



DISCOVERY RIDGE ELEMENTARY

WEEKLY NEWSLETTER

DECEMBER 9, 2024

CELEBRATIONS



NEW sign IN/OUT KIOSK

You may have used our new FOCUS Kiosk in the office lobby if you've stopped by school recently. This will make the check-in/check-out process much faster for you and your students. Now is a great time to become familiar with the FOCUS app if you haven't explored it yet. This will allow you to scan your child's student barcode to sign in and out.

*When checking your child in after the school day has started, the receipt that prints out your child will be taken to their teacher. That is their new school arrival pass.

*When signing your child out early, a paper pass is printed out. Please bring the slip into the office, and we will record the reason for their early dismissal. Your child will meet you back in the lobby for dismissal.



SPECIAL AREA SCHEDULE



Monday - Day 1

Tuesday - Day 2

Wednesday - Day 3

Thursday - Day 4

Friday - Day 5

IMPORTANT DATES

12/11

3rd Grade Winter Program at 6:30 pm

12/13

PTO Pancakes With Principals 6-8 pm

12/20

Early Release at 1:35 pm

Winter Parties (check with your child's teacher for times)

12/23-1/3

Winter Break No School

1/6

Late Start at 10:35, student arrival begins at 10:20 am

1/12

PTO Fun Day at Little Bits Gym from 1:30 pm-4 pm

1/23

DRE PTO Dines out at Twisted Sugar from 4 pm-9 pm

Academic Calendars (2024-2025, 2025-2026)

