

Dragon Dispatch

October 5, 2018



Dilworth Elementary School
1101 Strayer Drive
San Jose, CA 95129
408-253-2850
Principal: Kerstin Johnson
Website: www.cusdk8.org/dilworth



Board of Education: Liang Chao, Anjali Kausar, Kristen Lyn, Soma McCandless, Phyllis Vogel **Superintendent:** Dr. Craig Baker

TRAFFIC VOLUNTEERS - Thank you to all the parents that volunteer each week to help with Traffic Duty. We greatly appreciate your support in helping to keep everyone safe. If you would like to volunteer or need to reschedule a shift you signed up for at Back to School Night, please contact Mrs. Gauthier at gauthier_susan@cusdk8.org

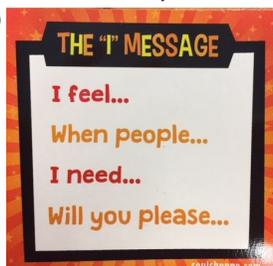
VOLUNTEERS FOR THE WEEK OF OCT. 16-19 ARE PARENTS FROM ROOM 3
VOLUNTEERS FOR THE WEEK OF OCT. 22-26 ARE PARENTS FROM ROOM 3

PRINCIPAL'S MESSAGE

Dear Dilworth Families:

Last week we had our first SoulShoppe workshop and parent night. This powerful program strives to teach students tools for self-advocacy and aims to reduce bullying at schools. In our first workshop, called "Emptying your Balloon," students were taught to check in with their feelings and identify healthy ways to empty their balloon. Some of the language and strategies they were taught include:

- The "Balloon": An imaginary place inside all of us where feelings build up when we don't get our needs met or when challenges arise and we don't know what to do. If your kids are upset, acting out, or withdrawing, they may have a full balloon. Adults have balloons too!
- Leaking/"Emptying" the Balloon: If we don't pro-actively let our feelings out in healthy ways (emptying), they build up, and we end up taking them out on those around us (leaking). The feelings don't just disappear. By saying someone is leaking their balloon, we can reframe the conversation to look for causes and solutions.
- "Checking In": The practice of stopping and noticing what feelings are in our balloons is checking in. To check in, you put one hand on your heart and one on your belly and take a few deep breaths. You then prompt the person (or yourself) to check in and be aware of what they are feeling, physically and emotionally. Encourage your kids to name their feelings!
- "I" Message: We can communicate our feelings and needs with the "I" Message. It has four easy to follow steps. (see the picture)



Please ask your children what they learned in SoulShoppe. Ask them to explain the balloon to you and brainstorm healthy ways to empty your balloon. You can also use the "I" Message or "Check In" strategy when conflicts arise at home! Our SoulShoppe trainer will be back on campus for classroom visits on October 19th and our next workshop, Stop and Breathe, takes place on November 5th.

Ms. Johnson

CALENDAR OF EVENTS

Oct. 4-12 -Dismissal 1:10/daily
Parent-Teacher Conferences

Oct. 11 - Individual Class Photos

Oct. 11 -HSC Meeting-7:00 p.m.

Oct. 15 - Staff Learning Day -
NO SCHOOL

[District and Community News](#)



REMINDERS.....

ATTENDANCE:

If your child will be absent, please call 408-253-2850 ext. 6 by 9:00 a.m. to report the absence.

EVERY TUESDAY:

All grades are dismissed at 1:55 p.m. Students should be picked up promptly.

STUDENT DROP-OFF:

Do not drop students off at school before 8:15 a.m., student supervision is not provided until then.

HALLOWEEN PARADE

On Wednesday, October 31st, at 1 PM, we will hold our annual Halloween Parade on the blacktop. Parents are welcome to attend. Please make sure your child's costume is safe and school-appropriate. Outfits that are scary or violent are not allowed at school; toy weapons, masks that completely cover your face, and fake blood are not allowed. Students are welcome to wear their costume to school that day. Please make sure that they have comfortable shoes and a layer underneath in case they want to take off their costume for recess/lunch. If your child will not be participating in Halloween events, please let your child's teacher know so they can prepare alternate activities.

