October 2023

Panther Tales

October 2-6 Scholastic Book Fair
October 3 Family Night at the Book Fair 2:30- 6:00pm
October 6 Fall Picture
October 6,13,20,27 PTA Spirit Sales
October 9 Professional Development Day/
No School for Students
October 10 5th Grade Q1 Science Test
October 12 Reception for State Fair Artists
October 13 End of First Nine Weeks
October 16-20 Gulf Coast Kids Presentation
October 19 3rd Grade performance Hats
October 19-29 Pensacola State Fair Art Show
October 20 Kindergarten Scarecrow Day
October 23 Report Cards Posted
October 23-27 Red Ribbon Week
October 26 All County Chorus
October 26 5th Grade Spooky Science Night 5:30-6:30
October 28 PTA Cookie Dough Pickup
October 31 Halloween

November 1 Early Release Day
November 5 Daylight Savings Time Ends
November 9 Veterans Day Program
November 10 Veterans Day Holiday
November 17 Kindergarten Turkey Day
November 20-24 Fall Break

October 2 Harrison 5th/ J. English 1st
October 4 McGee 4th/ T. English 1st
October 5 Stroud 4th
October 6 Broadwater 4th
October 9 No Conferences
October 10 Williams 4th/Lassiter K
October 11 Simmons 4th/Baker K
October 12 Stokes 3rd/Huber K
October 13 Chapman 3rd/ Vaughn K
October 16 McCraney 3rd/ Gunter 2nd
October 18 Whidden 3rd/ Crosby 2nd/Cotita K
October 19 Garic 3rd/ Melville 2nd
October 20 Mitchell 3rd/ T.B. D. 2nd
October 23 Haynes 3rd
October 25 Greene 2nd
October 26 Harris 2nd
Media Center News
Mrs. Edmunds & Mrs. Stepherson

BOOK FAIR

October 2-6
Time: 7:30-1:00

On-line Shopping:
September 27-October 11

Payment:
E-Wallet/ Cash/ Debit/Credit
NO CHECKS

Visit our Book Fair Homepage
http://www.scholastic.com/bf/pinemeadowelementaryschool3

Family Night
October 3rd 2:30-6:00pm
Check out the teacher’s wish lists!

Set up E-Wallets
September 27 - October 6

To get started, visit our Book Fair Homepage:
scholastic.com/fair

October 6

Please send in your picture packets and dress for the occasion. Please be on time. The photographers are usually done by 10:30 am.

October 6, 13, 20 27

The school spirit store is open every Friday at lunchtime.

Cookie Dough Pick-Up Date
Saturday, October 28th
Watch for Info coming Home!
Times: 9:00 am – 2:00 pm
OCTOBER 9

Quarter 1 Science Test for 5th Grade

OCTOBER 10

KEEP CALM
IT'S A
SCIENCE TEST

Pensacola State Fair Art Show
October 19-29

October 12

Reception for State Fair Artists from 5:30-7:00.
Ms. Peery will be sending home invitations to parents for student’s artwork displayed at the fair.
Stop by and check out our artists!

End of 1st Nine Weeks

October 13

October 23

Report Cards Ready for Viewing in FOCUS

3rd Grade Performs:

HATS!
A Musical That Celebrates
What’s Underneath

Hats! Is a musical that starts at the top of your head and makes its way to the bottom of your heart. It’s time to grab your hat and party! Hats of all shapes and sizes take over the stage when a group of milliners (hat makers) help a hatless friend find the perfect hat. The friends explore all kinds of hats, their uses and the people who wear them. A surprise awaits the audience when one milliner appears in a remarkable, stupendous hat of all hats! All the friends discover that it’s not the hat that makes a person special, it’s what is underneath.

Thursday, October 19

SHOWTIMES:

5:30 – Chapman, Mitchell, Whiddon
6:30 – Garic, Haynes, McCraney & Stokes
October 23 - 27

October 23 - “The Redder the Better”
Wear lots of Red to Kick off Red Ribbon Week

October 24 - “Sock it to Drugs and Bullying”
Wear Silly Socks

October 25 – “Give Drugs and Bullying the Boot”
Wear Boots

October 26 – “Put Drugs and Bullying to Sleep”
Wear your Pajamas

October 27- “Team up Against Drugs and Bullying”
Wear your Favorite Team Jersey or School Spirit Shirt

4th & 5th Grade
Spooky & Spectacular Steam Night

October 26th
5:30-6:30

RSVP for your spot soon! Invitations coming home October 6th.

4th Graders will be enjoying Monster Math & Spooky Spider Science!

5th Graders will be doing Spectacular Science Experiments!

