

# November 2023

## Panther Tales



**November 1** Early Release Day  
**November 3** Roy Hyatt "Night of Creepy Crawlies"  
**November 3** Reardon/Bell Very Special Art Fieldtrip  
**November 3,10,17** PTA Spirit Sales  
**November 4-5** Great Gulf Coast Art Show  
**November 5** Daylight Savings Time Ends  
**November 6- December 6** Holiday Food Drive  
**November 7** PTA Texas Roadhouse Spirit Night  
**November 9** Veterans Day Program  
**November 10** Veterans Day Holiday  
**November 15** Turkey Trot  
**November 15** Thanksgiving Lunch in Cafeteria  
**November 16, 27, 30** 5<sup>th</sup> Grade Roy Hyatt Field Trips  
**November 17** Kindergarten Turkey Day  
**November 20-24** Fall Break  
**November 28** 3-5<sup>th</sup> Grade Curriculum Night for Families



**December 4-8** Penguin Patch  
**December 7** Santa Pictures  
**December 7** 3<sup>rd</sup> Grade Children's Chorus Field Trip  
**December 8** Kona Ice  
**December 11,12,13** 2<sup>nd</sup> Grade Roy Hyatt Field Trip  
**December 14** 5<sup>th</sup> Grade Jingle Bell Jukebox Show  
**December 15** Kindergarten Grinch Day  
**Dec 19** Kindergarten Gingerbread House Day  
**December 20** Early Release Day  
**December 21-January 3** Winter Break  
**January 4-5** Teacher Planning Day  
**January 8** Students Return to School



**November 1 @ 12:20**  
**Please Be on Time!**

### November 3

Very Special Arts Day Field Trip in association with  
the Great Gulfcoast Arts Festival

Mrs. Bell/ Mrs. Reardon

**GREAT  
GULF COAST  
ARTS  
FESTIVAL**

### November 4~5

Bartram Park 10:00 am - 4:00 pm  
Look for our artists work displayed!



**NOVEMBER 5**

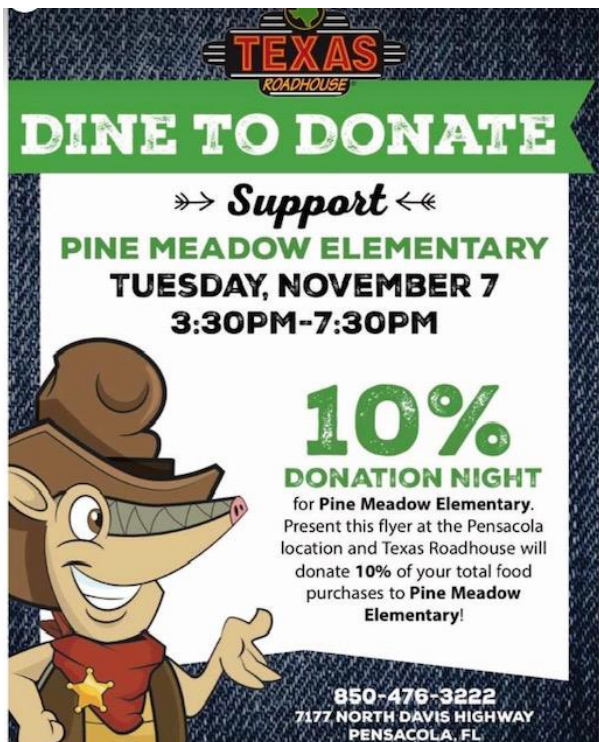
**Daylight Savings Ends**

*Don't Forget to set your clocks back one hour!*



**School Spirit Sales**

**November 3, 10, 17 at lunchtime**



**VETERANS DAY!**  
  
**THANK YOU FOR YOUR SERVICE!**

**Veterans Day Program**  
**Thursday, November 9<sup>th</sup>**  
**9:00 a.m.**

**Please send in your RSVP's**

All Active Military & Veterans of Pine Meadow students are welcome!

*\*Due to lack of space, students will not be able to attend this program with Veterans. The program will be recorded for student viewing.*



**NOVEMBER 10**  
**SCHOOL HOLIDAY**



**NOVEMBER 15**

RSVP for Thanksgiving Lunch with your student in the cafeteria! Info coming home soon!

## Pine Meadow Annual Turkey Trot



### November 15<sup>th</sup>

#### How it Works:

A course will be set up around the school and students will participate by classes.

