



## IMPORTANT DATES

- 11/2—11/3: NO SCHOOL
- 11/4—11/5: Kids on the Block
- 11/5: Picture retakes
- 11/16—12/4: FRC Canned Food Drive
- 11/18—11/19: Parent/Teacher Conferences from 4-7pm
- 11/19: School Feast
- 11/20: Attendance Recognition
- 11/25—11/27: NO SCHOOL

## Student of the Week Recognition

Give it up for the following students who were nominated and recognized as "Student of the Week" throughout the month of October:

Hailey Sizemore: 3rd grade

Kaitlyn Booth: K

Katey Guy: K

Kristen Harris: 4th grade

## Attendance Recognition

Congratulations to Mrs. Harpold's 3rd grade class (AGAIN!) for 9 days of perfect attendance for the month of October! In honor of winning this month, they will receive a class smoothie party!



# Counselor's Corner Newsletter

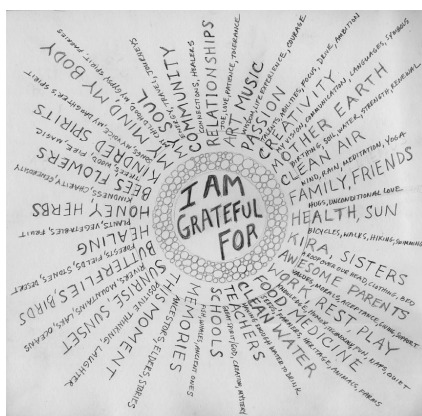
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## Have an Attitude of Gratitude

Looking for something to do over the upcoming breaks? Start a gratitude list with your family!



Slowing down to appreciate things will make your life better. Make it a habit to be aware and acknowledge gratitude for everything, even for the smallest things that happen throughout the day by saying "thank you." Begin each day with positive thoughts and feelings of gratitude for all the good people, good experiences and things you already have and that will come into

your life. Think of all the wonderful things in your life to be happy for and you'll soon see that the list is long and impressive!

To help get you started off, we wanted to share part of our school gratitude list with you...

Crossroads is thankful for:

1. Our amazing students—you all are the reason we love what we do!
2. Our unbelievable teachers—how did we get so lucky?
3. Local community partners that offer continual support for our student body.
4. Our school nurse, administrative leaders, paraeducators, cafeteria staff, and custodians—our school would be lost without you!
5. Class pets.
6. Tasty eats from the cafeteria.
7. Laughter, at least a little every day.

..... THE LIST GOES ON AND ON!



## 11 Meals to Fuel the ADHD Brain

These easy-to-make meals, for any time of day, contain the protein and ADHD-friendly vitamins and minerals needed to optimize brain power.

### BREAKFAST, LUNCH, and SNACK IDEAS

1. Natural peanut butter on whole-grain English muffin, with a dab of all-fruit jam or fresh fruit, and a small glass of milk.
2. Whole-wheat English muffin topped with low sugar pizza sauce with ground meat and
3. Baked chicken, cantaloupe or watermelon, whole-grain toast with butter and a dab of all-fruit jam, small glass of milk.
4. Sliced roast beef on whole-grain bread, baked sweet potato chips, cherry tomatoes, and grapes.
5. Egg-salad sandwich with fruit and baked corn chips.

grated mozzarella, a banana, and small glass of juice.

6. Chili, baked corn chips, with a side of fruit.
7. Mixed nuts and fruit.
8. Chicken or tuna salad with celery sticks.
9. Fresh fruit and cottage cheese.
10. Yogurt with natural peanut butter on whole-grain toast.
11. All-natural peanut butter on whole-grain toast with fresh fruit.