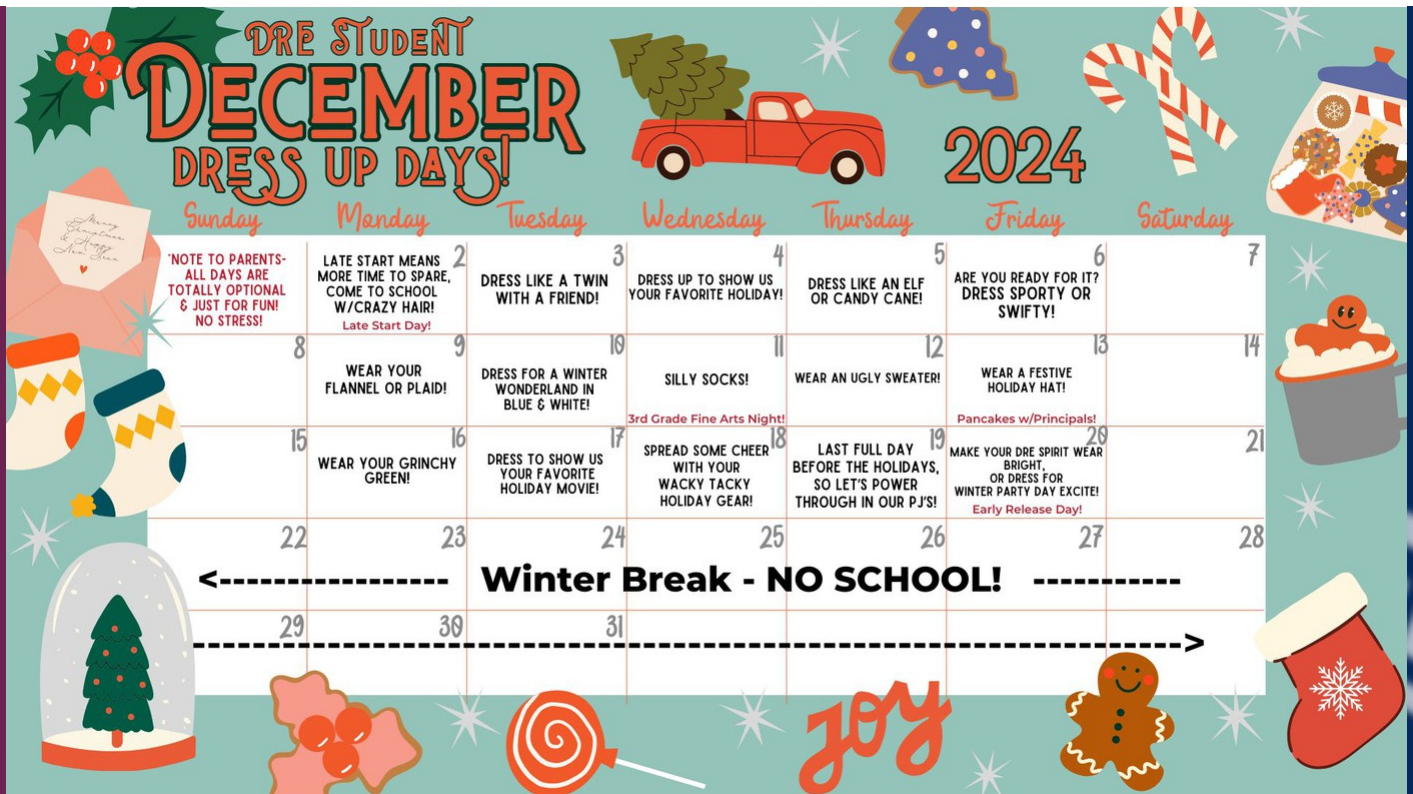
WSD WOW FACTOR AWARD

Nominate a teacher or staff member who has made a significant impact on you or your students' education and life for a Wentzville Wow Factor Award. Your nomination can brighten someone's day!

WSD WOW Factor

DECEMBER DRESS UP DAYS

DRE students are welcome to join staff as we dress up for December!



December 2 Crazy Hair Day

December 3 Dress Like a Twin With a Friend

December 4 Dress Up To Show Your Favorite Holiday

December 5 Dress Like an Elf or Candy Cane

December 6 Dress Sporty or Swifty!

December 9 Wear Flannel or Plaid

December 10 Dress For Winter Wonderland in Blue & White

December 11 Wear Silly Socks

December 12 Wear an Ugly Sweater

December 13 Wear a Festive Hat

December 16 Wear Grinchy Green

December 17 Dress For Your Favorite Holiday Movie

December 18 Wear Wacky Tacky Holiday Gear

December 19 PJ Day

December 20 DRE Spirit Day or Winter Party Dress Up Day

COMPUTER SCIENCE EDUCATION WEEK: HOUR OF CODE

December 9-13 is Computer Science Education Week! All preschool through fifth-grade students will learn the basics of coding. For more information, scan the QR code on the flyer.



THANK YOU CARD DESIGN CONTEST

The WSD is looking for creative students to design an official "Thank You" card given to teachers who present at the WSD Share Fair! Please submit your designs to Ms. McCarty or Mrs. Ladymon by December 9.



AMI DAYS

Inclement Weather Procedures and Alternative Methods of Instruction (AMI) Days Explained

As we approach the colder months, we want to re-share the [District Communication](#) that has information regarding the WSD's inclement weather procedures for the 2024-25 school year. This year, snow days one and two will be traditional snow days. After our second snow day this year, we will switch to AMI (alternative methods of instruction) for snow days three through seven. Read more on what to expect this winter [here](#). View AMI assignments [here](#).

LUNCH TIMES BY GRADE LEVEL

Kindergarten- 11:15 am

1st Grade- 11:25 am

2nd Grade- 10:50 am

3rd Grade- 12:40 pm

4th Grade- 12:15 pm

5th Grade- 11:50 am

Breakfast & Lunch Menu

PARENT TEACHER ORGANIZATION 'PTO' NEWS

[Join PTO](#)

[DRE Spirit Wear Store](#)

PTO BOARD ELECTION 25-26

We are seeking new members to serve on our our amazing PTO Board. It is such a fun way to become involved in your child's school and gives you a voice in future events while building your relationship with the DRE community. You will serve on the PTO Board for three years. The current board will still be active around school and events to support you! Please fill out this form if you are interested in being on the PTO board!

[Click to Apply for the DRE PTO Board](#)

PTO PANCAKES WITH PRINCIPALS

Pancake sales closed on December 4. Thank you for your reservations! We are excited to serve more than 350 people next Friday night.

We are raffling a "Gift Card/Lotto Tree" with proceeds supporting some of our building's Student Service Learning Projects. We are asking for ANY gift cards of \$5 or more or Lotto Scratch-Off Tickets.

You can sign up to donate by clicking on the flyer and scanning the QR Code or clicking the button below!



