Dear Parents / Guardians,

Time to say goodbye to October and hello to November with all of its fall colors. Fall is my favorite season of the year. Hopefully, we will get some good storms this fall to replenish our water supplies and get a good snowpack.

Unfortunately, one consequence of the early rain storms this year was the Harvest Festival had to be cancelled. The staff was looking forward to the return of the Harvest Festival. The PTA is looking to schedule a Spring Festival.

The end of trimester one will be on Friday November 5th. Teachers will be sending home report cards on Friday November 12th with your student. Be sure to take a few minutes and talk to your student about their report card. If you have any questions, please feel free to contact your student’s teacher.

Fall and rainy weather is upon us now. Please remember to pull all the way forward in the parking lot to allow as many cars in the parking lot as possible. On rainy days we see fewer students walking and riding their bikes to school and more parents driving their students to school. Plan on leaving earlier to allow time for more cars to enter and exit the parking lot. We want to keep everyone safe so please be patient, drive carefully, watch for children, and slow down.

Finally, we request parents try to schedule vacation time during our scheduled breaks - Thanksgiving Break and Winter Break. The current 2021 - 2022 school year calendar is posted on the Silva Valley website for your review.

Have a great November!

Sincerely,
Principle Beadle
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<td>Love &amp; Logic @ Blue Oak 6pm</td>
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<td>Love &amp; Logic @ Blue Oak 6pm</td>
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<td>Thanksgiving Break</td>
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<td>EDCOE Virtual Parenting Class in Spanish 7p-9p</td>
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What are you thankful for?
Dear Silva Valley Families:

We’re excited to announce our upcoming Scholastic Book Fair! This event is an opportunity for students of all ages to build their home libraries and further their love of reading. As always, all purchases benefit our school. After missing out on many beloved traditions, our Fall Book Fair will be a familiar, welcome, and safe event for our students. Here’s what you need to know about the Fair, which will take place **November 30th to December 3rd**. Students will all be able to preview the shop during their class visit on Tuesday or Wednesday. On Thursday or Friday, each class will have a designated shopping time for their class to visit and shop. This will be a student only fair event, so there will not be any after school sales this time. You can shop online though at our school’s Virtual Book Fair ([https://www.scholastic.com/bf/silvavalley](https://www.scholastic.com/bf/silvavalley)). All orders ship directly to your home, and shipping is free for book orders over $25. Your online orders will also benefit our school. Visit our Book Fair homepage to learn more. We’re excited to celebrate our love of books together at the Book Fair!

We look forward to seeing your child there!

Happy reading,

Mrs. Goodman
Library Associate, Silva Valley Elementary

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**Have You Lost Something?**

The Lost & Found bin is located behind the MPR/Gym between the boys’ and girls’ restrooms. Typically this is where larger items, such as coats, lunchboxes, etc., are kept. Lost water bottles are usually placed on the raised platform next to the lunch tables so students can easily see and identify them. Smaller items, such as jewelry, are sometimes turned into the office, though often students will put them in the bin as well. If your student is missing an item, please encourage them to look in the Lost & Found bin. If the item is still missing, have them notify their teacher and/or someone in the office so we can keep an eye out for it. Unclaimed items will be donated.
And just like that it is November, time sure does fly when you are having fun! With Thanksgiving approaching quickly, we have so much to be thankful for! Due to all of your support, The Fun-Run was a huge success, we exceeded and raised $21,000.00! These funds will be used to help update our security system and purchase a new marquee.

While we were all sad about canceling the Harvest Festival, we were grateful to be able to continue with our raffle baskets and kiss the goat fundraisers. A very special thank you to everyone who worked on planning the festival and all the volunteers who signed up to work the event. Once we have the final amount of funds raised, we will share them with you.

We have a new fundraiser for November! Lala Photography is offering a 10% discount on photoshoots for Silva Valley families; they will also donate an additional 10% of your session to the Silva Valley PTA. Be sure to book your photo shoot today!

**Upcoming Events**

**Mexico Lindo Dine Out for Dollars** – Please join us on November 17th from 4pm – 8pm. *(Make sure to mention you are there to support your Silva Valley PTA.)*

**General PTA Meeting** – November 18, 2021 at 7:00pm. A zoom link and agenda will be sent prior to the meeting.

**Silva Valley Gala on March 12, 2022** – The planning will begin soon, keep an eye out for a Save the Date flyer and planning meeting dates. We usually hold our first planning meeting the first week of December, if you are interested in volunteering, please email us.

**Spring Carnival - May 14, 2022** – More information coming soon!

Don’t forget to Like/Follow Silva Valley PTA on social media and Sign up for AmazonSmile by selecting “Silva Valley Elementary PTA” as your designated charity so that 0.5% of your eligible purchases will donated to the SVPTA at no cost to you.

Should you have any questions or if you would like to volunteer to help with one of our upcoming events, please email us at silvavalleyptaedh@gmail.com

We are very thankful for our wonderful community and all your continued support; we could not do this without you! We hope you all have a safe and Happy Thanksgiving!

