



R.F. PETTIGREW panther tracks

A monthly newsletter from the Pettigrew PTO

ISSUE NUMBER: MARCH 2021

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CONNECT:



www.rfpettigrew.org



Pettigrew Elementary PTO Parents

From the Principal's Desk: Mr. Kevin Dick



There is an old saying that goes, the only Constant in Life is Change. We know this to be true of at least one thing in South Dakota. If you don't like the weather around here, just wait a few minutes, it is bound to change. Spring can often bring about these sudden shifts in weather or temperature. But change takes place in other ways besides just unstable weather. Especially in this year of the COVID pandemic, we all have learned the art of having to be more adaptable and open to change. Sometimes, those changes in life circumstances can really impact the lives of our children in very significant ways. I have looked around for some resources

for families to be able to use, to help children deal with the changes that they may experience, sometimes very suddenly. I hope these can be of some use to you.

Change is a part of life for everyone, and it's important for children and families to learn how to cope with it. Whether it is moving to a new home, school or community, a divorce or death in the family, a hospitalization or illness, or even just a friend moving away, the stress of a sudden change can be overwhelming for a child. However, there are many things families can do to help.

Listen. Sometimes children just need to talk about what's troubling them. You don't have to know all of the answers; what's important is that you let them express themselves and you show that you are there for them.

Let outsiders in. There are times, such as during a divorce, when children might feel more comfortable talking to someone other than their parents—a family friend, a trusted teacher or school counselor, or someone else they feel close to. Although some parents might object to their children confiding in others and “airing dirty laundry,” the stress that a divorce exerts on a child can be overwhelming. Put your children's health before your own issues and let them confide their fears and concerns to someone they trust.

Know that they know. Many parents believe they can keep their children in the dark about changes such as a job loss or illness, but children hear more and know more than parents expect. The best approach is to acknowledge that they have probably heard something and talk to them about it. Assure them that you'll be there for them if they have questions, and that you're doing all you can to keep things as normal as possible.

Be aware of troubling behaviors. If your child's behavior is suddenly different, it's a sign that he or she is having difficulty coping. Some of the signs that your child needs extra help coping are changes in appetite (either overeating or not eating), changes in sleep (insomnia or constant fatigue), aggressive behavior, constant whining or weeping, depression, bedwetting or thumb sucking, nervous tics, and a withdrawal from things he or she used to enjoy.

Keep routines. Children need to have routines in their life; they're comforted by them. Do your best to maintain as many of their routines as possible—the same bedtime ritual, for example. And make sure that, even if they're changing households, they get to hold on to some familiar and loved objects—you might be surprised what they choose as a special memento.

Get the book. There are books on almost every situation a child could be faced with. Find children's books at your child's age level that discuss what they're going through (the Mister Rogers series is particularly good for young children).

Information helps. If your child is moving to a new school, house, or community, get as many photos and as much information as possible. Try to do walkthroughs ahead of time and keep your attitude positive, even if you, yourself, have secret concerns. Stress that there will be new and exciting things ahead and you're sure it will be a good change.

Stay connected. If the change involves a move, either within your family or by a close friend, make sure to assure your children that there are many ways to keep in touch, and that you'll help them stay close to the people who are important to them. From exchanging photos in the mail or online to talking to each other in (supervised) chat rooms, your children will learn that being close doesn't always mean living close by.

Finally, remember that you can't protect a child from change. Coping with change is a learning skill your child needs to master. By providing a listening ear, giving your child the information needed, and staying positive, you are helping your child grow stronger and better prepared for the future, whatever it may bring.

March Parent Input –Pettigrew staff will be working together on classroom assignments for the 2021-2022 school year in the coming weeks and months. Our goal is to ensure a well-balanced blend in each classroom. We realize that parents and guardians may wish to provide input about how your child learns best. You may obtain a **PARENTAL INPUT FORM** in the school office for you to offer this input. This is NOT a form to request a specific teacher's classroom by name, but rather to tell a bit about the environment that your child learns best within. All input must be in writing on this confidential form and returned to the Pettigrew School office by **Thursday, April 1**. Information from this form will be considered. However, to allow us to achieve a set of balanced classrooms, the final decision for student placement rests with the school administrators.

