



# 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!***