## Scenic Heights - Bulldog Bulletin

Newsletter 10/02/23


## CALENDAR

*September 15- October 15Hispanic Heritage Month *October 5- $5^{\text {th }}$ Grade program 5:30 pm
*October 9- Teacher Plan/Learn Day- No School for Students
*October 10-13 $1^{\text {st }}$ grade conferences
*October 11- Little Caesar's Spirit Day
*October $16-5^{\text {th }}$ Grade Symphony *October 16- $2^{\text {nd }}$ grade Roy Hyat $\dagger$ *October 17- $2^{\text {nd }}$ grade Roy Hyat $\dagger$ *October 18- $2^{\text {nd }}$ grade Roy Hyat $\dagger$ Tijuana Flats hosts Spirit Night 5:00-8:00
*October 20- United Way Day of Caring
*October 23-Report Cards posted

* October 23-27 RED RIBBON WEEK
*October 23-27 KG Conferences
*November 1- Early Release Day- Dismissal begins at 11:30; Little Caesar's Spirit Day
*November $24^{\text {th }}$ Grade Program
*November 6 SAC Meeting 1:45
*November 7- Holiday/Make-up Picture Day
*November 7- $4^{\text {th }}$ Grade program;
Bubba's Spirit Night 5:30-8
*November 6-9 Gulf Coast Kids House presentations K-5
*November 10- No school in honor of Veteran's Day
*November 19-24 Fall Break/Thanksgiving
Teacher Plan/Learn Day October 9, 2023


Principal - Shelly Cox Assistant Principal - Kristin Arnold

Congratulations September Students of the Month Jaylynn Ahmadzai- fifth grade Cameron Mimnagh- fifth grade


National $\mathcal{H}$ ispanic $\mathcal{H}$ eritage Month Fact of the Week:


The 13 states are: Arizona, California, Colorado, Florida, Georgia, Illinois, New Jersey, New Mexico, New York, North Carolina, Pennsylvania, Texas, and Washington.

## Coach's Corner

Breathe in....breathe out. Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress. Teaching mindfulness is a great way to help your child develop healthy coping mechanisms -- with benefits including:
$\checkmark$ Increased Focus
$\checkmark$ Improved academic performance
Decreased Stress