Have a great month of March, and we sure hope that the old adage of "in like a lamb, out like a lion" won't apply to this month, this year. However, no one is complaining with how this month is starting out, that is for sure!!! Enjoy!!



SCHOOL SPIRIT TASTES GREAT



Make dinner a selfless act by joining us for a fundraiser to support RF Pettigrew Elementary PTO. Come in to the Chipotle at **4035 West 41st St** in Sioux Falls on **Monday, March 8th** between **4:00pm** and **8:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 33% of the proceeds will be donated to RF Pettigrew Elementary PTO.

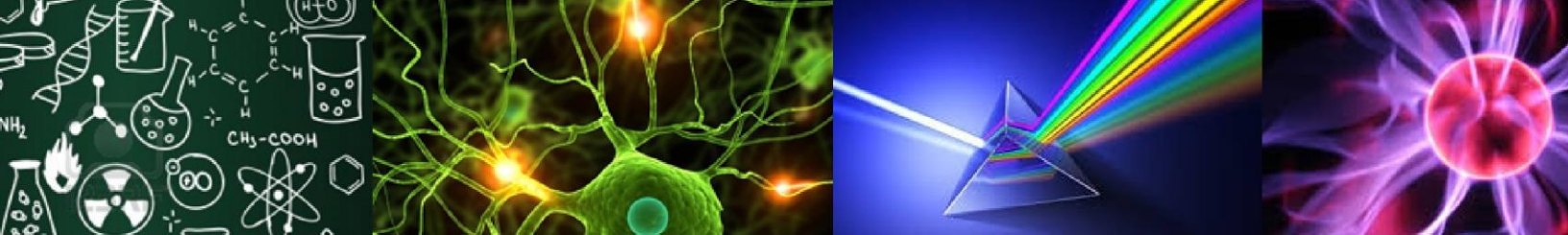
NEW! ORDER ONLINE FOR PICKUP

Use code 92J9G9Z before checkout in 'promo' field. Orders placed on Chipotle.com or through the Chipotle app for pickup using this unique code will be counted towards the fundraiser.



MEXICAN GRILL

All online orders must be placed for pickup at the same time/location of the fundraiser. Delivery cannot be counted at this time. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count. \$150 minimum event sales required to receive any donation.



R.F. PETTIGREW ELEMENTARY

SCIENCE FAIR

MARCH 15-19, 2021

VIRTUAL FAIR

VIEW ONLINE: RFPETTIGREW.ORG



RF PETTIGREW PTO SPRING FUNDRAISER



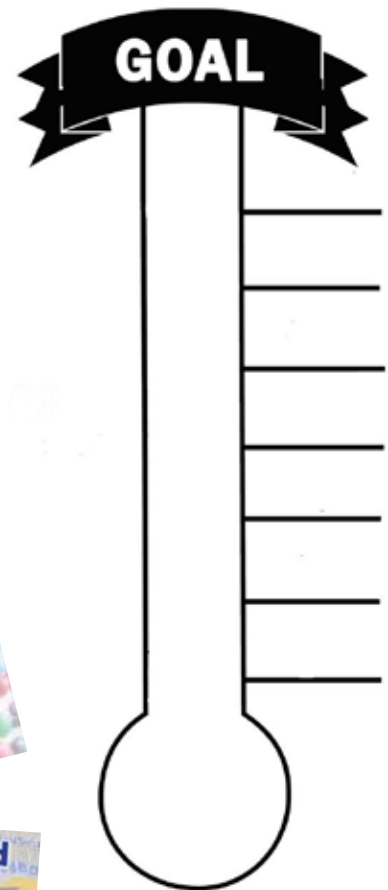
March 19 - 31

Look for information coming home later this month!

This fundraiser will directly support school equipment and opportunities including, for example:

- Sports and playground equipment
- Science and technology equipment and materials
- Cultural assemblies and opportunities
- Classroom technology and supplies

We will release a fundraising goal chart with targets at the start of the fundraiser!



A Vision for the Future

By Dr. Jane Stavem, Superintendent



The Sioux Falls School District enjoys a long history of academic success. Formally established July 3, 1871, our community will celebrate the District's 150th Anniversary with some fun and engaging events planned over the next several months. We hope you will join in the sesquicentennial activities when they are announced in celebration of public education in Sioux Falls!

