

November Charger News

2022



Cherry Chase Elementary School

1138 Heatherstone Way, Sunnyvale CA 94087
Phone (408) 522-8241

Sick child? cce.absence@sesd.org

Click [here](#) to be directed to the Cherry Chase Website

Is Your Child Sick or Unable to Attend School?

Is your child sick or unable to attend school?

Parents please report any student absences by calling the school office at 408-522-8241 or emailing cce.absence@sesd.org or jen.maylard@sesd.org

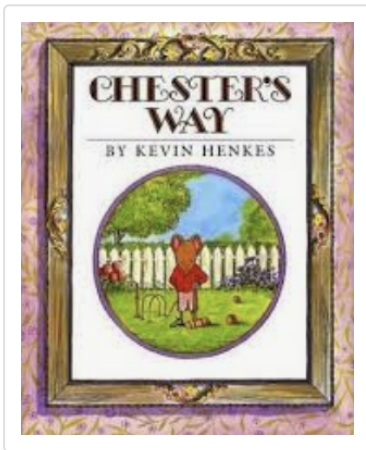
Please include: name, grade, teacher, and reason for absence.



Lost and Found

If your student is missing anything, please be sure to check the lost and found rack located on campus.





November Character Trait: Friendship

"I see the good in others and help others to be their best."

During the month of November, teachers will be focusing on the character trait of Friendship. Each class will be reading the book *Chester's Way* by Kevin Henkes to emphasize this character trait. Classes will be discussing what it means to be a good friend.

What is Friendship?

- Friendship describes the caring, trusting, and emotional bonds we have with other people.
- Friendship is seeing the good in others and helping them to be their best.

How Can You Encourage Your Child to Make Friends?

- Help your child foster his/her friendships by including them occasionally in family activities, or inviting them over for family movie or game night.
- Parents can support their children's relationships by discussing them at home. Parents can talk with their children about what it means to be a friend and to have one.
- Encourage your child to participate in activities outside of school that will allow him/her to build relationships with peers who share his/her interests and values (sports, art, scouts, etc.).
- Help your child practice conflict resolution.



October Citizen of the Month.pdf

Click here to see all the students honored for the character trait of RESPECT

[Download](#)
254.2 KB

November is American Indian & Alaska Native Heritage Month



This November, Cherry Chase celebrates American Indian & Alaska Native Heritage Month, which celebrates the history and contributions of those who identify as Native American, Indigenous, or First Nation. It is also known as Native American Heritage Month. The observation started as just one day, American Indian Day, in May 1916. In 1986, President

Ronald Reagan turned this into a week. In 1990, President George H.W. Bush proclaimed November "National American Indian Heritage Month".

At school, teachers will be sharing biographies of influential people from these communities and the Sunnyvale School District Living Land Acknowledgement. We will also read books highlighting many Indigenous cultures.

Want to celebrate and learn more at home:

- For an explanation of the month, visit:
 - [National Congress of American Indians](#)
 - [NowThis News: The Origins of Native American Heritage Month](#)
 - [National Park Service: Native American Heritage Month 2022](#)
- Websites and videos for caregivers to learn more:
 - [U.S. Census: Facts about AIAN Heritage Month](#)
 - [Celebrating Native American Heritage Month](#) - video by young adults
 - [History of Native California](#) - video for middle school students/adults
 - [Smithsonian National Museum of the American Indian](#)
- Books are a great way to dive into a culture! Here are some book lists for kids:
 - [Books to Celebrate Native American Heritage Month](#) - video recommendations
 - [Read Brightly: 26 Children's & YA Books That Celebrate Native American Heritage](#)
 - [Teaching Expertise: 25 Picture Books to Honor Native American Heritage Month](#)

Family Universal Design for Learning (UDL) Corner



November means the end of trimester 1 and your child's report card will be coming home soon. Here are some tips for navigating report cards and conversations about your child's progress so far.

[The Sunnyvale School District website](#) has a great page dedicated to understanding standards based grading, explaining what the 1-4 grading scale means for your child, and detailed guides for each grade's report card (in English and Spanish).

