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 5th Grade Roy Hyatt Field Trips
November 17 Kindergarten Turkey Day
November 20-24 Fall Break
November 28 3-5th Grade Curriculum Night for Families

December 4-8 Penguin Patch
December 7 Santa Pictures
December 7 3rd Grade Children’s Chorus Field Trip
December 8 Kona Ice
December 11, 12, 13 2nd Grade Roy Hyatt Field Trip
December 14 5th Grade Jingle Bell Jukebox Show
December 15 Kindergarten Grinch Day
December 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 5
Daylight Savings Ends
Don’t Forget to set your clocks back one hour!

Veterans Day Program
Thursday, November 9th
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.

School Spirit Sales
November 3, 10, 17 at lunchtime

NOVEMBER 10
SCHOOL HOLIDAY

RSVP for Thanksgiving Lunch with your student in the cafeteria! Info coming home soon!
Pine Meadow Annual Turkey Trot

November 15th

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.

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.

5th Grade Field Trip Schedule
November 16th – Taylor & Benoit
November 27th - Harrison
November 30th - Potter & Brown

Kindergarten Turkey Day
November 17th

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

November 28

Learning Is Out of This World

3-5th Grade Curriculum Night
5:00 - 6:10 p.m.
3rd - 5th 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 Square 1 Art 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 Holtzhower                  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.
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
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
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.

Questions? 850-469-5675
wkotick@ecsdfl.us
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