

# The Winn Word

October 4, 2019

## Connecting with our Kids: Mindfulness and Kids

Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing.

Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way.

Mindfulness happens naturally sometimes. Think of something that you love to do. When I ride my bike I am on my seat. My hands are on the handlebar and my feet are clipped in to my pedals. With each pedal stroke, I focus on what is ahead and what I need to do to stay on the trail. I notice the sounds of the woods and how I feel as I ride.

This calm focus is what mindfulness is. As part of our SAMSHA grant, we are working on mindfulness in the classroom.

How does mindfulness help in the classroom? Practicing mindfulness each day can help our kids to:

- pay attention better
- learn more
- stay calm under stress
- avoid getting too upset about things
- slow down instead of rush
- listen better to others
- be more patient
- get along better
- feel happier and enjoy things more

To slow down and really connect to what we are doing is something we can all take time to do. At home, practice just being quiet for a minute.

- While you sit, see if you can just focus on your breath entering and exiting.
- Connect to how it makes you feel.
- Notice the sounds and how your lungs feel.
- Practicing simple things like this give us the opportunity to slow down and notice. Take a minute to try it with your kiddo this weekend!

# Happy Homecoming!

What an amazing week for school spirit at Winn!

Today, the kids had lots of fun with the pep rally. We had the SHS students come out to get us ready for the big game. The band played some fun songs for us to dance to. The cheerleaders led us in some school spirit. Lastly, the football team shared about the game tonight and wanting us to cheer them on in the stands.

Don't forget you can show your Shepherd spirit by taking your student to the parade. We have two Winn floats that you can ride on. The group is meeting at 4:30 in the parking lots between the football and baseball fields. The parade starts at 5:00pm.

The Shepherd game begins at 7:00. Go Jays!

## Pep Rally Highlights!



Pom/Cheer Squad



Our Favorite Mascot



Coach and the Team  
Firing us up!



Former Winn Students!



Get Fired up Jays!

## Upcoming Events

Homecoming parade 10/4 - 5:00

Homecoming game 10/4 - 7:00



Student Council Elections 10/7

Jim Basketball Jones Assembly 10/10

Fire Safety Assembly 10/11

Parent Teacher Conferences & Scholastic Book Fair 10/17-10/18

Winn Fall Festival 10/26 4:00-8:00pm

## Winn Fall Festival

On Saturday, October 26th from 4:00-8:00pm, Winn Elementary is having their big fundraiser for the year! This event is for the whole family. There will be tons of fun things to do and some amazing raffle items. We will have a live auction, cake walk, concession stand, and carnival games. We would like to thank the Winn Parents Club for organizing this event to help the school! We hope to see everyone there!



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