The purpose of instruction based on the principles of Universal Design for Learning (UDL) is for students to develop into experts of their own learning. The UDL approach also highlights progress over perfection. Report card time is a great opportunity to pause and reflect on progress so far and check in with your child's learning. With this in mind, invite your child to talk about their report card:

- What has worked well for them this school year?
- What subjects excite or energize them?
- What have been some challenges this year?
- How can family members help with these challenges?
- What about the report card makes them proud?
- What are their goals for the next trimester?

- How can family members help them achieve those goals?

"HAVE AN ATTITUDE OF GRATITUDE-" Thomas S. Monson

What Does Gratitude Mean?

Have you really ever wondered what it really means to be grateful? Do you ever think about what you are grateful for? Have you ever made a list? Have you ever really thought about what you have that others don't? Did you know that research has been done to show how taking stock of your gratitude can change your point of view completely and be good for your soul? Have you ever wondered what would happen if we made our gratefulness contagious?



Teaching kids gratitude is SO important. In fact, studies reveal that expressing thanks is one of the easiest ways to increase the dial on our happiness meter. Teaching children an attitude of gratitude is helping them look at different situations from a positive point of view instead of a negative one.

Gratitude is believed to be one of the healthiest emotions that humans can practice.

How do we as parents or educators, teach children such an abstract skill?

How to teach Gratitude to Kids

1. **Noticing** – Start by becoming aware of a person, place or thing you want to appreciate. Did someone do something nice for you? Did someone give you something or take you somewhere fun?
2. **Thinking** – Start thinking about why you've been given these things. What are all the reasons why you are thankful for this person or thing? Why do you think they did something nice for you? Did you do anything to deserve their kindness? Does this mean something to you? Is it fun? Exciting? Why do you love it?
3. **Feeling** – The emotions you experience as a result of the things you've been given. When you think about these special things or people how do you feel? Happy, silly, excited, calm, peaceful or proud?
4. **Doing** – The way you express appreciation. What can you do to express your gratitude for this person, place or thing? Think action.

"There is always something to be grateful for." - Rhonda Byrne

How to Start Teaching Gratitude to Kids

1. Manners, Manners, Manners

Manners are really the first place we should start. Once we have nailed please and thank-you's down, we can move onto some deeper items. Manners show that we don't feel we are just entitled to things, *just because*.

Encourage please's and thank-you's every day.

Offer gentle reminders where needed.

It might feel like you are forcing this, but it's still the first step.

Kids want our approval, so noticing when they do nice things can go a long way. "I really liked the way you said thank you earlier". **Positive attention always wins out.**

2. Make Kindness Automatic

Kindness is free. So spread that super magic dust everywhere!

There are so many ways to be kind:

...you can simply give compliments, share things, help someone in need, pick up garbage, visit a friend, volunteer, donate something...

3. Find The WOW In Your Day

Teach your kids to look for the **extraordinary even in the ordinary**. If the sunset is particularly beautiful, comment on it. If the sound of the baby's laughter warms your heart, tell your children. Encourage them to look for their awe-inspiring moments and share them with you.

4. Make Expressing Gratitude A Ritual

- Take turns at dinner sharing one awesome thing from your day
- At bedtime, say three things you appreciate about each other
- In the car play a game where you says all the things you love (color, food, movie, hobby, school class, sport, song, etc)
- Every Sunday share one nice thing you will do for someone this week

5. Model Gratitude

Your child will organically learn things from you. If you don't practice gratitude, they won't either. Monkey see monkey do. Be the change you wish to see.

"The more you are in a state of gratitude, the more you will attract things to be grateful for." -Walt Disney

Gratitude Resources

Gratitude Scavenger Hunt

Gratitude Pick up Sticks Game

Making a Gratitude Journal



Grateful notes.pdf

Grateful notecards from <https://coffeeandcarpool.com>.

[Download](#)

517.6 KB



Gratitude Tic-Tac-Toe.pdf

[Click here to download this game.](#)

[Download](#)

48.3 KB

EMPATHY

What is Empathy?

Empathy means that a child:

- Understands that she is a distinct person from those around her and that other people may have different feelings and perspective than her own.
- Can recognize feelings in herself and others and name them.
- Can regulate her own emotional responses.
- Can put herself in someone else's shoes and imagine how someone might feel.
- Can imagine what kind of action or response might help a person feel better.