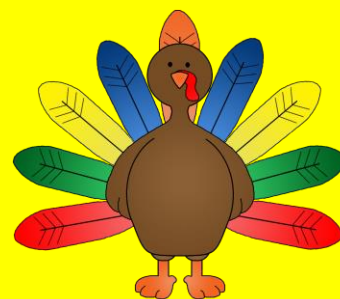
Every time a student crosses the starting line, they earn a turkey feather.

There will also be ways to earn more feathers throughout the course.

All feathers will be deposited in a class envelope.

The class who collects the most feathers in each grade level will win a pizza party for their class.

## Kindergarten Turkey Day November 17<sup>th</sup>



Kindergarten classes will have our annual Thanksgiving breakfast "Turkey Style" on Friday, November 17<sup>th</sup>. Parents are asked to send in items on or before Monday, November 13<sup>th</sup>. Due to space and time restraints this is a student only event. Thank you for your continued support!

## Roy L. Hyatt Environmental Center



The Roy Hyatt Environmental Center is located on 120 acres of upland pine forest and bog in Cantonment Florida. Second and fifth grade students come to RHEC to participate in hands-on experiential science-based field trips.

### 5<sup>th</sup> Grade Field Trip Schedule

**November 16<sup>th</sup> – Taylor & Benoit**

**November 27<sup>th</sup> - Harrison**

**November 30<sup>th</sup> - Potter & Brown**



## November 28



### Learning Is Out of This World

3-5<sup>th</sup> Grade Curriculum Night

5:00 - 6:10 p.m.

3<sup>rd</sup> - 5<sup>th</sup> Graders and their families are invited to come to school and participate in fun learning activities with their students.





Students have been busy creating artwork for the Square1Art Fundraiser.

- Catalogs and stickers will be sent home in November!
- Don't miss out on ordering useful gifts that display your child's artwork!
- Square 1 Art is a great way to turn your child's artwork into keepsakes and gifts!
- **Sales are online only**
- **All products will be delivered before winter break.**



## 2023 Fair Artists

Jackson Corbin	Maddox Morrison
Addison Cote	Willie Myrick Sarmiento
Ayden Ecklund	Elijah Nellums
Caroline Freeland	Devina Persad
Amberlynn Harrington	Addelyn Robertson
Brody Holtzower	Mackenzie Shoemaker
Carter Jarman	Claire Thornton
Sophia Leonard	Emmy Ward
Brantley Love	Jasmine Woodson
Bella Miller	Elyse Zheng

**Congratulations!**

**Ms. Peery & Mrs. Vowell**

*Guidance Corner Ms. Steiner*

## Citizenship

### How Can I Be of Service?



Being a good citizen means caring about the good of society and participating actively to make things better. Citizenship requires doing our share for the community and for our country. From an early age, children benefit from giving their time and efforts to help others.

#### 10 Ways to Be a Good Citizen

- 1 Volunteer to be active in your community
- 2 Be honest and trustworthy
- 3 Follow the rules and laws
- 4 Respect the rights of others
- 5 Be informed about the world around you
- 6 Respect the property of others
- 7 Be compassionate
- 8 Take responsibility for your actions
- 9 Be a good neighbor
- 10 Protect the environment

#### What You Can Do

~ Take your child with you when you vote. Talk to them about the candidates, the offices they hold and their positions on key issues

~ Participate in community-building activities, such as cleaning up parks and assisting with school activities.

~ Help your child think about age appropriate things they can do to serve in the community. For example, your young child might help you sort items for recycling or give money from their piggy bank to a charitable group. An older child might participate in walks for charity, volunteer at animal shelters or visit residents of a local nursing home.

~ Discuss Citizenship with your child and find examples of what good citizens have done for their communities.

**Pine Meadow Elementary  
Purple Heart School of Distinction  
Resources for Military Families**



**Social Stability & Mental Health**

When mom, dad, or both parents are in the military, kids have a lot more to cope with than their average classmate. They may be flooded with thoughts of their parent getting injured or worry that they'll never see them again. These thoughts paired with moving a lot and constantly starting at new schools can make it harder to keep friends and find a secure spot among their peers. With all these different anxieties, kids can succumb to depression and other mental health issues more easily than others their age. Luckily, there are several strategies to help kids cope and stay mentally healthy.