Donate Gift Cards/Lotto Tickets

Pancakes with Principals Volunteer Opportunities

SPRIT WEAR AMBASSADOR

Happy Holidays from all of us at Alphabet Soup. We are reaching out today as we are looking for ONE representative from each school to be a Spirit Wear Ambassador. We would love if you could share the following information with your families.

Attention Families:

We are on the hunt for Spirit Wear Ambassadors/Representatives! Are you a fan of your school or team's spirit wear? Love showing off your pride? Then this is your chance to join us! We're looking for one representative from each school and team that currently has a webstore with us.



What's in it for you?

- Free and discounted products as a thank-you for spreading the word!
- The more you promote, the better your rewards will be!

What do we need from you?

- Help promote your school or team's spirit wear by sharing posts on social media, emailing flyers, or simply wearing our gear to school and team events.

Ready to rep your team and get some amazing perks?

Message us for more details, to get more information, and to sign up!

DRE PTO Play Time will be held at LittleBits Gym on Sunday, January 12, from 1:30 to 4:00 pm. It's only \$10 per child, and 50% of the proceeds benefit DRE PTO!



Registration Open Now!

DRE PTO Dines Out at Twisted Sugar on January 23 from 4-9 pm. Ten-percent of all sales will go back to PTO! So come out, grab a sweet treat, and help support our DRE PTO!



FALL 2025 KINDERGARTEN SCREENINGS

Does your Child Start Kindergarten next fall? If your answered, yes, you may register them for a Kindergarten screening by scanning the QR Code or selecting the button below!



Kindergarten Screening

COUNSELORS' CORNER



10 Tips for Parenting Anxious Kids - Child Mind Institute

How to support children who are anxious. Protecting them from things they fear makes anxiety worse. Instead, express confidence that they can handle it.

childmind.org

COMMUNITY AGENCY PRESENTATIONS

Dear Discovery Ridge Elementary Family,

Throughout the duration of the academic year, the Wentzville School District partners with community agencies that specialize in providing students, families, and educators with preventative education. Agency presenters are credentialed, coordinated through the District, and under the supervision of building administrators. Presentation topics are targeted toward specific grade levels. All students will participate in each program unless you choose to opt your child out of the lesson(s). If you are interested in opting your student(s) out of the presentation(s), please click the appropriate link(s) below.

[Kindergarten Opt-Out Form](#)

[First Grade Opt-Out Form](#)

[Second Grade Opt-Out Form](#)

[Third Grade Opt-Out Form](#)

[Fourth Grade Opt-Out Form](#)

[Fifth Grade Opt-Out Form](#)

If you have additional questions, please reach out directly to your student's guidance counselor.

Thank you,

Mrs. Kelly Stratman, Principal

Dr. Lindsay Burkemper, Assistant Principal

Mrs. Stacy Browning, K-2 Counselor

Mrs. Jane Douglas, 3-5 Counselor

Mrs. Sarah Holcomb, Education Support Counselor

TIPS FROM NURSE ROSEMARIE

Making Gratitude a Part of Your Personal Mission

Making Gratitude a Part of Your Personal Mission

Donna M. Garcia, M.A., M.S., MSW

From West County Psychological Association, St Louis, MO

As the leaves transition to shades of gold and the air becomes brisk, our thoughts turn to the holiday so many of us wait for with great anticipation, Thanksgiving. Thanksgiving for most is a season for family reunions, indulgent feasts, and moments of reflection on the blessings in our lives. While this holiday is rich with tradition and warmth, the act of expressing gratitude stretches well beyond the dinner table. Recent studies indicate that cultivating a sense of thankfulness significantly benefits both our mental and physical well-being, especially in the context of Thanksgiving.

Gratitude is more than just a simple "thank you." It is a complex emotion that involves recognizing and appreciating the positive aspects of our lives, even in tough times. Research in psychology has demonstrated that practicing gratitude can lead to a variety of beneficial outcomes. Studies have shown that gratitude can improve mood, decrease stress, enhance overall well-being, and even promote healthier relationships.

One critical way gratitude affects us is through brain chemistry. When we express and feel gratitude, our brains release dopamine and serotonin—neurotransmitters linked to happiness and well-being. These chemicals not only elevate our mood but also reinforce positive feelings, making it easier to appreciate our lives and the people in them.

