



RCES Raider Times

Learn with Passion, Lead with Integrity, and Succeed with Confidence!

Social Emotional

Gratitude

As we embrace the changing season, we want to reflect on the importance of gratitude in our lives. Gratitude is more than just a feeling; it's a practice that can significantly enhance our well-being and strengthen our community. Research shows that expressing gratitude can increase happiness, improve relationships, and improve mental health. It encourages us to focus on the positive aspects of our lives, fostering resilience during challenging times.

One way to express gratitude this month is to thank a veteran for their service to our country through the military! **Veterans Day** is observed on Monday, November 11th, but the men and women who have served or currently serve our country deserve to be recognized everyday. If you see a member of the military, shake their hand and tell them thank you.

Around the School

Canned Food Drive Competition

November 1 - 15, 2024

Let's have a friendly school-wide competition to see which grade level can bring the most canned foods and non-perishable items. The winning grade level will win a **POPCORN** party. All items will be donated to the **Cheese & Cracker Box** to help those in need during this holiday season. Let's have fun while helping those in need.



Important Dates

November 1-15 Canned Food Drive

November 5 - Election Day Holiday
(No School)

November 11 - Veterans Day
PTO Meeting @ 6:00

November 12 - Interims go Home

November 18 - SIC Meeting @ 5:30

November 25-29 - Thanksgiving Break

Health & Wellness

Friendship

Spending time with friends can improve mood, boost self-esteem, and help kids build teamwork skills. Identify another family with kids similar in age to yours and make playdates a priority. Having a network of close friends can benefit both you and your child's social and emotional wellness. Learn about ways you can support friendships in every stage of your child's development at <https://www.healthychildren.org/English/family-life/power-of-play/Pages/what-parents-can-do-to-support-friendships.aspx>

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