



# ALOE GATOR NEWS

August 27, 2021



Be Responsible



Be Respectful



Be Safe



Be an Aloe Gator!



## Menu



- Aug. 30– BBQ sandwich or cheeseburger
- Aug. 31– Breaded chicken sandwich or garlic bread casserole
- Sept. 1– Pepperoni pizza or mozzarella sticks
- Sept. 2– Enchiladas or bean & cheese burrito
- Sept. 3– Steak fingers or chicken nuggets
- Sept. 7– Corn dog or chicken spaghetti
- Sept. 8– Hamburger pocket or chicken fajitas
- Sept. 9– Tamales or bean & cheese burrito
- Sept. 10– Egg rolls or turkey & cheese on ciabatta bread

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## School Bell Schedule

- 7:15 Doors Open/ Buses Unload
- 7:50 Announcements
- 8:00 School starts/Tardy bell rings
- 3:15 Dismissal Bell Rings

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## After School Dismissal

After school dismissal is getting faster. Thank you for your patience as we work through the process. Please be courteous and enter the school from Moody Street. We are in the process of working with the district on the safest and most efficient way to enter the school. At this time please refrain from entering the circle from Quail Creek. Thank you in advance for your cooperation!



## Upcoming Events



Sept. 6  
Labor Day- NO school

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# WE WILL BE CLOSED LABOR DAY

## September 6

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HERE'S THE IMPACT OF  
**READING 20**  
MINUTES PER DAY!

A student who reads

**20:00**

minutes per day

will be exposed to  
**1.8 MILLION**  
words per year  
and scores in  
**90th PERCENTILE**  
on standardized tests

A student who reads

**5:00**

minutes per day

will be exposed to  
**282,000**  
words per year  
and scores in  
**50th PERCENTILE**  
on standardized tests

A student who reads

**1:00**

minute per day

will be exposed to  
**8,000**  
words per year  
and scores in  
**10th PERCENTILE**  
on standardized tests

SCHOLASTIC

# Nurse Notes



## WASH, WASH, WASH YOUR HANDS!

This is still the best defense against illness. Encourage your children to wash, especially before meals, using soap and warm water. To ensure they are taking enough time to adequately kill germs, have them sing the ABC song while scrubbing.

Get plenty of rest. School age children should get 9-11 hours of sleep each night. Grownups should try to get 8 hours.

Drink lots of fluids and eat a balanced diet – especially breakfast!

Please call if you have any questions. Your child’s health is top priority and I would like to see them remain healthy and free of cold/flu and other viruses. If you have a change in address or phone number please remember to contact the school office. It is very important to be able to reach you in the event your child becomes ill at school.

Thank you,  
Nurse Val



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## Calling all Aloe Gators!

Bring in any ink cartridges to the office for our recycle program!

Your name will be in the newsletter and announced over the intercom.

Thanks for supporting Aloe!

Mrs. Thigpen

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# JOIN PTO!

## \$5.00 membership



# COUNSELOR’S CORNER

Dear Families/Caregivers,

We will be talking about our emotions and how our emotions are natural responses to people, places, things, and events. Following a traumatic event, children often have difficulty understanding what they are feeling. We will be learning how to identify our emotions, as well as how to accept and express our emotions in healthy ways.

We will learn that people often show their emotions on their faces, in their bodies, and through their actions or behaviors. We will learn to identify and accept our emotions by:

- \* Pausing and taking a few deep breaths.
- \* Asking ourselves how we’re feel and naming the feeling.
- \* Accepting the feeling by reminding ourselves that all emotions are okay.

Here are some suggestions for ways to help your child identify their feelings and process the current events:

- \* Reassure your child that they are safe. While elementary-age children are comforted by age appropriate facts, it’s important to limit their exposure to social media and other news outlets.
- \* As much as possible, stick to your typical routines such as mealtimes or bedtimes; or if your routines have been disrupted, establish new routines as soon as possible.
- \* Talk with your child. Let them know that it’s okay to ask questions. Ask them how they are feeling and share your feelings with them.
- \* Help your child identify their emotions by noticing and pointing out the child’s words or body language. For example, if your child is nervously tapping, say something like, I see you’re tapping, how are you feeling? If your child isn’t able to name their feeling, suggest some possible emotions for them to choose from such as, Are you feeling nervous or scared or excited? Talking with your child about their emotions will help them better identify their emotions.

\* Look for signs of stress in your child. Some signs may include anxiety, aggression, moodiness, physical discomfort, lethargy, or withdrawal. Talk to me, our school administrator, or a healthcare profession about any concerns you have about your child.

Being able to recognize and accept one’s emotions is an important first step to recovering from a traumatic event. I appreciate the opportunity to work together with you to help your child move beyond this event and continue to grow and learn.

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