



**UPCOMING  
IMPORTANT DATES**

October 28:  
Yearbook Art Contest Begins

November 5:  
Picture Retakes

November 8:  
Veterans Day Program

November 12:  
PTO Meeting

November 22:  
All Pro Dads

November 27-29:  
Thanksgiving Break

December 2:  
No School-Professional  
Development for Staff

December 10:  
2nd Grade Musical

Dear Souders Families:

The following is from an article from the National Alliance of Mental Health

*Millions of people in the U.S. are affected by mental illness each year. It's important to measure how common mental illness is, so we can understand its physical, social and financial impact — and so we can show that no one is alone. These numbers are also powerful tools for raising public awareness, stigma-busting and advocating for better health care.*

The article shared the following statistic:

- **16.5%** of U.S. youth aged 6-17 experienced a mental health disorder in 2016 (7.7 million people)

To help meet the needs of our students and families, our district hired a mental health specialist. He will work with staff building our capacity to help students. He will also work with students, student groups, and families. We care about our students academically and we can even more about them as kids. Let me know if you have any questions. Here is the [link](#) to the article.

Mr. Cox

**Quote of the Week:**

“...the more you work at being kind, the kinder you will be.”

Michele Sorba in *Unselfie: Why Empathetic Kids Succeed in Our All-about-me World*

**From the Desk of Mr. Scottie Hefner-Physical Education Instructor...**

In grades K-2, students have been developing skills to allow them to participate and enjoy the act of rope jumping. Their focus has been on turning/jumping long ropes with small groups. However, we will be changing our focus to individual short ropes soon.

In grades 3 and 4 we have finished refining skills associated with soccer such as dribbling and passing with control and are currently learning skills associated with Team Handball. These skills include a variety of throwing and catching as well as understanding movement concepts critical to invasion-type games.

Additionally, each lesson begins with some type of cardiovascular, strength and/or flexibility to improve their understanding of fitness concepts.

**The Delaware County Sheriff's Office shared the following "Do's and Don'ts for Halloween."**

**Do:**  
 Go out with a group.  
 Let your parents know where you are.  
 Stay in well-lit areas.  
 Put your phone away instead of staring at it while you walk.  
 Stay in neighborhoods you know

**Don't:**  
 Eat treats that look already unwrapped or tampered with.  
 Wear a costume that makes it hard to see or be seen.  
 Cross the street without first looking for cars.  
 Go into the home of a stranger.  
 Roughhouse around lit jack-o-lanterns.