From the early days of education in a one-room schoolhouse at the corner of 13th Street and Main Avenue to opening two new schools in the Fall of 2021, it is humbling to think of the thousands of students who have walked the halls and earned a diploma from the Sioux Falls School District. Those graduates with the help of their teachers have, indeed, impacted our community, state, and nation with countless, positive contributions.

Looking back to reflect on success is always inspiring. However, looking ahead to chart the course of education in Sioux Falls for the next 150 years brings with it an even more exciting opportunity. For the past month, our team has been visiting schools to meet with staff and listen to their ideas for how we can make the Sioux Falls School District the best in the nation. These conversations have already identified some consistent needs across the District. Further, they have allowed me to see the passion and commitment of our staff and the hopes and dreams they have for their students on a raw and personal level.

This month, we are meeting with parents and community members to learn what priorities they believe will propel our students into future success. We are asking for input on factors that need to be considered as we start this work, barriers to be addressed if we are to achieve our goals, and key priorities that will move our schools forward and bring exciting opportunities for our students.

While challenging in many aspects, the COVID-19 pandemic has allowed public schools to reassess educational delivery and the social and emotional needs of students. It has challenged us to question and, where necessary, change the status quo. Now is the time to dream big and set our expectations for the future. It is exciting to think of the possibilities that lie ahead for students in the Sioux Falls Public Schools.




Sioux Falls School District





HERE COMES KINDERGARTEN

V I R T U A L R E S O U R C E S





Is your child entering Kindergarten in the upcoming 2021-2022 school year? If so, there are informational resources available on our website!

Visit [SF.K12.SD.US](https://sf.k12.sd.us) and select
Early Childhood/Preschool under the schools tab

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Learn About:

- 
- 
- Kindergarten Registration
 - What a Typical Day Looks Like
 - Kindergarten Readiness Skills
 - Frequently Asked Questions

READY TO START

SUMMER PRE-KINDERGARTEN PROGRAM

TO LEARN MORE CONTACT:
367-7949

OUR PROGRAM

FOR CHILDREN WHO HAVE NOT
ATTENDED ANY TYPE OF PRESCHOOL
PROGRAM!

- FOR CHILDREN ENTERING KINDERGARTEN IN THE FALL
- ELIGIBLE CHILDREN HAVE NOT HAD A PRESCHOOL EXPERIENCE
- A CREATIVE & POSITIVE LEARNING ENVIRONMENT
- CERTIFIED TEACHERS WITH COLLEGE DEGREES
- MONDAY-THURSDAY, 1/2 DAYS
- SNACK PROVIDED - TRANSPORTATION OPTIONS

SIoux EMPIRE UNITED WAY



LEARNING ADVENTURES PRESCHOOL

**REGISTER
TODAY**

OPEN FOR 2021-2022



Located at John Harris, Discovery &
Sonia Sotomayor Elementary Schools

LEARN ABOUT OUR PROGRAM - LIMITED SPOTS AVAILABLE!

ENROLL AT SF.K12.SD.US - UNDER "SCHOOLS" AND "EARLY CHILDHOOD"

Calling all parents of incoming preschoolers!

Registration is now open for Learning Adventures Preschool
for the 2021-2022 school year!

The program is located at John Harris, Discovery & Sonia Sotomayor
Elementary Schools.

To learn more call Community Education at 605-367-7999

Or visit: <https://bit.ly/3tFA3cb>



SIouxLANDLIBRARIES
SIOUXLANDLIB.ORG

VIRTUAL PROGRAMS

Explore science and hands-on activities from home with the Siouxland Libraries Kids Create and Kids Discover video series. Each episode features things you can do from the safety of your home.

Our Behind the Scenes series takes you into the backrooms of some of your favorite places in our community. The Book Report will show you new and exciting books to read.

All videos available from the [Siouxland Libraries YouTube channel](#).

MARCH

2 - Kids Create
16 - Kids Discover
30 - Behind the Scenes

APRIL

13 - Kids Create
27 - Kids Discover

MAY

4 - May the Fourth
Be With You

For more virtual activities, please visit our [Virtual Library page](#).



The 2021

LINCOLN HIGH SCHOOL

SUMMER CAMPS

Basketball

Volleyball

Tennis

Cross-
Country

Gymnastics

Football

Soccer

SIGN UP TODAY AT:

WWW.LHSPATRIOTCAMPS.COM