



PANTHER PRESS DECEMBER 2023

MEET OUR NEW MASCOT!!!



And also the winner of the \$1000 grand prize at the Harvest Dinner Bobbi Ginn!!!

PLEASE JOIN US FOR
OUR CHRISTMAS SING
ON THURSDAY 12-21-23
IN THE MORNING
(MORE DETAILS TO
COME)



CHRISTMAS VACATION INFO:

THURSDAY DECEMBER 21ST WE ARE OUT OF SCHOOL AT 12:30 PM

NO SCHOOL FRIDAY 12-22 TO 1-05 RETURNING TO SCHOOL ON MONDAY 1-08



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DECEMBER 2023

Educational Activities for Families: Holiday Theme

This is the season for a lot of opportunities to do family activities related to the upcoming holidays. Some of these fun activities can also help strengthen what our students have been learning. Here is a list of some of my favorite activities:

Holiday Books: There are many festive classic books related to the holidays. I would encourage you to read different ones with your child/children. If you need any suggestions, please reach out to me at suzannebosworth@sutter.k12.ca.us.

Holiday Movies or Productions: Plan an evening to watch a movie with your family or see a production. One of my favorite activities to do with my family is connecting a novel that we read together, watch the movie, and then see the play. The best example of this is The Nutcracker. There is also the movie, The Nutcracker, and a ballet. You can also do this with the books, A Christmas Carol, or The Polar Express.

Baking cookies: When making cookies, have your child/children help with measuring out the different ingredients. You can point out the different fractions, ie. $\frac{1}{2}$ cup or $\frac{1}{4}$ cup of flour. Also, if you are going to double or triple a recipe, have your child try to figure out what the math would be for each ingredient. This activity will be so fun that children won't even mind doing math 😊

Making Crafts or Decorations: There are many activities for crafts and homemade decorations on the internet or Pinterest. One of my favorites is taking nature walks and picking up sticks, pinecones, acorns, and other objects to make holiday ornaments or animal statues, like reindeer. Another activity to do would be to make a Paper Chain Countdown Garland. On each chain, you can write the number and include a visual representation of that number.

Learn About Other Cultures: In the evenings, ask your child or children to pick a different country or region in the world. Then all of you can look up how different people around the world celebrate the holidays. Ask your child/children what are some of the similarities and what are some differences?

These are just a couple of my favorite activities, but there are many more. I hope you have a wonderful holiday season and enjoy some quality family time!





**FREE
ADMISSION**

PARENTS CLUB INVITES YOU

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**FAMILY MOVIE
NIGHT**

3075 HOWSLEY ROAD PLEASANT GROVE, CA

WEAR YOUR PAJAMAS AND BRING YOUR BLANKETS!
EVERY STUDENT WILL HAVE A CHANCE TO WIN ONE OF 3
PRIZE BUCKETS
FOOD AND DRINKS WILL BE AVAILABLE FOR
PURCHASE.

FRIDAY DECEMBER 15TH
DOORS OPEN 6:00PM
MOVIE STARTS AT 6:30PM
CHILDREN MUST BE ACCOMPANIED AN ADULT



**THE
GRINCH™**

EMPATHY

Family Newsletter

PurposeFULL
People

Empathy Overview

This month's focus is Empathy. One way to think about Empathy is "understanding and connecting with other people's feelings." Empathy is a practice that can help us grow strong relationships.

Empathy is 1 of 3 traits we will focus on throughout the year that helps students **Be Kind**. Across grade levels, students will be developing skills like perspective-taking, conflict resolution, and leadership.

Conversation Starters



- What does Empathy look like to you?
- Is it hard for you to share how you feel with others? Why or why not?

PurposeFull Pursuits

Have some fun connecting as a family this month while practicing Empathy. Here are 2 "PurposeFull Pursuits" you can complete together!

#1

Empathy is understanding and connecting with other people's feelings. Schedule a family movie night so that you can specifically watch for feelings and emotions. Let everyone know that you'd like them to point out how the characters in the show are feeling and that you will pause periodically to discuss Empathy. As emotions are identified, invite one another to Empathize by sharing about a time they felt that way or imagining how they might be feeling in that moment.



#2

Review the definition of Empathy as a family! Remember that Empathy is understanding and connecting with other people's feelings.

Find a time to sit in a circle together and celebrate all the ways you have seen each other practice Empathy. Take turns sharing responses to the following prompts or make up your own! Remember to practice Empathy as you listen to each other.

- What is 1 way a family member has shown you Empathy lately?
- Share about a time when you felt like someone really listened to you.



Harvest



Dinner was a huge success!

