



Tips to Help Your Kid(s) Thrive

Regular Attendance - Did you know that missing only 2 days per month is the equivalent of 10% of the school year and has been shown to significantly impact your child's success?

Regular Sleep Schedule - A quick check to decide if your child(ren) are getting enough sleep is to consider how they wake up in the morning. Hard to get up? They need to go to bed earlier. Waking up too early? They could go to bed a bit later.

Talk Daily - Who did you play with today? What was the best part of the day? What would you like to learn more about? What are you reading, and who do the characters make you think of?

Read Together - sit and enjoy a book. Help your child read, or if they are independent, each of you can read together to share space. This helps the developing brain associate reading with something comforting.

Play Games - These often target strengthening basic facts recall skills, critical thinking, taking turns and navigating losing.

Announcements

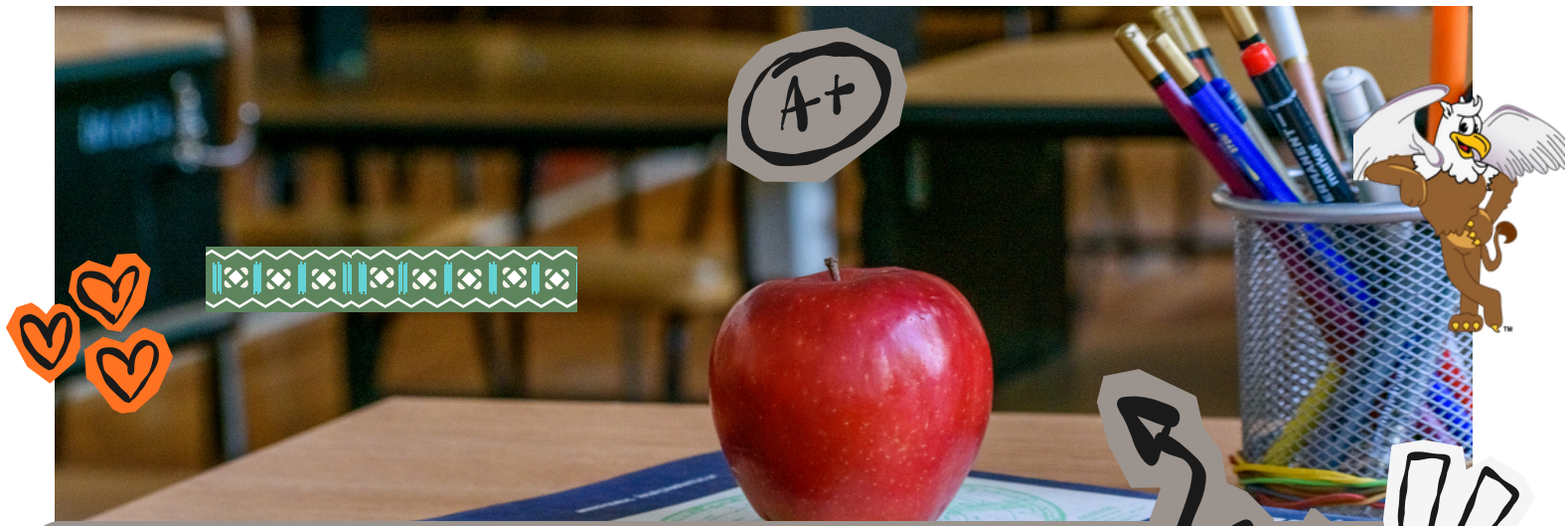


Please sign and return all forms promptly to help your child get started smoothly.



Sign up for our Grasslands Public School App for all updates!





JOIN SAC!

All parents and guardians are welcome to come to the School Advisory Council meetings to be the first to hear about what is happening at Griffin Park and have the opportunity to provide input in what you would like to see at GP! Every meeting is held the last Wednesday of the month in the school's library. Join the Parents' FB Group: "Griffin Park Parent Council"

Wednesday, October 28th at 6:30pm

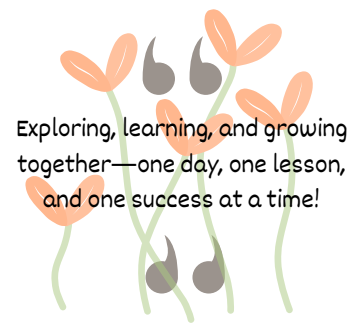
LOOK FOR PARENTS/GUARDIANS to help with planning and organizing HOT LUNCHES and to be on the FUNDRAISING committee. If you are interested in either of these, please contact one of our SAC board members.