Sara Smyth
Silva Valley PTA President
Here are some highlights from October at Silva Valley and some upcoming events.

**Counseling Groups**
Small groups are in full swing and my second round of groups will begin after the holidays. Topics include: Friendship, Worry Management, Stress Management, Self-esteem, Grief, Self-regulation, Separation/Divorce. If you’re interested in a group for your child, you can contact me at lspencer-long@buckeyeusd.org.

**Classroom Guidance**
The topic for September and October revolved around mindfulness, feelings, and self-regulation. Students were introduced to these concepts and learned to identify their emotions by categorizing them into 4 different color zones, while discovering tools to help regulate themselves back to a state of happy, calm, focus (The Green Zone). As worry is one of my most requested group topics, I focused on that specific feeling in October sharing and helping students learn to identify worry signals, triggers, and tools.

Please see the Zones of Regulation handout (see next page)

**Zones of Regulation Activities at Home**

*Families:*
* Take time to relax with some mindful moments and meditations

*Parents and Guardians:*
* Learn about self-regulation and the research behind it through this [YouTube video](#)

*Students:*
* Listen to this [read-aloud of I Am Peace](#) and try to name all of the coping strategies used in the book
* Games that help you practice self-regulation: Red Light Green Light, Freeze Dance, Simon Says. All of these games require us to control our impulses.
* [List of coping tools to help us stay or move to the Green Zone](#)

**Team Eagle Peer Mediators**
Our Silva Valley peer mediators are trained and already making such a difference at recess. These amazing role models help others mediate disagreements, connect students who may feel lonely, encourage students to be safe and follow playground rules, and most importantly help keep the kind, compassionate vibe flowing throughout our school.

**Holiday Wish Gift Card Drive**
Lastly, we will be collecting gift cards for our very own Silva Valley families to help support them through the holidays and end 2021 with some special memories. If you know or are a family in need, email lspencer-long@buckeyeusd.org and I’ll make sure to get you on the list.
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<tr>
<th>Zone</th>
<th>Emotions</th>
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| BLUE   | - Sick  
         | - Guilty
         | - Tired  
         | - Lonely
         | - Bored  
         | - Sad    |
| GREEN  | - Happy 
         | - Hopeful
         | - Calm   
         | - Feeling Okay
         | - Confident
         | - Excited |
| YELLOW | - Frustrated
         | - Annoyed
         | - Worried/Anxious
         | - Disgusted
         | - Loss of some control
         | - Scared |
| RED    | - Angry  
         | - Hitting
         | - Out of Control
         | - Mean   
         | - Yelling
         | - Mad    |
Thank you for purchasing this Inside Out Zone of Regulation chart from Smitty’s Little Smarties!

**How to use:** Print off in color and laminate! Hang on your wall and have students use clothespins to show how they are feeling. Discuss.
YEARBOOK

WANTED: PHOTOS FOR YEARBOOK

Parents, help us capture photos for the yearbook!!

Send your photos from school events/activities to silvavalleyyearbookpics@gmail.com
EDCOE IS CURRENTLY HIRING SUBSTITUTES FOR SCHOOLS THROUGHOUT EL DORADO COUNTY

ARE YOU RETIRED? JUST LOST YOUR JOB? HAVE A FEW EXTRA HOURS TO SPARE? ENJOY WORKING WITH CHILDREN?

SUBSTITUTING MAY BE FOR YOU!

EDCOE is now hiring Guest Teachers! Positions pay from $120.00 a day to $165.00 per day depending on the district.

- If you have a Bachelor’s degree and have taken the CBEST (California Basic Education Skills Test)* you may qualify for an Emergency Substitute Permit.
- (*The requirements regarding the CBEST have recently changed. This allows us to review your transcripts to see if you meet the requirements instead of taking the CBEST exam itself)

Don’t have a degree? We have other substitute positions available as well such as:

Custodian/Maintenance        Instructional Assistant        Yard Duty        Health Clerk
Food Service        Clerical        Health Clerk        Classroom Assistant

SCAN THE QR CODE OR APPLY ONLINE AT
www.EdJoin.org/EDCOE
Clases Virtuales de Crianza Activa

¡Abrace la Alegría de Ser Padre!

Crianza Activa es un programa de video y discusión que le brindará habilidades para tener una vida familiar más satisfactoria y ayudará a sus hijos a lograr una mayor felicidad y éxito.

Las clases GRATUITAS incluyen una guía para padres.

Clase virtual en 3 sesiones para padres/tutores de niños de 0 a 5 años

Serie de Otoño 2021:

Miércoles, 7-9pm
3, 10, 17 de Noviembre

Los temas incluyen: comprender a su hijo, prevenir problemas y fomentar un comportamiento positivo.

Para Inscribirse:
Llamar a Nataly: 530-541-5848 o nrubio@catalystcomm.org
Las clases se llevarán a cabo por Zoom
Instructor: Nicolas Huerta

Fundado por El Dorado CAPC

Habrá una clase virtual de crianza activa para padres / cuidadores de niños de 5 a 12 años en un futuro próximo.