ALL COUNTY CHORUS
Mrs. Guarino & Mrs. Meyer

CONGRATULATIONS!
5th Grade FINALISTS

Mekhia Nelson             Noelle White
Robert Ouelette            Parker McLellan
Alex Arancibia-Guevara

October 26
All County Chorus Concert
Saenger Theater @ 7pm

Kindergarten Scarecrow Day
October 20

Students are encouraged to dress up like scarecrows as we participate in fun fall activities and have a yummy snack!

*This is a student event only
**CALLING ALL PINE MEADOW VETERANS!**

Veteran parents, grandparents, uncles, aunts, cousins, siblings and active-duty family members are invited to attend our Veterans Day Program. Please pass this information along to them. RSVP’s coming home soon!

**Have any family photos of your Vets?** Send them in for our WALL OF FAME. Instructions coming home this month!

**Would you like to be a classroom speaker?** Keep an eye out for the information form coming your way!

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**Halloween Costume Day**

**OCTOBER 31**

Students may wear their costumes to school on Halloween.

All costumes must follow the school district dress code.

**NO MAKEUP**

**NO SCARY COSTUMES**

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**Order Your Yearbook!**

Capture your memories in this year’s Pine Meadow Elementary Yearbook.

~To Purchase & Customize your Yearbook:
~Go to [www.treering.com/validate](http://www.treering.com/validate)
~Enter our school’s passcode: 1012923600032466

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**PTA Newsletter**

Check out this link to the PTA monthly Newsletter!

[https://drive.google.com/file/d/10GHZa-ET2b_bNa-c1hDyRln6ldfx3Re/view?usp=drive_link](https://drive.google.com/file/d/10GHZa-ET2b_bNa-c1hDyRln6ldfx3Re/view?usp=drive_link)

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**SAVE THE DATE**

Veterans Day Program

November 9 @ 9:00am

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**There is NO elevator to SUCCESS.**

You have to take the STAIRS.
Changing Curriculum

Different school districts – even in the same state – can have different curriculums. Each district may have its own requirements for every grade from elementary through high school. Not only can curriculums vary from district to district, but the teachers in that district can approach things differently as well. Furthermore, the texts and other instructional materials that schools use to teach that curriculum can vary from school to school. The different curriculums, teaching styles, and instructional materials (lectures, textbooks, multimedia, etc.) can make it a challenging for military kids frequently going from one district to another. Here are some solutions for a changing curriculum.

Solution #1 MilKids Education

Started by Meg Flanagan, M. Ed, a deployed mom, teacher, and homeschool coach, MilKids Education Consulting is a place parents can turn to for help when they are concerned their kids aren’t getting what they need from their school or teachers. Flanagan provides consultations to help parents know not only what to say but exactly how to say it when seeking services for their children such as enrollment in special education or gifted programs. She also offers tips and advice on how to get kids to do their homework and how to be successful homeschool parents.

Solution #2 Virtual Help/Tutors

Thanks to the U.S. Department of Defense and Coast Guard Mutual Assistance, children of military families are eligible for free online tutoring and homework help 24/7 and all you need is an internet connection. Besides the obvious benefit of convenience, using a virtual tutor can have many other benefits. With a virtual tutor, students can have the same tutor as they move from school to school. A tutor can get to know your child’s learning style and can help them adjust to the changing curriculums. They can also suggest additional resources your child may find helpful during school transitions.

Guidance Corner

Helping Children Cope with “Big Feelings”

Name the Feeling(s)

Help your child figure out which feeling they are having/were having. Putting a name to it can help validate their experience. Having a feelings poster or reading children’s books about feelings can be helpful to identify their own feeling.

Normalize the Feeling(s)

It can be confusing for a child whose feelings take over and lead to behavior they may not usually have. Explain that all people have these feelings sometimes, and we all must learn how to manage them.

Talk about the Brain

Our brains and our bodies are connected, and our brains send out signals when we experience certain “big feelings.” Explain that we have a part of our brain (thinking brain) that’s in charge of making decisions, thinking things through, and managing our emotions. Explain that another part of our brain (emotional brain) oversees important things like breathing, digesting food, and holds onto big feelings like anger or anxiety; this part of our brain also reacts to any threats and can make us feel like we need to run (flight), fight back or freeze. Sometimes this part of our brain overreacts, and we need to try strategies to calm it down.

Practice Self-Regulation Skills

When children are calm, their thinking brain is on, and this is the best time to come up with a plan for when their emotional brain tries to take over. Encourage taking a break (not a time out), deep breathing, releasing angry energy by exercising, and relaxation strategies such as progressive muscle relaxation, coloring, calm down jars, music, etc. Practice these repeatedly when they are calm. Helping your child begin to recognize their body’s early signs of a big feeling (heart racing, clenched jaw, etc.) can help them learn when to employ their self-regulation skills.