ATWOOD AWESOME

November Family Letter

PRINCIPAL'S PEN

Dear Families,

Happy November! It's hard to believe that we are approaching the end of the first trimester of learning at Atwood Primary! We know that helping children grow goes far beyond academics. Just as we support children in learning to read, write, and solve problems, we also place a strong emphasis on supporting their social-emotional development. Throughout the school day, we intentionally teach and reinforce skills that help children understand themselves, recognize and express their emotions, and build positive relationships. We help children learn that all feelings are okay, even when those feelings are uncomfortable, and that there are healthy and helpful ways to respond to them.



Some of the skills we work on with children include:

- Recognizing and naming different emotions.
- Understanding that feelings can change and that everyone experiences big feelings sometimes.
- Learning strategies to manage frustration, disappointment, worry, and other uncomfortable emotions.
- Practicing calming techniques, such as taking deep breaths, taking a break, or finding a quiet space.
- Asking for help when feelings become overwhelming.
- Building empathy, problem-solving skills, and positive relationships with others.

Our goal is to help children develop the skills and confidence to work through feelings in safe, healthy, and productive ways. We are excited to invite you to an upcoming Family Event connected to this school-wide goal! We hope you can join us on Thursday, November 12 for a night of fun activities focused on raising Calm, Cool, Connected Kids! This event will provide families with an opportunity to participate in fun, engaging activities together. (See our attached flyer for more information!) We hope to share ideas that you can use at home and that will strengthen the connection between the work we do at school and the support children receive from their families.

In this season of gratitude, we want to extend our appreciation for your partnership and support of our school community! We are thankful to be part of a positive, supportive village!

Warmly,
Shelly Moody & Amy Naegely





AFFIRMATION STATION

This month we are cultivating an Attitude of Gratitude with our students! Our Atwood Awesome Affirmation this month is "I have a grateful heart." Developing an attitude of gratitude helps children build positive relationships, recognize the good around them, and develop an appreciation for the world and people in their lives. We've attached a 21 Day Family Gratitude Challenge that you can use at home to prompt conversations connected to gratitude! Enjoy!

IMPORTANT DATES



November 6 - FREE Family Movie at MHS at 6:00 ~ GOAT!
November 11 - No School - Veterans Day
November 12 - Picture Retake Day AND our Calm, Cool, Connected Kids Event (See attached flyer!)
November 16-20 - Scholastic Book Fair! (More information will be sent home next week.)
November 16-17 - Kappler Dental Clinic (Information was sent home this fall by Nurse Holly.)
November 17 - Giving Tree Tags Available in the Office or on our Tree!
November 19 - Parent Teacher Conference Common Night 3:00-7:00 - Atwood Awesome Art Display!
November 21-29 - Thanksgiving Break

ATWOOD AWESOME

November Family Letter

ATTENDANCE UPDATE



Every day of school is an important opportunity for students to connect with peers and teachers, and to grow personally, socially and academically. Your partnership makes it possible for students to come to school every day, on time and ready to learn! As parents, we understand that some absences are due to illness. As you review your child's report card in December, our hope is that your child has had less than 6 absences this trimester. If there is anything we can do to support your child's attendance at school, please do not hesitate to reach out to Mrs. Moody, Mrs. Naegely, your child's teacher, or Miss Keera! We are here to support your family and to welcome your child to school every day! Thank you for partnering with us to support your child's daily attendance at school!

PARKING LOT SAFETY

As we work together to keep all of our Atwood students, families, and staff safe, we want to share a few important reminders about parking lot safety during arrival and dismissal.

- **One Lane of Traffic:** Please follow the designated one-lane traffic pattern at all times. This helps keep traffic moving safely, especially in the morning while children are getting out of cars.
- **Stop for School Bus Lights:** When a school bus has its red lights flashing and stop arm extended, ALL traffic must stop. We wanted to share a reminder to never pass a stopped school bus loading or unloading children.
- **Stay Alert:** Please drive slowly, watch carefully for children and pedestrians, and remain patient as everyone arrives and departs from our school community.

We know that arrival and dismissal can be busy times, and we appreciate your patience and cooperation. These simple safety practices make a BIG difference in protecting our most precious cargo! Thank you for helping us keep our Atwood community safe!

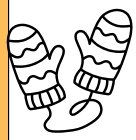
SPECIAL EVENTS



Costumes for a Cause ~ World of Change: The turnout for our Costumes for a Cause event was incredible! Thank you to the families that were able to join us during this special event. The change that we collected with Williams Elementary will be counted and donated to the Dempsey Center and the Waterville Humane Society. This event sends a clear message that even small acts of kindness can make a big difference! The children were so very PROUD of their impact!

