



BOBCAT *Principal's* bulletin

A monthly newsletter from the Westbrook PTA

*PTA FACEBOOK *PTA HOMEPAGE *WB HOMEPAGE * VIRTUAL BACKPACK

PRINCIPAL'S CORNER

Hello, Westbrook Community,

It is hard to believe that November is beginning! Fortunately we have had a positive and productive last few weeks in our own building! October 2015 is certainly a month for the scrapbook. Thank you again for all of your positive outlooks during our On the Road adventure.

We had a beautiful day for our Fall Parade and class parties and are eager to enjoy the remaining Fall weather. The weather can change quickly, so please encourage layers and appropriate clothing for outdoors. November finds us very busy with a number of PTA activities, American Education Week and visitation (November 13th 9:00 - 11:00 AM and 1:30 - 2:30 PM), the end of first marking period, and conferences. Please be vigilant in checking Friday Folders for updates.

In the spirit of Thanksgiving and reflection, as well as to reinforce one of our goals of our BE theme, consider incorporating one of the below mindfulness strategies into car rides from place to place, bedtime, or while waiting for the bus! Practicing mindfulness helps to empty your mind, find some much-needed stress relief and calm, and present awareness amidst the madness of your hectic day.

- One Minute Breathing- focus on your breath for just one minute. Start by breathing in and out slowly, holding your breath for a count of six once you've inhaled. Then breathe out slowly.
- Mindful Observation is designed to connect us with the beauty of the natural environment, which is easily missed when we're rushing around...Pick something (an insect, a flower, the leaves on trees) and focus on watching it for a minute or two- really notice it!
- A Game of Fives - In this mindfulness exercise, all you have to do is notice five things in your day that usually go unnoticed and unappreciated. These could be things you hear, smell, feel or see!

*The present moment is filled with joy and happiness.
If you are attentive you will see it.*

~Thich Nhat Hanh

Happy Thanksgiving!

Deanne Somers, Principal

BOBCAT AWARD

Below is the list of students who have been nominated for the month of **October**



Sophie DeGroat
Matteo Cuffaro
Anthony Wisnieski
Kaitlyn Gencarelli
Gavin Murphy
Ciera Swartz
Jack Cash
Julia DiMaggio
Bryce Dages
Caiden Ciallela
Sophie Grizzuti
Griffin Buntzen
Skylar Locke
Kyle Herwig
Crysta Rice
Steven Gencarelli
Benjamin Otto
Hanna Szyller
Ethan Yarger
Dionna Bagner
Colton Hardison
Ryleigh Drew
Tyler Evans
David Robinson
Emily Kaminskyj
Carlos Banks
James Hovan
Jennifer Scala
Emily Coppola
Rhys Huber
Margaret Spagnuolo
Tyler Rubenacker
Kaitlyn Pena
Rachel Chandler
Nicole Saporito
Mark Sadlo
Olivia Kuchavik
Patrick Henzley

Congratulations!