

- Presenter: Della Woods, ESD112; Topic-Stress
- Presenter: Ellie MacDonald, Skamania County Mental Health; Topic-Dealing with Big Emotions
- Presenter: Kristoffer Lindstrom, Skyline Clinic; Topic-Mindfulness

At the end there will be a Q&A Opportunity with Parents

Registration is required:

[https://us02web.zoom.us/meeting/register/tZMsf-6sqjooGNTXCJuVQ348foRhim0\\_4r4u](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZMsf-6sqjooGNTXCJuVQ348foRhim0_4r4u)

After registering, you will receive a confirmation email containing information about joining the meeting.

## Lunch Menu

**Monday, November 9**

**Cereal**

Fruit Cup  
Apple Juice

**Corn Dog**

Tator Tots  
Orange Wedges

**Tuesday, November 10**

**Muffin**

Fruit Cup  
Orange Juice

**Spaghetti Sauce with Pasta**

Apple Wedges

**Wednesday, November 11**

**Veterans Day**

No School  
Thank you for your service!

**Thursday, November 12**

**Cereal**

Fruit Cup  
Orange Juice

**Beef Tacos**

Lettuce & Tomatoes  
Apple Wedges

**Friday, November 13**

**Cinnamon Roll**

Fruit Cup  
Grape Juice

**Hamburger**

French Fries  
Orange Wedges

## Brain Games...



Each year, on November 11<sup>th</sup>, we honor those who serve our country. Thank you!



## Bus Information

Bus routes are adjusting slightly, with the opening of WRMS. Please check the website, [www.scsd303.org](http://www.scsd303.org) to see how your stop is impacted. For more information, call our transportation department at (509) 427-5277.