

# Bloom-Carroll Elementary K-2

November 1, 2021

“The miracle is not that we do this work, but that we are happy to do it.” - Mother Teresa

## OUR STUDENTS · THEIR FUTURES · OUR FOCUS

### Parent Teacher Conferences

Parent-Teacher Conferences will take place on:

Thursday, November 4th  
and

Thursday, November 11th

Each conference is scheduled for fifteen minutes to ensure that all parents have an opportunity to meet with their child's teacher. Please be on time for your conference. We will adhere to the fifteen minute schedule. Parents can choose either a face to face meeting, a phone conference, or a virtual meeting on the MyConference scheduler.



**HAPPY**

**THANKSGIVING!**

**Thanksgiving Break  
November 24th through 26th**

### Word of the Month

#### *Resilience*

Our students are beginning to make connections to the above word of the month. Resilience means, “the capacity to recover quickly from difficulties; toughness.”

### Veteran's Day Assembly

On Thursday, November 11th we would like to invite our Veterans for an assembly at the elementary school. The assembly will begin at 9:45 a.m..



Please notify your child's teacher through Class Dojo if they will have a special Veteran attending.

Please do not begin arrival until 9:15 a.m.. Parking will be available in front of the building.

We are requesting due to limited seating that only our Veteran and an escort to attend.

Please encourage your student wear red, white, or blue on this special day.

Vicky V. Pease Principal Amanda Jablonski Guidance Counselor Kelly Jackson Secretary
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### Looking Ahead

#### November

Grade Cards go home 4

Veteran's Day Assembly 9:45 a.m. 11

Parent-Teacher Conferences 4 & 11

#### December

Holiday Program Kindergarten and First Grade 9

Winter Break Begins 20

#### School Day

Doors open:  
8:45 a.m.

Buses Dismiss:  
8:45 a.m.

Tardy bell:  
9:00 a.m.

Dismissal:  
3:30 p.m.

Students of the Month for October

Kindergarten: Rowan Heimberger, Hank Belin  
First Grade: Rylee Walpole, Colton Seaton  
Second Grade: Madison Hood, Andrew Brown

Happy Birthday To You!

**NOVEMBER**

Avery Mitchell  
Emily Jensen  
Calvin Covell  
Nolan Ebert  
Charlie Shirk  
Allena Hall  
Carson Davies  
Sofia Courtright  
Landon Wisecarver  
Lyla Conner  
Giselle Aliozor-Anigbo  
Mohamed Bah  
Morgan Ogg  
Elizabeth Brown  
Liam Shaw  
Santino Mascari  
Abrehem Mathias  
Dmitri Lister  
Brantley Midkiff



Gage Weisheimer  
Camila Delbosque  
Emmy Parsell  
Adam Hinkel  
Brystol Waibel  
Alyson Steckman  
Harper Heslep  
Joseph Moriarty  
Holly Hood  
Nolan Schooley  
Kylie Underwood  
Mackenzie Smith  
Jenesis Chuwan  
Reid Bender  
Daniel Bennett  
Lola Ryan  
Keagan Swint



Fall is in full and with cold weather on the way, it is important to focus on the most important step in fighting the spread of germs, handwashing. When done correctly, it can drastically reduce germs spread from person to person. The Centers for Disease Control and Prevention (2021) handwashing steps are:

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

When water and soap are not readily available, hand sanitizers should be used; alcohol based hand sanitizers containing at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.



## Counselor's Corner



Happy November Everyone!

I have started all my small groups and I am very excited for what is to come during our time together! The social skills groups consist of 3-6 children, and we will meet once a week for the next 6 weeks. Your kiddos teacher and I worked together to find a time that does not interfere with their academic work. If your child is involved in one of them, you would have received a permission slip or a phone call. My goal is to get all children involved in one by the end of the school year!

This month I would love for everyone to focus on gratitude. Focusing on your thoughts and what you are thankful for can lead to increased focus, happiness, and even better health! Get together with your child and truly think about who and what you all are grateful for. Some questions that can be asked are:

- What is the best thing that happened to you today?
- What is something that makes you happy?
- Name one of your best friends and describe what makes them special to you.
- Describe a time someone was kind to you.
- What is your favorite toy? Why?

You can pair these questions with some deep breathing techniques as well as mindfulness! This is an awesome [article](#) that explains why mindfulness is SO important for everyone, not just our students!

If you have any concerns about your students, I am here and ready to help in any way that I can. You can fill out the “school counselor referral form” on our school website or reach out to me directly. I am available Monday-Friday 8am-4pm via email at [amanda.jablonski@bloomecarroll.org](mailto:amanda.jablonski@bloomecarroll.org) or via telephone at (740) 756-9701.

# Recognize the signs

ADDRESS THE SYMPTOM, NOT THE CHILD

## 8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

### 1. Anger

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



### 4. Chandeliering

Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.



### 2. Difficulty Sleeping

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



### 5. Lack of Focus

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.

# FOCUS

### 6. Avoidance

Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.



### 7. Negativity

People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.

### 3. Defiance

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.