**Solution #1 In-Person or Online Therapy**

Therapists are trained to help children talk through the stresses that they feel and can equip them with the tools to better navigate the military lifestyle. You can connect face-to-face with therapists free of charge through Military OneSource and the Military Family and Life Counseling program. However, in-person counseling means switching therapists every time you move to a new base or other location. CreativeHealing is one site that offers online therapy to teens meaning your therapist can come with you if you end up moving.

**Solution # 2 Military Kids Connect**

Military Kids Connect is an online community especially for kids ages 6-17 whose parents are in the military and who may need some extra support. The community has lots of good information and activities for kids, so they can learn ways to manage stress and talk about tough topics like depression. The site also has a link to health and wellness coaches for teens and a message board where military kids can connect with one another.

**November Acts of Kindness Activity**



Check off one act of kindness for each day in November.

- ☐ 1 Don't complain all day long
- ☐ 2 Pick up trash in your neighborhood
- ☐ 3 Feed the birds
- ☐ 4 Give a compliment
- ☐ 5 Share with another person
- ☐ 6 Donate old books
- ☐ 7 Hold the door for someone
- ☐ 8 Help make dinner
- ☐ 9 Be kind to a stranger
- ☐ 10 Give someone an 8 second hug
- ☐ 11 Donate old toys
- ☐ 12 Leave a nice note on the mirror
- ☐ 13 Draw a picture for someone
- ☐ 14 Write a thank you note
- ☐ 15 Help an elderly person
- ☐ 16 Bake or take yummy goodies to someone
- ☐ 17 Bring someone flowers (or draw a picture of flowers)
- ☐ 18 Send someone a nice note
- ☐ 19 Smile at everyone you see today
- ☐ 20 Write positive messages on the sidewalk
- ☐ 21 Make a list of ten things you are thankful for
- ☐ 22 Get to know someone new
- ☐ 23 Thank a Veteran
- ☐ 24 Tell someone you are thankful for them
- ☐ 25 Help set the table
- ☐ 26 Do a chore without being asked
- ☐ 27 Write a gratitude list of 20 things
- ☐ 28 Spread good news
- ☐ 29 Make someone laugh
- ☐ 30 Do someone else's chores for them



*Newsletter created by Angie Stepherson*

# HOLIDAY FOOD DRIVE

## NOVEMBER 6 – DECEMBER 6

Please join ECPS in collecting  
nonperishable food Items for  
Manna Food Bank

### Top 3 Most- Needed Items:

Canned Fruit in 100% Juice

Canned Tomatoes

Canned Mixed Vegetables

**ALL** nonperishable food donations are appreciated!



Financial contributions may be made at [www.mannahelps.org](http://www.mannahelps.org)

Please click the “in Honor or Memory of” button and enter “ECPS” in the field so your donation will be added to the ECPS event.

# Roy Hyatt Environmental Center

## Night of Creepy Crawlies

**Friday, November 3, 2023**

**1300 Tobias Rd. Cantonment**

**5:30 PM to 8:00 PM**

This is a free event and open to the public. As always, RHEC appreciates donations. See complete list at the bottom of this post.

Come meet tarantulas and other creepy crawlies with Sunset Wildlife Connection. View birds of prey with the Wildlife Sanctuary of Northwest Florida. Discover snakes, lizards, and turtles in the "Reptile Room." Observe microscopic creepy crawlies through microscopes in the microscope room.

Examine lionfish, scorpionfish, and other aquatic creatures in the "Beach House." Go on a "spider hunt" while taking a short naturalist-led walk in the woods. Blast off in the planetarium while watching the movie "Destination Solar System." (Seating is limited - Suggested donation \$2.00/person).

While enjoying this fun-filled evening, grab a shaved ice and/or a bite to eat at Kona Ice or Veronica's Dream food trucks. There is a separate cost for food.

### **Suggested Donation Wish List:**

#### **Cash or Gift cards:**

Walmart	Home Depot
Target	Grocery stores
Lowes	Amazon
Any pet stores	

#### **Food for animals:**

- Black oil sunflower seed
- Nut and fruit birdseed
- Suet cakes
- Turtle pellets
- Greens (Kale or Collard)
- Strawberries
- Blueberries
- Blackberries
- Freeze dried shrimp
- Live crickets
- Live mealworms

#### **Other Supplies:**

- Reptile Bedding
- Bags of Play Sand
- Pine Bark MULCH
- Hand Sanitizer
- UVB and UVA Reptile Light Bulbs
- Bleach