



**A MESSAGE FROM THE PRINCIPAL**

Parent-teacher conferences are right around the corner. Effective communication is part of a strong foundation for student success in school. Attending a parent-teacher conference allows you to fortify that foundation with your child’s teacher and create a team effort to strengthen your child’s academic standing, social skills and emotional well-being. Use the following questions to formulate a few key ideas you would like to discuss with your child’s teacher:

- ✓ *What academic successes has your child experienced?*
- ✓ *What concerns do you have about your child’s academic, social and emotional well-being?*
- ✓ *How does your child get along with others?*
- ✓ *Is my child working up to his or her ability?*
- ✓ *Does my child participate in class discussions and activities?*
- ✓ *How can I support my child at home?*

It’s a good idea to ask your most important questions first, just in case time runs out before you and the teacher have a chance to discuss them all. Be sure to ask the teacher for specific suggestions on ways to help your child do better. This is the most important part of the meeting. It will become your action plan. If the teacher says something you don’t quite understand, don’t be shy about asking for an explanation. It’s a good idea to end the conference by summing up decisions you’ve made together. Also, remember to visit our Special Area teachers to learn how your child is doing in each special (i.e. Art, Music, Library and Physical Education).

In the spirit of Thanksgiving, I would like to take the opportunity to recognize and thank all of the people at Sunquam who give their time and energy to promoting the general welfare of our entire learning community. Wishing you are yours a **Happy and Healthy** Thanksgiving!  
Ms. Littell☺



**SCHOOL WEEKLY EVENTS & FIELD TRIPS**



**October 30** – 5-Co & 5-Ca – Discovery Center

**October 31** – 5-F Discovery Center

**November 1** – **PTA Meeting – 9:30 a.m. Cafeteria**

– 5-L – Discovery Center

**November 3** – Arts in Education – “Aesop’s Fables” – Gr. K-3

**November 6** – 5-S – Discovery Center

**November 7** – 5<sup>th</sup> Grade Photo

**November 10** – **Veteran’s Day – School Closed**

**November 14** – Elementary Evening Conferences

**November 16** – Elementary Evening Conferences

**November 17** – Elementary Daytime Conferences - **No School for Students.**

**November 22** – Spirit Wear Day

**November 23-24** – **Thanksgiving Day/Recess – School Closed**

**November 30** – 3-I – Discovery Center

**PTA WEEKLY NEWS**

Let’s get ready for Thanksgiving and support the Sunquam PTA at the same time. Order all your delicious holiday pies from the fifth grade Pie Fundraiser this month, and leave the baking to someone else! The students had a wonderful time eating healthy fruits and vegetables during Eating The Rainbow Program last week.

**THOUGHTS FOR PARENTS**

Fostering an Attitude of Gratitude in Children

**Everyone appreciates a grateful attitude. Gratitude can be taught, and modeling is one of the best ways. Look for ways to encourage gratefulness and thankfulness that fit with your family’s style and values.**

- **Say thank you yourself** - Let your child see you thanking others, such as the clerk at the grocery store or the person who cuts your grass.
- **Express gratitude** - Children are very sensitive to our reactions. How you react to his/her acts of kindness impacts his/her own development around gratitude.
- **Talk about what you liked best about your day** - This practice helps focus attention on the wonderful lives we get to lead and helps encourage gratefulness.
- **Engage in family projects that help others** - Have your child help others by delivering food to a sick or grieving neighbor, or making a card for a friend in the hospital.
- **Consider writing or drawing thank you notes** - Many parents feel this is a good thing for children to do to express thankfulness. Think about whether a personal drawing with the words “thank you” written on it might serve the same purpose.

**WEB SITE OF THE WEEK**

[https://www.huffingtonpost.com/andrea-reiser/11-tips-for-instilling-true-gratitude-in-your-kids\\_b\\_4708019.html](https://www.huffingtonpost.com/andrea-reiser/11-tips-for-instilling-true-gratitude-in-your-kids_b_4708019.html)

**QUOTE OF THE WEEK**

**“I awoke this morning with devout thanksgiving for my friends,  
the old and new.”**

*~Ralph Waldo Emerson*

