

# Dolphin News

Volume 6 Issue 1

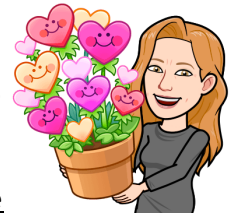
Ms. Hedlund's kindergarten newsletter  
February 7, 2020

## Friendship Party On Friday, February 14

On Friday, February 14 we will have a class Friendship Party from 1:00-2:25. It would be nice to have 4-5 volunteers! Let me know if you are interested.

NOTE: VALENTINES-many friends want to share Valentine Cards. This is a great idea! We have been practicing writing letters and handwriting!

There are guidelines: If you choose to give Valentines, everyone in the class must receive one. Do not address each one to individuals. This takes too long to pass out. Your kinder may sign the cards, but they may not address them to other friends by name. Leave the *To:* line blank, or have them write *To: Friend*. Please let me know if you have any questions!



## Walking Field Trip to the Post Office

We will have our Walking Field Trip to the Creston Post Office on Wednesday, February 12!

We have been working hard on writing letters and creating friendship cards for a special person in our lives.

On Wednesday we will mail our letters!

To do this we need money for a stamp from home!

There is a zip lock bag in your Friday Folder, please include \$0.55 for your kindergartener's stamp!

If you would like to join us on our walk, please let me know!



## Save The Date-Our Puppet Show!

On February 11th, we will begin a five week experience with our kindergarten artist in residence RedYarn. The culmination of this residency is a puppet show on Tuesday, March 10th at 2pm. Make sure to save this date-You won't want to miss it!

For more information about our artist in residence, check out his website: <https://redyarnproductions.com/>



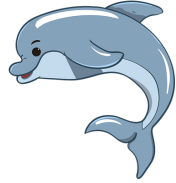
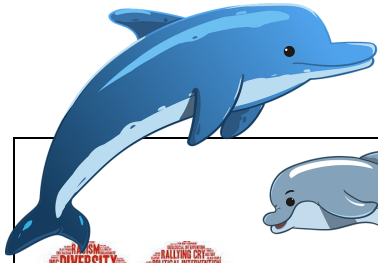
## The Hungry Caterpillar Field Trip Fees are Due!

We are excited for our next Trimet and theater field trip: The Very Hungry Caterpillar! It will be on April 23rd at The Oregon Children's theater. The cost for this trip is \$8.50. OCT is asking that we purchase our tickets the first week of February. Please send payment ASAP!



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## Black Lives Matter (BLM) in our Classroom

Black Lives Matter at Schools Week of Action consists of PPS and other educators around the country teaching lessons about systemic and structural racism, intersectional Black identities and Black history.

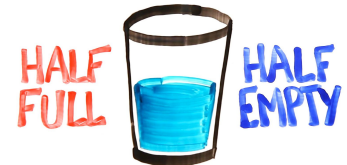
In our kindergarten class we learn about these big ideas through age-appropriate lessons so our young kinders can grasp the concepts introduced and incorporate them into their thinking and lives.

This week we read the book One by Kathryn Otoshi. We talked about bullying, kindness, and how to help ourselves and others. This month we will continue to study restorative justice, empathy, loving engagement, globalism, diversity, and similarities and differences.

## Mindfulness & How Our Brains Work

This week our mindful lesson focused on optimism and how thinking optimistically helps engage our prefrontal cortex (PFC). Our amygdala is always trying to keep us safe by looking for everything that can go wrong. When we use optimism our amygdala relaxes and our PFC takes control.

The feeling of optimism grows when we laugh! It calms the amygdala and helps us feel less worried. Optimism makes our growth mindset stronger! This helps us keep trying and keep learning!

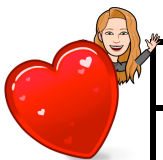


## Friendship Party Donations

Here is a list of things we need for the Valentine/Friendship Party. Please let me know if you are able to contribute an item! THANK YOU!

1. 24 unfrosted, bakery made sugar cookies
2. 2 cans white frosting
3. 24 boxes of Conversation Hearts
4. 24 Juice Boxes

## Dates to Remember:



Wednesday, Feb 12	Walking Field Trip to the Post Office
Friday, Feb 14	Afternoon Friendship Party
Monday, Feb 17	No School - Presidents Day