



R.F. PETTIGREW panther tracks

A monthly newsletter from the Pettigrew PTO

ISSUE NUMBER: JANUARY 2020

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CONNECT:



www.rfpettigrew.org



Pettigrew Elementary PTO Parents



From the Principal's Desk:

Parents, this month, I would like to discuss social-emotional skills and learning. Are you wondering what Social-Emotional Learning (SEL) and social-emotional skills really are? Chances are you're already doing a lot to support your child with these skills, so keep reading to make additional connections about what it is, why it's important, and to answer some common questions.

Why do youth need social-emotional skills?

Think of a time when your child had a falling out with a friend or a difficult time fitting in socially. Maybe it was a time you received a phone call from the principal as a result of a situation at school, or when your child came home from school sad or upset or couldn't sleep because of an incident at school. Or was it a situation where your daughter or son could not finish a group academic project because of a problem with classmates?

Unfortunately, youth often have these and other types of negative experiences. Parents are there to help in any way they can, but over the long-term social and emotional skills can minimize the worst of these experiences and make youth's experiences in life easier to manage.

With social-emotional skills, they can establish rewarding relationships with others, maintain meaningful relationships, and handle difficult social situations. They can manage times of high stress, and during times of anger, keep from launching into destructive actions they may regret later.

What are social-emotional skills?

Social-emotional skills are the strategies one has for managing strong emotions, navigating relationships, working effectively with others, solving difficult problems, and making responsible decisions.

Social-emotional skills pave the way for positive life experiences. When these skills are taught and supported, youth are more likely to succeed academically and have a positive attitude toward self and school, and less likely to experience emotional distress and use drugs.

Where and when are they used?

Social-emotional skills are needed and used from early childhood through adulthood. There is never a time they aren't needed. We use these skills many times a day, navigating sibling and parent-child relationships, friendships, social and academic situations at school, our jobs, and anything we do in our communities. We need them for in-person interactions and even when communicating by phone or email.

For example, if a friend texts me about having an extremely bad day, I use my skills for empathizing when responding to her. If I don't recognize and acknowledge her feelings and instead tell her to "toughen up," I may not keep that friend.

What's SEL? Is it different from social-emotional skills?

SEL stands for social-emotional learning. According to the Collaborative for Academic, Social, and Emotional Learning, it's the process by which we learn and apply social-emotional knowledge, attitudes,

and skills for understanding and managing emotions, setting and achieving goals, establishing and maintaining relationships, and feeling and showing empathy for others.

How does SEL help prevent bullying, or to protect kids from abuse?

Bullying thrives in situations where bystanders (those who know about and witness bullying) don't stand up for those who are being bullied or don't report the bullying. Students who are bystanders to bullying can use social-emotional skills, such as assertiveness, to stand up to and report bullying when they see it. Because having friends can be a protective factor against bullying, friendship skills are another important social-emotional skill to have.

Safety skills, confidence, skills for identifying one's own feelings (for example, recognizing when something someone says does not feel "right"), and assertiveness skills such as refusing and reporting can make the difference in a potential child abuse situation because they build capacity to recognize a situation is not okay, to say "no" and to report it.

Although social-emotional skills alone don't in themselves prevent bullying or child abuse, they're one of many factors that can affect these types of situations, especially when an adult isn't present.

At Pettigrew, staff are reading about and discussing how SEL can be a part of our curriculum and everyday practices. The district is also looking at this as part of a new health curriculum option in the future, too. We already are doing a lot of strategies through our Responsive Classroom and Character Education programs, but we can always look for ways to improve and respond in more positive ways. These things, and other components of this new discussion point in schools, are what some of our professional learning as adults is focused on this year. Stay tuned for additional information and possible changes at Pettigrew.

R. F. Pettigrew Activity Schedule

January 2020		
Date	Time	Activity
Wed. Jan. 1	All Day	NO SCHOOL – Holiday Break
Thur. Jan. 2	All Day	Classes Resume
Mon. Jan. 6	6:00–8:00 PM	Roller Skating Party at Skate City
Thur. Jan. 9	All Day	Last Day of Quarter 2
Fri. Jan. 10	All Day	NO SCHOOL – Teacher Work Day
Thurs. Jan. 16	3:00–8:00 PM	Pettigrew Night at SkyZone
Fri. Jan. 24	TBD	Winter Dance at Pettigrew Gym



PETTIGREW PTO

activities + events



The next PTO meeting will be February 10, 2020
@ 6pm.

Guest speaker:

Zachary Seefeldt

Stronghold Counseling Services

Childcare will be provided!

SAVE THE DATE

January 24, 2020 - Pettigrew Winter Dance

February 7, 2020 - Pizza Bingo

March 17, 2020 - Science Fair

April 17, 2020 - Art Show & Cookie Social

Visit our website to learn more and to volunteer!

<https://www.rfpettigrew.org>



New Spiritwear Available Soon!

Look for the new design at an upcoming event.

Available in: Short-sleeve t-shirts, long-sleeve t-shirts, water bottles, and tote bags.

Happy New Year from Pettigrew PTO!



Pettigrew

GLOW

Dance

Friday, January 24

6:30 - 8:30 PM

\$2/person or \$5/family

Concessions and Glow Sticks
available for purchase

All students must be accompanied by a parent/guardian



The Power of Mentoring

By Dr. Brian Maher, Superintendent



As superintendent, one of the most rewarding roles I fulfill each week is visiting schools and classrooms. During that time, I am privileged to see the impact one caring adult can have on the life of a child. Our teachers, education assistants, custodians, clerical, food service staff, and administrators work hard to build meaningful relationships with students every chance they get.

