

The Alkali Creek News

Alkali Creek Elementary School

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Greg Senitte, Principal

"Together we create a positive, high performing, learning community for all."

Nov./Dec., 2016

November:

Tue.'s & Thr.'s-----Running Club, 7:45am
11-----Author Birthday Club
14-22-----KC Club Food Drive
17-----Educator for a Day
18-----Favorite Team Hat Day
22-----PIR Early out day. Noon Dismissal
23-25-----Vacation Days, No School
28-----School resumes

December:

2-----2nd Quarter Midterms (Gr. 4-5)
9-----Author Birthday Club
15-----PTA Family Fun Night, 5:30pm-6:30pm
16-----Alkali Creek Music Concerts
23-Jan. 2-----Vacation Days, No School
Jan. 3-----School resumes

Running Club

We have had a very successful running club this fall. The nice weather has been helpful. Congratulations to the Alkali Creek students that participated in the Elementary Cross Country race in October: Kennadie Swanton, Grace Shea, Lily Brooke, Kennedy Miller, Lila Mangold, Nichole Sadowski, Chandler Christensen, Jacob Christensen, Christian Ruhter, Jaidyn Santiago, Justyce Begrin-Olsen, Olivia Brooke, Molly Gleason, Nehemiah Crow, Keaton Miller, Bradley Metz, and Gage Hiott. Way to go! A special thank you to Ms. Harper for sponsoring the Running Club.

KC Club Food Drive

Our annual KC Club food drive will begin on Monday, November 14th and will end on Tuesday, November 22nd. The notes for the food drive will go home this coming Friday. Food items will be collected in boxes near the front office! This year we are

partnering/competing with Sandstone Elementary to help stock the Ronald McDonald House pantry. We will also do "wear your favorite" team hat day for \$1.00 on Friday, November 18th. This cash will be used to help with the event and provide additional funds for the Ronald McDonald House! This event is being sponsored by the Alkali Creek KC Club and the Sandstone KC Club!

Help Wanted!

We are currently looking to fill regular and substitute openings for a General Duty Assistant at Alkali Creek. This position is 2 hours per day over the lunch period supervising students, helping in the lunchroom, and helping in the front office area. If you like kids and want to spend a couple of hours per day in a great school setting, please call Mr. Senitte at 281-6200.

Winter Music Programs

On Friday, December 16th, all students will participate in a music program/concert. Our general music programs will be in the morning, and our band and orchestra concert will be in the afternoon. See below for specific times:

8:45am-9:30am: K, 1st, 2nd Gr. Program
9:45am-10:30am: 3rd, 4th, and 5th Gr. General Music Program
2:35pm-3:05pm: 5th Gr. Band and Orchestra Concert

PIR Early out days, when students dismiss at 12:00pm

Six times throughout the year, our district builds in PIR Early out days. This is when all Kindergarten through 5th grade students dismiss at 12:00pm (NOON). Please make sure you mark your calendars so students are not waiting. Teachers and staff have meetings and are not able to supervise students after 12:15pm. A reminder that the Boys and Girls Club does NOT provide transportation on early out days. Please make alternative arrangements. Remaining PIR Early out days for this school year are:

- November 22, 2016
- February 9, 2017
- April 12, 2017
- *June 2, 2017 *11:45am

BPS Counselors



BULLYING: Bully behavior occurs when there is deliberate intent to harm, dominate, inflict pain, exclude or otherwise cause distress to the person being targeted. The person who bullies purposefully misuses his/her power (size, age, popularity, confidence, verbal ability), usually repeatedly. The balance of power between the bully and target is NOT EQUAL.

What Is Gratitude?

Gratitude is one of many positive emotions. It's about focusing on what's good in our lives and being thankful for the things we have. Gratitude is pausing to notice and appreciate the things that we often take for granted, like having a place to live, food, clean water, friends, family, even computer access. It's taking a moment to reflect on how fortunate we are when something good happens — whether it's a small thing or a big thing.

We can use lots of words to describe feelings of gratitude: We might say we feel thankful, lucky, fortunate, humbled or blessed.

Why Gratitude Matters

Gratitude doesn't just *feel* good. Making a habit of gratitude can also *be good for us*. Like other positive emotions, feeling grateful on a regular basis can have a big effect on our lives. Brain research shows that positive emotions are good for our bodies, minds, and brains.

***Positive emotions open us up to see more possibilities and take in more information.** They boost our ability to develop skills, learn, and make good decisions.

***Positive emotions balance out negative emotions.** People who often feel grateful and appreciative are happier, less stressed, and less depressed. Gratitude is like a U-turn on complaining or thinking about what we don't have.

***One positive emotion often leads to another.** When we feel grateful, we might also feel happy, calm, joyful, or glad.

***Gratitude can lead to positive actions.** When we feel grateful for someone's kindness toward us, we may be more likely to do a kindness in return. Your gratitude also can have a positive effect on someone else's actions. Thanking people can make it more likely they'll do a kindness again.

***Gratitude helps us build better relationships.** When we feel and express heartfelt gratitude and appreciation to people in our lives, it creates loving bonds, builds trust, and helps you feel closer. When we make it a habit to feel grateful and appreciative, it increases our awareness of good things as they happen. That mindset of gratitude has positive effects on our mood.

Build a Gratitude Habit

Sometimes, feelings of gratitude happen spontaneously. But we also can create feelings of gratitude by deliberately counting our blessings. You can build a habit of counting blessings just by paying attention each day to things you're glad to have in your life. Slow down and notice what's around you. For example: "Wow, the sky is beautiful today! What an incredible world we live in," or, "There's Sara! It was so nice of her to help me yesterday."

Noticing the things you're grateful for is just the first step in building a gratitude habit, but you can try other things too, like taking the time to thank people or pausing to appreciate a star-filled sky. Start now. What's good about this moment?