### 8. Overplanning

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.



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# Student Spotlight

Is on **Remington Cottrell**

Teacher's Name: **Mrs. Hanna**

When I grow up I want to be a:

**Vet**

My favorite candy: **Smarties**

Is on **Anastyn Paxton**

Teacher's Name: **Mrs. Lombardo**

When I grow up I want to be a:

**"Hair Styler"**

My favorite candy: **Chocolate bar**

Is on **Jayson Yager**

Teacher's Name: **Mrs. Young**

When I grow up I want to be a:

**Cat**

My favorite candy: **Starburst**

Is on **Norah Martin**

Teacher's Name: **Mrs. Paddock**

When I grow up I want to be a:

**Teacher**

My favorite candy: **Cupcakes**

Is on **Jazmine Wolfe**

Teacher's Name: **Mrs. Ricks**

When I grow up I want to be a:

**Painter**

My favorite candy: **Sweet Tarts Rope**

Is on **Lauren Ballard**

Teacher's Name: **Mrs. Paddock**

When I grow up I want to be a:

**Zoo Keeper**

My favorite candy: **Chocolate**

Is on **Holly Hood**

Teacher's Name: **Mrs. Culp**

When I grow up I want to be a:

**Teacher**

My favorite candy: **Suckers**

Is on **Scarlett Horacek**

Teacher's Name: **Mrs. Lombardo**

When I grow up I want to be a:

**Sea lion Trainer**

My favorite candy: **Hershey's bar**

Is on **Brooklyn Bateman**

Teacher's Name: **Mrs. Daulton**

When I grow up I want to be a:

**Teacher**

My favorite candy: **Starburst**

Is on **Jaxon Binkley**

Teacher's Name: **Mrs. Daulton**

When I grow up I want to be a:

**Bus Driver**

My favorite candy: **Skittles**

Is on **Kinsley Grimes**

Teacher's Name: **Mrs. Culp**

When I grow up I want to be a:

**Princess**

My favorite candy: **M&M's**

Is on **Penelope Twehues**

Teacher's Name: **Mrs. Young**

When I grow up I want to be a:

**Cook**

My favorite candy: **Snickers**





# Student Spotlight

Is on **Leighton Allen**

Teacher's Name: Mrs. Ricks

When I grow up I want to be a:  
Zoologist, "to save wild animals"

My favorite candy: Nerds

Is on **Brett Shrader**

Teacher's Name: Mrs. Ricks

When I grow up I want to be a:  
Jedi

My favorite candy: Sour Patch Kids

Is on **Owen Wootten**

Teacher's Name: Mrs. Young

When I grow up I want to be a:  
Policeman

My favorite candy: Starburst

Is on **Vivienne Gates**

Teacher's Name: Mrs. Culp

When I grow up I want to be a:  
Paleontologist

My favorite candy: Kit Kat

Is on **Levi Tipton**

Teacher's Name: Mrs. Hanna

When I grow up I want to be a:  
Toy Car Maker

My favorite candy: Candy Cane

Is on **Jaxon Bumworth**

Teacher's Name: Mrs. Daulton

When I grow up I want to be a:  
Policeman

My favorite candy: Wax Juice Bottles

Is on **Weston Harper**

Teacher's Name: Mr. Hanna

When I grow up I want to be a:  
Fireman

My favorite candy: Suckers

Is on **Nolan Schooley**

Teacher's Name: Mrs. Lombardo

When I grow up I want to:  
"build houses"

My favorite candy: Starburst

Is on **Irene Barlage**

Teacher's Name: Mrs. Paddock

When I grow up I want to be a:  
Teacher

My favorite candy: Pez

Is on **Dakota Wilson**

Teacher's Name: Mrs. Mavis

When I grow up I want to be an:  
Arborist

My favorite candy: Chocolate bar

Is on **Delaney Kilbarger**

Teacher's Name: Mrs. Riggs

When I grow up I want to be a:  
Vet

My favorite candy: Suckers

Is on **Isaiah Banks**

Teacher's Name: Mrs. Paddock

When I grow up I want to be a:  
Fireman

My favorite candy: Dark Chocolate



# Student Spotlight

Is on **Irene Barlage**

Teacher's Name: Mrs. Paddock

When I grow up I want to be a:

Teacher

My favorite candy: Pez

Is on **Dakota Wilson**

Teacher's Name: Mrs. Mavis

When I grow up I want to be an:

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My favorite candy: Chocolate bar

Is on **Delaney Kilbarger**

Teacher's Name: Mrs. Riggs

When I grow up I want to be a:

Vet

My favorite candy: Suckers

Is on **Isaiah Banks**

Teacher's Name: Mrs. Paddock

When I grow up I want to be a:

Fireman

My favorite candy: Dark Chocolate

Is on **Sawyer Whitehead**

Teacher's Name: Mrs. Hanson

When I grow up I want to be a:

Teacher

My favorite candy: Bubblegum

Is on **Maddox Whitt**

Teacher's Name: Mrs. Toterhi

When I grow up I want to be a:

Firefighter

My favorite candy: Smarties

Is on **Arie Shop**

Teacher's Name: Mrs. Cheek

When I grow up I want to be a:

Fireman

My favorite candy: Sour Patch Kids

Is on **Dane Lewandowski**

Teacher's Name: Mrs. Toterhi

When I grow up I want to be a:

Police Officer

My favorite candy: Gummy Bears

Is on **Reid Bender**

Teacher's Name: Mrs. Ebert

When I grow up I want to be a:

Cat

My favorite candy: Snickers

Is on **Adam Hinkel**

Teacher's Name: Miss Riggs

When I grow up I want to be a:

Toy Maker

My favorite candy: Laffy Taffy

Is on **Charlotte Whitcraft**

Teacher's Name: Mrs. Mavis

When I grow up I want to be a:

Hairstylist

My favorite candy: Twix

Is on **Carson Davies**

Teacher's Name: Mrs. Sauer

When I grow up I want to be a:

Police Officer

My favorite candy: Hershey's



# Student Spotlight

Is on **Christopher Bell**

Teacher's Name: Mrs. Ebert

When I grow up I want to be an:

Artist

My favorite candy: Jolly Ranchers

Is on **Ella Reedy**

Teacher's Name: Mrs. Graham

When I grow up I want to be a:

Teacher

My favorite candy: Kit Kat

Is on **Blayne Richardson**

Teacher's Name: Mrs. Cheek

When I grow up I want to be a:

Basketball Player

My favorite candy: Sour Patch Kids

Is on **Rylin Watts**

Teacher's Name: Mr. Carpenter

When I grow up I want to be a:

Teacher

My favorite candy: Skittles

Is on **Gage Weisheimer**

Teacher's Name: Mrs. Hanson

When I grow up I want to be a:

Rapper

My favorite candy: Gum

Is on **Caleb Alvis**

Teacher's Name: Miss Spicer

When I grow up I want to be a:

Police Officer

My favorite candy: Twix

Is on **Mason Kantor**

Teacher's Name: Mrs. Midkiff

When I grow up I want to be a:

You Tuber

My favorite candy: Trolley Worms

Is on **Santino Mascari**

Teacher's Name: Mrs. Gregory

When I grow up I want to be a:

You Tuber

My favorite candy: Kit Kat

Is on **Kennedy Greer**

Teacher's Name: Mrs. Kosch

When I grow up I want to be a:

Zookeeper

My favorite candy: Candy Corn

Is on **Claire Chapman**

Teacher's Name: Mrs. Sauer

When I grow up I want to be a:

Babysitter

My favorite candy: Cough Drops

Is on **Judah Debrah**

Teacher's Name: Mrs. Kosch

When I grow up I want to be a:

Police Officer

My favorite candy: Skittles/Sour Patch Kids

Is on **Ezra Morehead**

Teacher's Name: Mrs. Graham

When I grow up I want to be a:

On the SWAT Team

My favorite candy: ICE BREAKERS





# Student Spotlight

Is on **Corinne McNeese**  
Teacher's Name: **Mrs. Gregory**  
When I grow up I want to be a:  
**Teacher**  
My favorite candy: **Reese's**

Is on **Josiah Debrah**  
Teacher's Name: **Miss Spicer**  
When I grow up I want to be a:  
**Firefighter**  
My favorite candy: **Suckers**

Is on **CJ Logsdon**  
Teacher's Name: **Mr. Carpenter**  
When I grow up I want to be a:  
**Cop**  
My favorite candy: **Kit Kat**

Is on **Brody Bell**  
Teacher's Name: **Mrs. Rockwood**  
When I grow up I want to be:  
**Batman**  
My favorite candy: **Starburst**

Is on **Rynna Westall**  
Teacher's Name: **Mrs. Cheek**  
When I grow up I want to be:  
**"I don't know"**  
My favorite candy: **All of them**

Is on **Will Clark**  
Teacher's Name: **Mrs. Ebert**  
When I grow up I want to be:  
**Gamer**  
My favorite candy: **Lolipops**

Is on **Liam Henry**  
Teacher's Name: **Mrs. Graham**  
When I grow up I want to be a:  
**You Tuber/Firefighter**  
My favorite candy: **Skittles**

Is on **Nora Brown**  
Teacher's Name: **Miss Riggs**  
When I grow up I want to be a:  
**Vet**  
My favorite candy: **Jolly Ranchers**

Is on **Jon Ware**  
Teacher's Name: **Mrs. Hanson**  
When I grow up I want to be an:  
**Artist**  
My favorite candy: **Gum**

Is on **Eli Thomas**  
Teacher's Name: **Mrs. Mavis**  
When I grow up I want to be:  
**Pilot**  
My favorite candy: **Lolipops**

Is on **Raegan Camp**  
Teacher's Name: **Mrs. Rockwood**  
When I grow up I want to be:  
**Teacher**  
My favorite candy: **Skittles**

Is on **Cruz Mathais**  
Teacher's Name: **Mrs. Toterhi**  
When I grow up I want to be:  
**You Tuber**  
My favorite candy: **Kit Kat**