Young people need to know someone wants them at school. Someone notices when they are absent. And, that someone cares enough to know their name and a little about their interests. To an extent, our staff can and does fill that role. But to a greater extent, Sioux Falls is so lucky to be a city where many caring adults step forward, not because they must, but because it is something they want to do.

For decades, our students have benefitted from the school-based mentoring program coordinated by Lutheran Social Services. Their staff works tirelessly to recruit and train volunteers who meet one hour each week during the school day with a student to share in conversation, compete in a good-natured game of UNO or basketball, and sometimes to complete homework. More than 1,000 adult/student mentor matches meet each week through this program.

Unfortunately, hundreds more students are on a waiting list for a mentor. That's why, as we begin the new year, the Sioux Falls School District is adding a partnership with the TeamMates Mentoring program. This program will not take the place of the LSS school-based mentor program. It will only enhance the number of opportunities for willing mentors to become involved. TeamMates began in 1991 at the urging of legendary Nebraska football coach Tom Osborne and his wife Nancy who believe, like we do, that caring adults in the lives of children can make a significantly positive impact. Adding this program to an already philanthropic and caring community like Sioux Falls will only mean more great matches for more students.

Further, Sioux Falls Mayor Paul Ten Haken and the City of Sioux Falls is teaming with Downtown Rotary to launch Sioux 52. This mentorship initiative will bring further awareness to the need and impact of mentoring by connecting interested adults with youth in need.

Mentoring matters. While it does take a commitment of time, it does not depend on the size of your bank account. Every adult has something to give. And, no matter how "on track" or "fine" a child may seem to be, consistent words of encouragement and genuine care from an adult does far more for that child than money ever could.

January is national mentoring month. Now is the time to get involved. There are more opportunities than ever before. And, there are more children waiting for someone like you to step up to be their mentor. If you take this challenge, I promise this unintended outcome: you will walk away each week with a feeling of receiving far more than you gave.

We  Our Teachers

32nd Annual
**TEACHER
OF THE YEAR**

2 • 0 • 2 • 0

Do you know a teacher who stands out in differentiating their instruction based on student needs? Someone who designs engaging lessons to improve classroom and/or school culture, and inspires students to recognize their potential impact and role in the larger community?

Nominate them for the Dr. John W. Harris Sioux Falls Teacher of the Year Award! Now in its 32nd year, sponsor Vern Eide Motorcars donates a \$4,000 award to the winner!

Nominations are due by **5:00pm Monday, January 27th, 2020** either electronically or by mail to the Instructional Planning Center, 201 E. 38th Street. Nomination forms, including information on letters of support, are available online at:

www.sf.k12.sd.us/parents/teacher-of-the-year-program



RF Pettigrew Elementary Night at Sky Zone

Looking for an exciting way to earn money for your school?
Stay fit and have fun with your friends and family at Sky Zone!
Join us for the ultimate playing experience...and earn 10%
back!

Visit Sky Zone on these special nights:

January 16, February 20, March 19 and
April 16

Time: 3:00pm to 8:00pm

Price: 30 Minutes: \$9

60 Minutes: \$14

90 Minutes: \$18

120 Minutes: \$21

Sky Zone Jump Socks: \$3 (reusable)

Waiver: A Sky Zone liability waiver is required
for each jumper. Participants under age 18 must
have a waiver signed by a parent or legal
guardian. Please submit waivers at
www.skyzone.com/siouxfalls.



Earn 10% back for your school!

Sky Zone Indoor Trampoline Park
5129 S. Solberg Avenue
Sioux Falls, SD 57108
www.skyzone.com/siouxfalls



SKY ZONE
TRAMPOLINE PARK

Prairie West Library Events

January & February 2020

www.siouxlandlib.org | 978-6899



Kids Create

Wednesdays from 3:15 p.m. to 4 p.m. – K to 5th Grade

Registration is not required

Explore your creative side through stories, crafts, games, and activities.

January 8 – Move It, Move It!

January 15 – Scribble Art Creatures

January 22 – Where's Waldo?

January 29 – Make a Campaign Video for President Squid

February 5 – Hidden Animals

February 12 – Earthquake!

February 19 – Weaving Around

February 26 – Detective Training

Special Events

For ages 3-8

Frosty Frolics

Saturday, January 4 from 10:30 a.m. to 12 p.m.

It's cold outside, come in for fun! Storytime at 10:30 a.m. Hot chocolate, crafts and activities to follow. *While supplies last.*



Pioneer Day

Saturday, February 1 from 10:30 a.m. to 12 noon.

Bring the family to experience our prairie heritage. Churn butter, make newspaper twists and button whirligigs. Dress up as a pioneer, play school, and more!

Library Closed

Wednesday, January 1

Monday, January 20

Monday, February 17

For the safety and comfort of children, a parent or responsible caregiver should be with their children while they are using the Library. Parents are responsible for supervising their children in the Library. The Library is not able to provide long- or short-term care.



If an ADA accommodation is needed, please contact the City of Sioux Falls Human Relations Office at 367-8745 or humanrelations@siouxfalls.org at least 72 hours before the event.