A Message from Principal Beadle

Dear Silva Valley Parents/Guardians,

Welcome to November! What a fantastic start to the school year in hybrid learning. It is so nice to have the students back on campus. One unanticipated surprise of the AM/PM cohort hybrid model is the parking lot is not as chaotic during drop off and pick up times. However, I would like to remind parents to drop off and pick up your student in the parking lot at the curb. **Please avoid parking on Golden Eagle Lane and having your student cross the street in front of the school.** In addition, no pick up or drop is allowed in the bus pickup/drop off area behind the kindergarten classrooms.

Upcoming events I would like to highlight:

- **Parenting the Love and Logic Way Classes:** Zoom Love and Logic Class will be offered Thursdays 6:30-8:30PM from November 5th - December 17th. To register email pearlsofparenting@gmail.com.
- **Read-a-Thon:** November 9th - November 17th. This is a PTA sponsored event and funds raised will be dedicated to classroom enrichment activities.
- **Scholastic Online Book Fair:** November 7th - November 20th. This annual event will be held virtually rather than in person and is a great way for the school library to obtain more books. Visit our Book Fair Homepage: [https://www.scholastic.com/bf/silvavalleyelemschool](https://www.scholastic.com/bf/silvavalleyelemschool)
- **Parent Teacher Conferences:** November 18th - November 20th. Teachers will schedule a date and time to meet with the parents of all the students in their classrooms. Students will not report to school on these days; however, a brief Zoom meeting will be scheduled for students on each day.
- **Report Cards:** Friday, November 13th. Please check your students take home folder or backpack, teachers will be sending report cards home.

Other Important Information:

- **Name in Lights** - Contact the office if you would like to have your student’s name on our school marquee for their birthday.
- **Silva Valley Spirit Wear** is now available on our website.
- Please consider **getting involved with PTA.** We are in need of more parents to help with the PTA.
- **We are in need of substitute teachers!!** If you are interested in supporting our teachers at Silva Valley as a substitute teacher, please contact the school office for more information or contact the El Dorado County of Education for specific information on substitute teaching.
- **If your student is ill or has COVID-19 like symptoms, please keep them at home.** Please see our symptom tree on our website for more information or please contact our health clerk for more information.
- **If you are planning on taking a vacation I would encourage you to plan those trips over Thanksgiving Break and Winter Break.** Please contact the office if you are planning on taking a vacation or if you have any questions regarding absences.

Have a great November and let’s keep the learning moving forward!

Go Golden Eagles...
We can't believe it's already November! Thank you to everyone who joined the PTA this year, we had 110 of our families join! We always appreciate your support and like to hear your input.

We will be holding our first fundraiser of the year in November, the Silva Valley Read-a-Thon November 9th-November 17th! We hope this fundraiser helps your child end the trimester strong and achieve their AR goals. Funds received from this fundraiser will go towards our staff enrichment stipend program. Every semester all teachers and other staff (such as Reading Specialist, Math Specialist, Counselor, Speech Therapist and Librarian) receive $300 to use towards items that are needed in the classroom. Check out our social media (Facebook and Instagram @silvavalleyptaedh) to see some of the great ways these funds have been used in the past.

We are using the Read For My School website to help facilitate collecting pledge donations and tracking progress. Each class is set up as a “team”. Each student has been given an identification code to sign up for the Read-a-Thon, please sign up your child as soon as possible. As soon as you sign up you can start sending out invites and requests for pledges for friends and family, pledging will continue through November 17th. This is also where students will log in and can track minutes and individuals can donate to students for the Read-a-Thon. We will have Silva Valley stickers for students who sign up by November 4th. We have set a goal for every student to bring in at least $50 for this fundraiser. Students who raise $25 worth of pledges will receive a Silva Valley hacky sack, and students who raise $50 in pledges will receive a yoyo :) We will also have prizes for grade level class winners, highest achiever grade level winners will receive gift cards and the Silva Valley highest achiever will receive a special prize as well.

Dates to Remember
Oct. 27- Nov. 4th- Sign up for Read-a-Thon
Oct. 27-Nov. 17th- Get pledges for Read-a-Thon
Nov. 9th- Nov. 17th- Read-a-Thon
Nov. 18th- PTA General Meeting
(Zoom access will be sent closer to date)
Hello! My name is Christy McNamara and I’m the new Librarian here at Silva Valley Elementary. I am very excited to share my love of books and learning with you and your families!

A few announcements, the Scholastic Book Fair will be launching November 7th and run through November 20th. It is an online event this year, so make sure you don't miss out on the deals and exclusives they have to offer! All purchases will be shipped directly to your homes and there is free shipping on book only orders of $25 or more.

The other announcement is we are launching a new Library website where you will be able to find our virtual storytimes, search our library catalogue, request books and check out upcoming events all in one place!

Happy reading!
Christy McNamara

---

**Helping Children Cope with BIG Feelings**

During these uncertain times, children can have the same big feelings that we do. The difference for adults, is that we have more life experience to know how to deal with difficult emotions. When our children feel fear, anxiety, or anger, they need our help to learn how to cope. Here are some tips:

**Name the feeling(s)**

Help your child figure out which feeling they are/were having. Putting a name to it can help validate their experience. Having a feelings poster of reading books about feelings can be helpful in identifying their own feelings.