4 Tips for Cultivating Empathy

1. Empathize with your child and model empathy for others.

Children learn empathy both from watching us and from experiencing our empathy for them. When we empathize with our children they develop trusting, secure attachments with us. Those attachments are key to their wanting to adopt our values and to model our behavior, and therefore to building their empathy for others. Children also learn empathy by watching those we notice and appreciate.

They'll notice if we treat a server in a restaurant or a mail carrier as if they're invisible. On the positive side, they'll notice if we welcome a new family in our child's class or express concern about another child in our child's class who is experiencing one challenge or another.

2. Make caring for others a priority and set high expectations.

If children are to value others' perspectives and show compassion for them, it's very important that they hear from their parents that caring about others is a top priority, and that it is just as important as their own happiness.

3. Provide opportunities for children to practice empathy.

Children are born with the capacity for empathy, but it needs to be nurtured throughout their lives. Learning empathy is in certain respects like learning a language or a sport. It requires practice and guidance. Regularly considering other people's perspectives and circumstances helps make empathy a natural reflex and, through trial and error, helps children get better at tuning into others' feelings and perspectives.

Encourage empathy for peers. Ask children about their classmates and other peers. Ask children when they're in conflicts with peers to consider their peers' perspectives.

Reflect on empathy and caring. Notice with your child when you're together and someone exhibits strong empathy—or shows a lack of empathy—either in your daily life or in a book or on television. Discuss why acts of empathy are important and why lacking empathy can be harmful.

4. Help children develop self-control and manage feelings effectively.

Often when children don't express empathy it's not because they don't have it. It's because some feeling or image is blocking their empathy. Often the ability to care for others is overwhelmed, for example, by anger, shame, envy, or other negative feelings.

- **Identify feelings.** Name for children their difficult feelings such as frustration, sadness and anger and encourage them to talk to you about why they're feeling that way.
- **3 steps to self-control.** A simple way to help children to manage their feelings is to practice three easy steps together: stop, take a deep breath through the nose and exhale

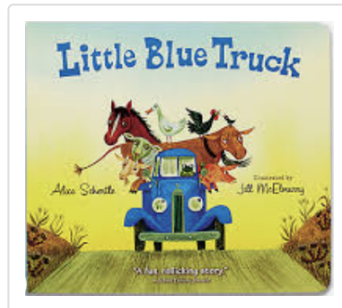
through the mouth, and count to five. Try it when your children are calm. Then, when you see them getting upset, remind them about the steps and do them together.

Empathy Read Alouds



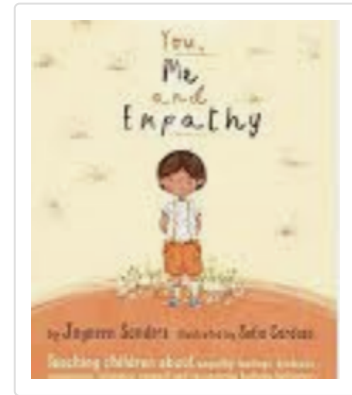
We're All Wonders by R.J. Palacio

Auggie teaches us the wonder about the true nature of empathy, compassion, acceptance, friendship, and—ultimately—kindness. Click [here](#) for the read aloud.



Little Blue Truck by Alice Schertle

Story about an adventure with unlikely friends and the beauty of helping others. Click [here](#) for the read aloud.



You, Me, and Empathy by Jayneen Sanders

Teaches children about empathy, kindness, and compassion. Click [here](#) for the read aloud.

Important Dates in November

November 4- Diwali Celebration 5:30-9:30 in the Multi

November 8- TLD Early Dismissal at 12:45

November 11- Veteran's Day- No School

November 16- PTA meeting in the multi

November 18- Citizen of the Month (Friendship)

November 18- Report Cards sent home

November 21-22- Walkthrough California 8:30 am-2:30 pm

November 23-25- Thanksgiving Day- No School

Helpful Parent Resources

[Click here to go to the Cherry Chase PTA Website](#)

