Dear Dos Rios Families,

Welcome to December! This month is surely one of the most exciting months of the year for most of our kids. It is the holiday season and this is a fitting time for all of us to teach our students to be thankful and show them the value of generosity and kindness. This is also the month that we have more days out of school. Parents, let us use this time to bond more with our kids and to continue helping our children in their learning. There are a lot of fun ways that we can teach our kids the academic skills that they need. We can read and share wonderful stories with each other. We can use numbers and measurements when we prepare ingredients to cook our favorite dish. You can encourage your children to practice writing “thank you” notes to their family members and friends. We need to continue to nurture and grow their brains during our holiday breaks.

Please join us on December 19th for our First Annual School-Wide Holiday Concert. See more information inside. Also, our canned food drive ends on December 6th. Please donate, if you are able, to those that are less fortunate than us. We hope you and yours have a safe and blessed holiday season.

Happy Holidays to one and all!

Mrs. Cain

HOLIDAY SPIRIT WEEK
DECEMBER 16th – 20th
Dos Rios will have Holiday spirit week the week before Christmas break!

Monday-Mis-Match Day ❤️ Tuesday-Crazy Sock Day 🧦
Wednesday-Wacky Wednesday 🤡 Thursday- Holiday Red/Green Day 🧣
Friday-Pajama Day 🧥
Dates to Remember:
December 2 - No School (Teacher Inservice)
5 - 4th Grade Music Program
16 - PTO Meeting 4:15 (Café.)
19 - All School Concert
16-20 - Holiday Spirit Week

Lost and Found
Just a reminder that our lost and found is starting to grow and will disappear over Christmas Break.
Please take the time to look through the lost and found before this time and retrieve what is yours. Please label your child’s clothing with their names so we can get things back to them easier.

A Great Big Thank You
Thank you to all who helped and donated cakes and desserts to the Harvest Dance that was held on November 7th. You helped make the event a great success. We appreciate you!

All School Dos Rios Holiday Concert
December 19th, 6:00-7:00pm in the Dos Rios Elementary Gym
Schedule of Performances:
6:00PM- Kindergarten & 1st Grade
6:20PM- 2nd & 3rd Grades
6:40PM- 4th & 5th Grades
Hot Cocoa and Letters to Santa in the Cafeteria
Students should arrive 10 minutes before their concert time and go to the library.
Attention Parents:

Students need to walk bikes, scooters, skateboards and hold hoverboards until they are off the school campus. Animals are not permitted on school grounds, unless arranged through the office for a presentation. Please keep your furry friends at home during drop off and pick up times.

THANKS FOR HELPING TO KEEP OUR STUDENTS SAFE!

Social Emotional Learning

Emotional Awareness

“I am aware of what I am feeling.”

During the month of November, our Social Emotional learning focused on emotional awareness. Students are becoming mindful of their emotions and feelings. They are working to identify their emotions and describe the situations that trigger the emotions. Students are understanding how they physically respond to emotions. Students know it is okay to have a wide range of feelings and are learning tools to help them manage their emotions.

For the past three years at Dos Rios, our counselor, Mrs. Shepard taught the Zones of Regulation to our students. Zones of Regulation is designed to foster self-regulation and emotional control. Students learn how to identify what zone they are in, by recognizing how they feel. Students learn about different tools that they can use in each of the different zones to manage their behaviors.

Zones of Regulation

GREEN Zone (Ready to learn) – focused, happy, calm, etc.

BLUE Zone (Low level of alertness) – tired, sick, bored, etc.

YELLOW Zone (Some loss of control) – anxious, frustrated, silly, etc.

RED Zone (Out of control) – elated, furious, terrified, etc.

“I never thought it was such a bad little tree. It’s not bad at all, really. Maybe it just needs a little love.”
Reindeer Food & Puppy Treat Sale
(A Fundraiser for Special Olympics)

Sales will be on 12/11, 12/12, 12/13
12/16 & 12/17
Look for table in front of the cafeteria from 8:30-8:50AM.
$.50 each