**Normalize the feeling(s)**

It can be confusing for a child whose feelings take over and lead to behaviors that may not usually have. Explain that all people have these feelings sometimes, and we all have to learn to manage them.

**Talk about the brain**

Our brains and our bodies are connected, and our brains send out signals when we experience certain “big feelings”. Explain that we have a part of our brain (thinking brain) that’s in charge of making decisions, thinking things through, and managing our emotions. Explain that another part of our brain (emotional brain) is in charge of important things like breathing, digesting food, and holds onto big feelings like anger or anxiety; this part of our brain also reacts to any threats, and can make us feel like we need to run, fight back or freeze. Sometimes this part of our brain overreacts, and we need to try strategies to calm it down.

**Practice self-regulation skills**

When children are calm, their thinking brain is on, and this is the best time to come up with a plan for when their emotional brain tries to take over. Encourage taking a break (not a time-out), deep breathing, releasing angry energy by exercising, and relaxation strategies such as progressive muscle relaxation, coloring, calm down jars, music, etc. Practice these repeatedly when they are calm. Helping your child to begin to recognize their body’s early signs of a big feeling (heart racing, clenched jaw, flushed face, etc.) can help them learn when to employ their self-regulation tools.

If you’re children are having big feelings that you’d like me to help them manage, please contact me at Lspencer-long@buckeyeusd.org. Additionally, if you are a family in need or know of a family in need of extra support this holiday season, please send me an email message.

Thank you!
Leslee Spencer-Long
Silva Valley Elementary School Counselor
Hello all and hoping this newsletter article finds you as well as possible! These are especially challenging times with Covid-19 and other concerns in California such as poor air related to fires. For Covid-19, please keep in mind our Decision Tree resource when children are ill. If your child has a medical condition that could mimic some of the symptoms of Covid, please reach out to your physician and have them provide us with a letter of what this would present as (e.g. clear discharge, runny nose if they have allergies). If you need a copy of Decision Tree form, please call the health office at your school site and have this emailed to you. Our office information is listed below.

Tristan Kleinknight, RN MSN PHN: School Nurse for:
- Blue Oak Elementary: Health Clerk II Joy Clark, MA
  530-676-0164 x1830, Fax: 530-676-0758
- Buckeye Elementary: Health Clerk II Rachel Kelly, LVN
  530-677-2277 x1230Fax: 530-672-1483
- Camerado Springs: Health Clerk Lesley Gentry
  530-677-1658 x1530 Fax: 530-677-9537
- Valley View Montessori: H. Clerk II Mary Dietrich, RN
  916-939-9640 x3330 Fax 916-939-5015

Sandy Chavez, RN MSN PHN: School Nurse for:
- Oak Meadow Elementary: Health Clerk Luz Shaw
  916-933-9746 x2130 Fax: 916-933-9784
- Rolling Hills: Health Clerk Bertha Chan
  916-933-9290 x3030 Fax: 916-939-7454
- Silva Valley Elementary: Health Clerk Tara Nakano
  916-933-3767 x2730 Fax: 916-933-6389
- William Brooks Elementary: H. Clerk Sub Raffaella Avina
  916-933-6618 x2430Fax: 916-933-3910

Does your child have asthma? Or any other breathing or other life restricting or threatening concerns? Make sure our health team is aware of these concerns! You can call the school to confirm we have a medical alert or plan in place for your child… Contact your school’s health team – the information is above!

Air Quality Resource Sites:
AIRNOW
https://airnow.gov/
PURPLEAIR
https://www.purpleair.com/map?#11/38.6572/-121.0737

November: Do you know… about Type 1 Diabetes (T1D)?
This is a subject that is of great personal concern for one of your two school nurses. From late October to early March, our district has typically seen one or more students diagnosed with Type 1 Diabetes. These symptoms can often be mistaken for common illnesses such as flu or a cold this time of year. Misdiagnosis can have tragic consequences so learning the warning signs can save a life. Early diagnosis is critical to treatment. PLEASE, get to know the warning signs for T1D in children and young adults… Knowing these signs (which may occur suddenly) can save a life:

- Extreme thirst
- Frequent urination
- Increased appetite
- Sudden weight loss
- Sudden vision changes
- Drowsiness, lethargy
- Heavy, labored breathing
- Fruity or sweet breath odor
- Nighttime bedwetting
- Altered or loss of consciousness
- Fatigue, weakness
- Nausea or vomiting
- Fatigue, weakness
- Nighttime bedwetting
- Altered or loss of consciousness
- Fatigue, weakness
- Nighttime bedwetting
- Nausea or vomiting

If your child or someone else you know begins to experience these symptoms, contact your pediatrician immediately. Please share what you’ve learned with others you know. More facts about T1D can be found here: https://www.jdrf.org/t1d-resources/about/facts/

Don’t Forget: MEDICATIONS

All medications at school require a permission form (even over the counter cough or vitamin drops, consider sending lifesavers or something similar instead)

Please request a medication form for your child if they are to have medications at school. This form can be picked up at the office or found online here:

Stay healthy Buckeye Union School District Families! From Nurse Tristan & Nurse Sandy