Engaging in gratitude practices, especially around the holidays, can have lasting effects on our mental health. Journaling about what we're thankful for, verbally expressing appreciation to loved ones, or even simply reflecting on positive experiences can shift our focus away from negativity. This shift is particularly crucial during challenging times, when it's easy to get bogged down by stress or anxiety.

Research has found that individuals who regularly practice gratitude exhibit lower levels of depression and anxiety. They also report a greater sense of connection to others and a stronger emotional resilience. In essence, gratitude helps foster a positive mindset that can buffer against the challenges life throws our way.

Thanksgiving is not only about individual reflection but also about community and relationships. Expressing gratitude towards others strengthens our bonds. It fosters a sense of belonging and encourages prosocial behavior. When we acknowledge the support and kindness we receive, we not only uplift ourselves but also inspire those around us. Studies indicate that people who express gratitude to others often receive gratitude in return, creating a virtuous cycle that enhances relationship satisfaction. This reciprocal nature of gratitude builds a sense of community and connectedness, which is vital for emotional health and well-being.

To experience the benefits of gratitude during the holidays and make gratitude a part of your personal mission, consider implementing some of the following practices:

- o Gratitude Journaling: Take time each evening or weekly to jot down three things you are grateful for. This simple act can shift your focus to the positive aspects of your life.
- o Express Appreciation: Use Thanksgiving as an opportunity to express your gratitude to family and friends. Write personalized notes or simply share your feelings during the gathering.
- o Mindfulness and Reflection: Spend a few moments in silence, reflecting on the good things in your life. Mindfulness meditation can enhance your sense of gratitude and awareness.
- o Acts of Kindness: Participate in community service or help someone in need. Acts of kindness can evoke feelings of gratitude and connect you to others.
- o Sharing: Make it a habit to share what you're thankful for around the dinner table. This fosters an environment of appreciation and positivity.

Remember that Thanksgiving is not just a holiday; it's a reminder of the power of gratitude and its profound effects on our mental well-being. By embracing gratitude in our daily lives, we can nurture our brains and create a more fulfilling life. This holiday season, take a moment to appreciate what you have, cherish your connections, and recognize how gratitude can elevate your spirits and enrich your mind.

LeaderinMe®

Welcome to *Leader in Me*

Each new school year brings opportunities for academic growth and growth in all areas of development. Although children must be knowledgeable when they graduate, they must also be healthy, engaged, responsible, and caring people.

We're grateful you're here at our school and we're excited to partner with you and your child. As a *Leader in Me* School, we believe that every member of your family has greatness and we can't wait to learn and grow from you! *Leader in Me* (LiM) is an evidence-based, comprehensive school-improvement model—developed in partnership with educators and FranklinCovey—that empowers students with the leadership and life skills they need to thrive in a global community.

Our school has chosen to operate through a uniquely different lens. *Leader in Me* is about empowering your child to reach their full potential while ultimately finding their voice. As a school, the staff in this building have made five core commitments to your child. We call these our Core Paradigms. In these paradigms you will find the belief and way we view all students. At this school we see that:

- Everyone is a leader.
- Everyone has genius.
- Change starts with me.
- We empower students to lead their own learning.
- Educators and families partner to develop the whole person.

Not only do these paradigms apply to your student, they apply to all of us!

Leader in Me provides our school with the vision and language to lead the school in a way that addresses all areas of development. As each child discovers and develops their unique gifts and talents, they are given opportunities to lead.

As leaders, they become active, engaged partners in their own education, and their self-confidence, responsibility, and initiative grows. The children quickly understand the benefits of different gifts and talents; they learn to listen to new ideas, work together to achieve results, and motivate one another to be the best.

We hope your school enjoys sharing these new opportunities. Together, we will see each child grow throughout the year.

Mrs. Kelly J. Stratman, Principal

Dr. Lindsay Burkemper, Assistant Principal

A NATIONAL SCHOOL OF CHARACTER

DISCOVERY RIDGE ELEMENTARY SCHOOL

welcome to

DISCOVERY RIDGE ELEMENTARY

RESPECT | RESPONSIBILITY | CARING



Discovery Ridge Elementary



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