



























Nature Immersion Weekly Connection

Week of:	September 3-7, 2018
Conscious Connection	"The important thing to know about worthiness, is that it doesn't have prerequisites. It's not if or when. It's now. - Brene Brown
Wish Wells 	<p>Friends, remember to keep scrubbing and washing those little hands regularly. There's a bug going around and we want all of our friends to be healthy and safe.</p> <p>If you know anyone that you'd like us to send well wishes to, please let Ms. Carmen know so that she can add them to our weekly recap.</p>
Celebration 	This week we had a dance party to celebrate helpful words and acts of kindness.
Birthdays 	<p><u>Happy Birthday to you!</u></p> <p>Ms. Natalia 9/3 Levi 9/6 Annabella 9/9 Nicodemus 9/10</p>
NI News 	<p>Our next Nature Immersion Community Meeting is Tuesday, September 11 @ 6pm. Feel free to bring snacks to share.</p> <p>Please make sure you go through all of the steps with them. Not only does it make for a smooth home to school transition but it reinforces early literacy skills by showing that print has meaning!</p> <p>When you pick up your child, check the work basket to see if your child has created anything special that you need to bring home.</p> <p>We are still learning what your child's snack & lunch containers, etc. look like. Please label your child's belongings: snack containers, lunch boxes, water bottles, backpacks, etc.</p> <p>Parent Jobs: We are still in need of parent helpers for the following positions: Garden Coordinator, Volunteer Coordinator, Seamstress,</p> <p>Help us build our classroom library and your own at the same time. Scholastic offers great quality books at affordable prices. Our class receives points and free books for every order placed. If you'd like to place an order, go to https://clubs.scholastic.com. Our class code is T244Z. The</p>

	next order will go through on Sept 15th																																																	
NI Recap	<p>This week we began to work with our names! We counted how many letters we each have in our names and made a list. We played a game where they tried identifying their name. We looked at friends names too! The writing area continues to be a favorite area for the class. We've been talking about helpfulness and what that looks like, sounds like and feels like. How we can be helpful to our school family and our friends? We will introduce a new I Love You Ritual, Humpty Dumpty. In our version of this traditional rhyme we CAN put Humpty together again!</p>																																																	
Afternoon Atelier	<p>This week in Atelier we explored the different ways to apply paint to a surface. We used Flower stamps, that were made out of pipe cleaners, to create a flower stamp! We also used q-tips to do stipple paintings by also stamping that onto the surface! We experimented with Play- doh as well and worked on rolling it flat and then using circle shapes to cut out impressions of the different circle sizes. The students really enjoyed painting this week and Both Anna Bella and Levi had a wonderful time painting their Birthday letters for us to hang up!</p> <p>Have an awesome weekend cause....your...awesome!</p>																																																	
We Care Central nter	<div><div></div><div><div></div><div>ACTION CALENDAR: SELF-CARE SEPTEMBER 2018<div></div></div><div><table><tr><th>MONDAY</th><th>TUESDAY</th><th>WEDNESDAY</th><th>THURSDAY</th><th>FRIDAY</th><th>SATURDAY</th><th>SUNDAY</th></tr><tr><td></td><td></td><td></td><td colspan="2">"Treat yourself as you would treat a good friend" - Dr Kristin Neff</td><td></td><td></td></tr><tr><td>3 Free up time in your diary by cancelling any unnecessary plans</td><td>4 Forgive yourself when things go wrong. We all make mistakes</td><td>5 Notice what you are feeling today, without any judgment</td><td>6 Avoid saying 'I ought to' or 'I should' to yourself</td><td>7 Remember it's ok not to be ok. We all have difficult days</td><td>1 Recognise that self-care isn't selfish. It's essential</td><td>2 Talk to yourself like you would to someone you love</td></tr><tr><td>10 Give yourself permission to say No to requests from others</td><td>11 Find a new way to use one of your strengths or talents today</td><td>12 Aim to be good enough, rather than perfect</td><td>13 Find a caring, calming phrase to say to yourself when feeling low</td><td>14 Be willing to share how you feel and ask for help when needed</td><td>8 Plan a fun or relaxing activity this weekend and make time for it</td><td>9 Remind yourself that you are loved and worthy of love</td></tr><tr><td>17 Notice the things you do well today, however small</td><td>18 Don't compare what you feel inside to how others appear outside</td><td>19 Leave positive messages where you will see them regularly</td><td>20 Accept your mistakes as a way of helping you make progress</td><td>21 You matter. Remember that you are enough, just as you are</td><td>15 Stop the glorification of 'busy'. It's good to take a break</td><td>16 Make time today to do something you really enjoy</td></tr><tr><td>24 Look at photos from a time with happy memories</td><td>25 Write down three things you appreciate about yourself today</td><td>26 Think of a previous mistake you're glad you made and why</td><td>27 Release yourself from inner demands and self-criticism</td><td>28 Ask a trusted friend to say what they like about you</td><td>22 Get active outside and give your mind & body a natural boost</td><td>23 No plans day - make time to slow down and be kind to yourself</td></tr><tr><td></td><td></td><td></td><td></td><td></td><td>29 Take your time. Find space to just breathe and be still</td><td>30 Let go of other people's expectations of you today</td></tr></table><div></div><div>ACTION FOR HAPPINESS</div><div>www.actionforhappiness.org</div></div></div></div>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				"Treat yourself as you would treat a good friend" - Dr Kristin Neff				3 Free up time in your diary by cancelling any unnecessary plans	4 Forgive yourself when things go wrong. We all make mistakes	5 Notice what you are feeling today, without any judgment	6 Avoid saying 'I ought to' or 'I should' to yourself	7 Remember it's ok not to be ok. We all have difficult days	1 Recognise that self-care isn't selfish. It's essential	2 Talk to yourself like you would to someone you love	10 Give yourself permission to say No to requests from others	11 Find a new way to use one of your strengths or talents today	12 Aim to be good enough, rather than perfect	13 Find a caring, calming phrase to say to yourself when feeling low	14 Be willing to share how you feel and ask for help when needed	8 Plan a fun or relaxing activity this weekend and make time for it	9 Remind yourself that you are loved and worthy of love	17 Notice the things you do well today, however small	18 Don't compare what you feel inside to how others appear outside	19 Leave positive messages where you will see them regularly	20 Accept your mistakes as a way of helping you make progress	21 You matter. Remember that you are enough, just as you are	15 Stop the glorification of 'busy'. It's good to take a break	16 Make time today to do something you really enjoy	24 Look at photos from a time with happy memories	25 Write down three things you appreciate about yourself today	26 Think of a previous mistake you're glad you made and why	27 Release yourself from inner demands and self-criticism	28 Ask a trusted friend to say what they like about you	22 Get active outside and give your mind & body a natural boost	23 No plans day - make time to slow down and be kind to yourself						29 Take your time. Find space to just breathe and be still	30 Let go of other people's expectations of you today
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