Visiting or Volunteering?

Please use the office entrance ONLY. All guests are required to sign in at the office and will receive a visitor tag.

Home – Class

LET GROW



Empowering kids to build confidence and resilience!

This Year at Griffin, we are partnering with families to help develop resilience and independence in our students.



**Dear Parent,
Month 2: Spread Your Wings**

FIRST: If you missed last month's home challenge, be sure to read the September newsletter to learn about the "Let Grow" initiative.

What a start to the school year with last month's activity, "Getting Out of Your Comfort Zone"!

Now it's time for your child to stretch themselves further.

This month, your child will choose an activity that has them **"spreading their wings"** by extending or building upon what they tried out in their September Let Grow activity. For example, if last month they chose to make their own breakfast, Spreading Your Wings might look like making breakfast for your siblings or the whole family, or making your own lunch for at least three days in a row (or maybe even planning dinner, writing the shopping list, and buying the groceries needed!).

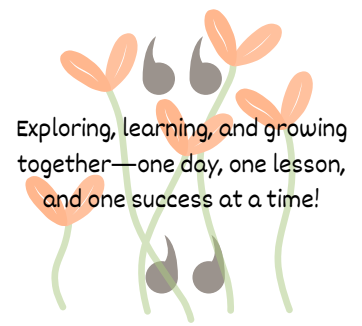
Ready to celebrate your child? EMAIL MRS. ATKINSON what your child did and pictures if you're willing to share them! crystal.atkinson@grasslands.ab.ca

— Your Friends at Let Grow

Replay:



LET GROW



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**Dear Parent,
Month 2: Spread Your Wings**



What's Next?

1. Let your child take the lead in planning. They will complete their own planning sections. Use this month's Activity Ideas List or help them come up with their own idea.

2. Activity time! Step back, so your child can step up. Leave the room to avoid your child feeling pressured, and resist any temptation to jump in, or to help or supervise. Remember, letting go is an act of bravery! [Activity Ideas HERE!](#)

3. How did it go? Your child will answer reflection questions on their page, and you should also think about your experience.

☐ How did it feel to step back and let go this time? Easier or harder?

☐ Did you learn anything new about your child or yourself?

☐ Have you noticed any behaviour or attitude changes in your child after doing a couple Let Grow activities?

— Your Friends at Let Grow

Thank you to our Grade 6 Safety Patrollers for
working hard to keep us safe!



BOOK FAIR



Wed, Oct 21 Lunch Recess

11:50-12:10

Thurs, Oct 22 Lunch Recess

11:50-12:10 and during PTI's

3:30-6:30

Mon, Oct 26 Lunch Recess

11:50-12:10

Tues, Oct 27 11:50-12:10

Wed, Oct 28 Lunch Recess

11:50-12:10 and during PTI's

3:30-6:30 (Last Day)

Mrs. Senior is looking for parent volunteers to help with sales during the lunch recess times.



Congratulations to all of our students who earned a PRIDE ticket in September!



This Month at Griffin Park



OCTOBER



				1	2	3
4	5 World Teacher's Day Run Club	6 1-3 Choir	7 GLEE Club Run Club	8 4-6 Choir	9	10
11 	12 NO SCHOOL	13 1-3 Choir	14 GLEE Club Run Club	15 4-6 Choir	16	17 GLEE Club Run Club
18	19 Run Club	20 1-3 Choir	21 Book Fair Begins Gr. 4 Field Trip GLEE Club	22 4-6 Choir Student Leadership Trip P/T Interviews "Screenagers" Sequel - FREE	23	24
25	26	27 1-3 Choir	28 Run Club P/T Interviews School Advisory Council 6:30	29 Halloween Safety Presentation 4-6 Choir	30	31 

