

PLEASANT VALLEY ELEMENTARY SCHOOL HOOFBEATS

Fall 2022

STAMPEDE SUCCESS

The Stampede Carnival was a hit!

Our amazing Pleasant Valley Community Raised over \$34,000 to support our school!



We had beautiful weather, lots of fun games, and great people coming together to support our school and our children!



PLEASANT VALLEY THANKS YOU

Candace Lowery and Shellie Seelye have been organizing and running and volunteering their time and energy towards making Stampede Carnival a huge success for over 15 years!

Thank you Candace and Shellie!

You have done great things and are truly appreciated.

If you see them around campus this year please express your thanks!

PVES will miss these two!



NURSES CORNER

School Nurse Notes:

Flu season is approaching us quickly. I've been hearing in the news that flu or influenza is supposed to be making a big comeback this year. The flu poses the biggest threat to young children and the elderly. The Southern Hemisphere's winter flu season, a good predictor of what the Northern Hemisphere's flu season will look like, had an early and the worst flu season they've seen in years. Also, flu cases in the southern U.S. have already started to rise.

Flu cases had almost disappeared the last few years due to the behavior changes people made to avoid the Covid-19 infection. Now that those behaviors have been rolling away, the flu has been starting to circulate around the world.

The main strain of flu currently circulating is H3N2 which tends to hit the elderly hard (per NPR morning edition 9/23), and health experts are also worried about young children who have not been exposed to the flu for two years. I say all of this to encourage you to make sure to get your family vaccinated for the flu as soon as possible. So far, I've heard the influenza vaccine this year is a good match for the flu virus currently circulating. All the more reason to get your flu vaccine!

The influenza vaccine is the best tool available to help protect us from becoming seriously ill from the flu.

Please stay healthy!

Vickie Cooper R.N., School Nurse



COUNSELORS CORNER

Hello Pleasant Valley Families,

Welcome back! In students' classrooms I have begun the year focusing guidance lessons on the SEL competency, SELF-MANAGEMENT. Being able to manage one's emotional responses, stress levels, being able to get organized and set goals are crucial social skills for success. Self-management helps students foster positive relationships with peers and stay focused in the classroom. One of the schoolwide self-management tools we use at PVES is "whole body listening". This prompts student to calm their body, quiet their conversations and focus on the speaker. You can use this prompt at home as well! Having the home/school connection helps to strengthen students' social skills in all settings. Other tools that help student self-manage are using checklists and timers. Even our youngest students can gain independence by using these tools at home and at school. Finally, every student is unique, and we seek to find what works best for them. If you find that your student may need some extra support with their self-management skills at school or at home, please reach out. I'm happy to help!

~Ms. Williams



PRINCIPALS CORNER

Welcome to Fall!

Sidenote-We are moving to quarterly issues of our Hoofbeats Newsletter!

I can hardly believe we are about to go out on Fall Break already...it seems too soon! We have weathered smoke, some more COVID, no buses and a hundred other things life has thrown at us and we're still standing, maybe taller than ever!

As a school, we're making big strides in shifting some of our systems to better meet the unique needs of all our students. Specifically, we're digging deeper into our data, making and taking more time for this work, developing common assessments, using protected blocks of intervention and enrichment time and, overall adjusting some methodology to better utilize every single resource we have to teach our students.

That's enough serious talk...how about that Stampede Carnival!? Wow...a big thank you to all our Stampede Committee Members, volunteers, vendors, donors, students, families and everyone who attended!

The 2nd quarter is always a busy one with many odd weeks, days off and events. Please check your email frequently and look in the "red folders" to say up to date.

Have a restful, safe and healthy Fall Break!

Derek Cordell, principal



PLEASE ARRIVE EARLY FOR BREAKFAST!

Breakfast will be served from 9:00AM until 9:25AM. We suggest arriving right at 9:00 for any families who would like to take advantage of our FREEBREAKFAST. Our cafeteria will be open at 9:00 am until 9:25 am with Staff Supervision to serve breakfast. Students will need to eat and head to class at 9:25 to be on time!

The earlier, the better for non-bused students!! Also, please refer to our pick-up and drop-off safety guidelines which you may find in all school calendars.

LOOKING FORWARD

10/3-10/7-Fall Break, No School

10/11 8:30am PTA Meeting Room E2

10/21-End of 1 st Quarter

10/21-10/27-Fall Conference Week, Early Release @ 1:20

10/28-Nevada Day, No School

10/31-Halloween Parade, PM

11/8-Election Day, No School for students, PD for staff

11/11-Veteran's Day, No School

11/23-11/25-Thanksgiving Break, No School

12/22-End of 2 nd Quarter

12/23-Teacher Workday, No School for students

12/23-1/8-Winter Break, No School