Square One Art Fundraiser: We are thrilled that our supportive PTA is organizing a Square One Art Fundraiser before the holidays! **Flyers will be sent home soon!** All funds raised through your orders will support enrichment programs in our schools.

AWESOME UPDATES



Warm Clothing: The weather has been particularly unpredictable during the last two weeks! Please send your child to school with layers and with warm accessories (hats & gloves), especially for our colder mornings. I know it can be challenging to predict the weather each day, but as the temperatures begin to drop, we want to make sure our children have access to warm clothes for outside recess!



Holiday Tree: This week we will be sending home our annual Giving Tree letter to families. Please reach out to the office if your family is having difficulty providing this year and you need another copy of this letter. Tags will be available on our tree near the main office on November 17.

SOCIAL WORKER TIP OF THE MONTH

NOVEMBER 2026

THE SEASON OF GRADITUDE, GATHERING, & GIVING

Family Fall Fun Ideas

*Go on a nature walk & collect leaves for an art project (make a turkey, a crown, a tree, or a leaf rubbing picture)

*Rake leaves together, then jump in them



*Make your own hot cocoa bar at home

*Create a family gratitude journal or jar

Want to Provide Support?

- Ask Ms. Keera, the school social worker how you can help: (klallen@rsu18.org)
- Donate a box of snacks to the school snack shelf

Examples of helpful snacks

-Goldfish
-Apple sauce
-Granola Bars
-Animal crackers

Community Food Assistance

- **Oakland Food Pantry**: November 5th and 19th (4pm-6pm) at 20 West School Street
- **Winslow Community Cupboard**, Free Produce Trailer, November 16th (12-1pm) 9 Pleasant Street, Oakland
- **Evening Sandwich Program**, free bagged meal of 4 sandwiches and hot soup, no questions asked. Sun, Tues, Fri (3pm-4pm) at 69 Silver Street, Waterville.
- **Free Meals To Go,** Every Saturday (11am-12pm) 45 Church Street, Oakland

DiD YOU KNOW?

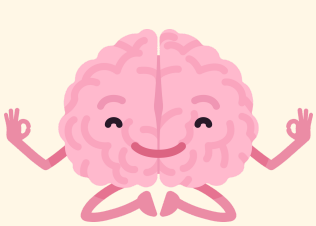
Messalonskee High School hosts a free community Thanksgiving meal every year! Call Mike Perkins (716-6968) to find out how to sign up!

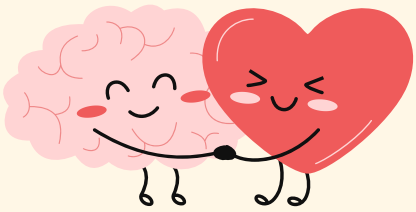
21-DAY FAMILY GRATITUDE CHALLENGE

1. A favorite place to visit
2. A challenge you overcame recently
3. A favorite memory from this year
4. Something you love about yourself
5. Someone that always makes you laugh
6. Something useful in your home you are grateful for
7. Someone in your life you are grateful for and why
8. A time you were grateful for something a friend did for you
9. Something good that happened to you today
10. A new skill you learned recently
11. Someone who helped you solve a problem
12. A favorite family tradition
13. A new food you tried recently and liked
14. A recent time you helped someone
15. A time when you felt courageous or brave
16. A family member you are grateful for
17. A book you read and loved
18. A friend you love spending time with
19. A favorite thing to do outside
20. A movie you recently watched and loved
21. A nice place you traveled to, near or far

Choose one prompt a day to practice gratitude together. Color in the section when you're done.

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Calm, Cool & Connected Kids

Join Us For A

Fun-Filled Family Event!

Thursday, November 12

5:00-6:30 ~ Open House Format

Atwood Primary Cafeteria

Stop by anytime between 5:00-6:30 to participate in a variety of "cool" activities with your child! Our stations will provide an opportunity for you to gather tools and strategies to help your child feel calm, cool, and connected at home and school!



Create a glitter jar for regulation at home!

Visit our new storywalk!



Make an affirmation bracelet!

Practice breathing tips and tools!



And MORE! All families will leave with new tools and a book!

We look forward to seeing you and your family!
Please scan the QR Code to RSVP so we can purchase enough materials for all children attending! You can also call the main office or e-mail smoody@rsu18.org.
Please RSVP by Friday, November 6th. Thank you!