ANNUAL WALKAROUND FUNDRAISER

We still need volunteers to help with Walkaround, scheduled for Saturday, November 3rd. This community spirit-building family-fun one day fundraising event is sure to be a crowd pleaser. If you can help, please use this volunteer link to sign up: <http://signup.com/go/kYqahJY>

DINE OUT NIGHT - OCTOBER 16TH

Our first Dilworth Community Dine Out Night of the year is coming! Please join us to continue our Terrific Tuesday on October 16th at the Corner Bakery at Westgate. The hours are 8:00 a.m. to 9:00 p.m. Be sure to mention Dilworth when you order. They will be donating a portion of each purchase back to Dilworth. For more information, check out the following link: <https://www.groupraise.com/events/70328>

PARENT WORKSHOP: SCREEN TIME BATTLES: HOW TO WIN THEM

Come spend a fun evening learning some new tricks and tips for dealing screen time issues! Mary Eschen is a popular local parenting educator, as well as a Life and Parenting Coach. Her entertaining style and energy will put you back in the driver's seat with some new ideas on how to set reasonable electronic limits based on age, what types of parent controls to use and what do to when things get out of control.

Thursday, November 15, 2018

6:30pm – 8:00pm

Location: GLC

[SIGN UP HERE](#)

STUDENT SPOTLIGHT: DRAGON CITIZENS OF THE MONTH

The following students were honored at our Terrific Tuesday assembly this week as the September Dragon Citizens of the Month: Isabelle C., Maanini M., Ishaan A., Yoonju B., Ayleena L., Riddhima S., Serena L., Yegor M., Vishay A., Alex P., Lanya H., Saanvi N., Araya C., Nathan Z., David T., Hiran V., Andy Y., Amy T., and Caroline Y. These students were selected by their teachers and classmates for being respectful, hard-working, helpful and caring to their peers, attentive listeners, responsible, and willing to tackle challenges with a positive attitude.

ANNUAL YEARBOOK 2018-2019

Online ordering is now available for our 2018-2019 school yearbook. The regular price for the yearbook will be \$30, which includes two free custom pages. TreeRing, our publisher, is offering a 10% discount on purchases made by October 31st, so you can order early and save! If you have an account from last year, simply log in at www.treering.com to place your order. To set up a new account log on to www.TreeRing.com/validate and enter our school's passcode 1013461755883829. Once you have an account, you will also be able to upload and share photos on our Dilworth TreeRing site. If you have any questions or are interested in helping to create yearbook pages, please contact Nicky Sardar at sardar.nicky@gmail.com.

TRAFFIC SAFETY:

We continue to have some difficulties in our parking lots. Please be mindful of following the rules of the road and the following procedures:

- Drive into the parking lots and pull ALL THE WAY FORWARD.
- Stop at the curb and let your children out of the car. You should not exit the car. Your children should have their backpacks ready to go with them in the car.
- Drive safely at a slow speed.
- Do not allow your child to cross in front of traffic.

The parking lots are fairly empty in the morning before 8:25 AM. You can drop your child off as early as 8:15 AM.

Please also stay clear of the Bus Zone. Our school buses need to be able to pull up to the curb in the Strayer Drive parking lot.

SUNSCREEN

Children are allowed to self-apply sunscreen on campus as needed. Please tell your children, if they choose to do so, that this should be done at recess or lunch only and not to share sunscreen with anyone else. If you have a Kindergarten student who needs to reapply sunscreen, they may do so in the office at lunchtime. Parents do not need to come to school.

WAYS TO SUPPORT OUR SCHOOL: BOX TOPS

Collecting [Box Tops](#) is an easy way to support our school. You can find Box Tops on commonly used items, like ZipLock Baggies and Lysol wipes. Each Box Top brings 10 cents to our school. You can turn in Box Tops to your child's teacher or the Dilworth school office.

