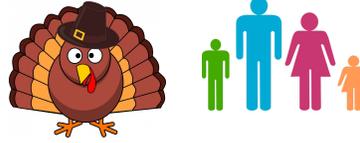


# NOVEMBER 2020



Dear Parent(s)/Guardian(s):

Happy November! Last month was so fun, especially seeing all of the children in their Halloween costumes! We hope you had a nice time celebrating with us. This month is all about the importance of family, what we are thankful for, learning about different foods and touching upon nutrition.

Our social emotional book of the month is “Thinking with your Eyes.” This phrase and concept are used to help children understand that there is a purpose for observing others and the environment. When you think with your eyes, you are engaging in a process that helps you be aware of what is happening around you. We can use what others are looking at to make a guess about what or whom they are thinking about.

Try these 2 activities at home to help carry over learned skills from school to home:

**Math Skill:** [Counting items around your house](#) (Click link to open up & print)

**Social Emotional Skill:** “Thinking with your eyes”

The story, *Duck on a Bike* by David Shannon works on the concept of Thinking with Your Eyes. This is a great book to use with the little ones that are learning about Social Thinking®. In this funny book, Duck decides to ride a bike around the barnyard. As Duck rides past all the barnyard animals, have fun thinking with your eyes to figure out what the animals are feeling. Practice making a Guess as to what the animal is thinking. For example, “Look at Sheep’s face. How is he feeling? What is he thinking?” For more of a challenge, talk about why the animals are thinking those thoughts.

**Songs:** [November Theme Songs \(Click & Sing!\)](#)



**Healthy Recipe:**

If you make this, *please* share a picture with your teacher!

**Better Health/Better Learning - A Note from the Nurse**

Hi! My name is Cathryn Hampson and I am the Supervisor of Health Services for the district. I am also your school nurse here at SECC. I am excited to be here for you and your children!

