



# Diamondback Community News

## Dynamic Diamondbacks—Principal's Message



Happy Fall,  
GL Families!

One of my favorite parts about November is the emphasis

placed on being thankful and grateful.

Robert D. Hales said, "In some quiet way, the expression and feelings of gratitude have a wonderful cleansing or healing nature. Gratitude brings warmth to the giver and the receiver alike."

According to the Science Center at Berkeley, people who consciously "count their blessings" tend to be happier and less depressed, have a more positive outlook and are even shielded from negativity. Additionally, the study found that those who participated in gratitude activities were happier, had higher self-esteem, experi-

enced improved relationships, found meaning in their work. Gratitude also produced physical health benefits, such as lower blood pressure, better sleep, and overall improved health. According to brain scans, the areas in their brains for learning and decision making were at higher levels! WOW! There's definitely something to be said for being grateful!

For the month of November, we are inviting our students and staff to take part in a gratitude challenge, by recording each day one thing they are thankful for and keeping a "Gratitude Journal." Families are welcome to participate as well, sharing with your children what you are thankful for, posting on social media, keeping a family gratitude journal, or in your own personal way! :-)

I would like to express my gratitude for being able to work with such an incredibly kind and caring community—our fam-

ilies, students and staff! I am thankful for our GL parents/guardians who partner with us each day to best meet the needs of their children and who are willing to help in any way that they can! :-) I am also grateful for dedicated, passionate and flexible staff members who work tirelessly to help their students to be successful!

Thank you for all EACH of you do! Every act of kindness makes a difference and does not go unnoticed! Have a fabulous November!

Your partner in education,

*Mrs. Helland*



## Bee Kind Buzz—From Mrs. Estrada

*"Being considerate of others will take you and your children further in life than any college or professional degree." – Marian Wright Edelman*  
WOW! It is already November and as you might have already guessed, the Be Kind Tenet for the month of November is to **BE CONSIDERATE**. What does it mean to be considerate? Being considerate means to be careful not to cause inconvenience or hurt to others; showing careful thought. Therefore, teaching your child to be considerate starts with empathy. Empathy is the ability to understand and identify with another person's feelings. It includes regulating one's own emotions and is central

*to success in social relationships. According to Lee Ann Mason from Signing Times, "Children who are empathic are less likely to use aggression. So how does one go about modeling consideration for their child? **Smile** – Smiling and looking people in the face is one of the best ways to model consideration. **Using Manners** – Using manners shows consideration for those around you. As you use good manners, it reinforces them for your child. **Serve others** – Doing a random act of service or even better, recognizing a need and doing something about it is a great way to practice empathy. As*

*you practice consideration throughout your daily routine, your child will continue to learn from you and develop this skill. Remember, your actions speak louder to your children than your words, so consider how you show them consideration will speak volumes to their behavior towards others." I wish you and your family a wonderful Thanksgiving Break and I hope you all take time enjoy each other's company and make wonderful memories.*





## School Improvement Plan 2021-2022

### GL Health Office

Hello from the GL Health Office! Welcome back to our staff and many of our students. Some important reminders:

- Please make sure your child brings a mask to wear INSIDE, everyday. Students MUST wear a mask that covers their nose and mouth.
- Please remind your child to thoroughly wash his/her hands after the restroom and throughout the day. We also have hand sanitizing stations throughout the campus (and in the classrooms) for your child to use as well.
- If your child is ill, please keep them home from school and call the front office to let them know your child will be absent.
- If your child is exposed to someone with Covid or if he/she has Covid-like symptoms, please call and let the nurse's office know. We will share specific instructions for what is needed, based on your specific situation, following updated CDC guidelines.

Diann Beck- Health Office Nurse  
dbeck@pesd92.org



Every Diamondback...Seeks Continual improvement &

Always Aims for the bullseye!



#### Goal #1—Effective Leadership - Supporting data literacy and High impact Teaching

- Provide on-going, differentiated professional learning for data literacy, high impact teaching strategies, and continuous improvement cycle
- Provide opportunities to learn from each other - peer rounds, Fish bowl, Sharing clips from walk-throughs
- Engage in weekly Leadership PLC work - analyze data and plan next steps for PD and coaching
- Weekly Walkthrough and effective Feedback

#### Goal #2—Effective Teachers and Instruction - Utilizing Data to Drive High Impact Instruction

- Training/Proficiency in utilizing data tools
  - Create assignments, CFA's, exit tickets
  - Create tier 1 small groups, Tier 2 intervention groups based on data
- Incorporating High Impact Teaching Strategies
  - Planning - Daily objective (clear assessment, tied to pacing guide standards), Critical attributes (CA), Gradual Release model structure
  - Implement - Clear objective, Gradual Release Model, check for understanding throughout, use CA for assessment, meet with small groups based on success ratio, effective feedback to students
- Staff and students Participate in the Continuous Improvement Cycle - Goal setting, KPI's, Reflection, Feedback

#### Goal #3—Conditions, Culture, Climate

- On-going Training/implementation of PBIS for staff and students
- On-going training/implementation of culturally responsive practices for staff, students and community
- On-going and embedded social emotional learning/support for students and families

### Counselor Corner-Mrs. Kozak



Studies show that gratitude for kids can be a very powerful tool, with lots of benefits to mental and physical health. They include things like: higher levels of happiness and optimism, improved sleep, less stress and an improved ability to cope with stress, fewer physical problems, reduced depression, less aggression, increased self-esteem, improved resilience, etc.

The more children practice gratitude, the better they get at it and the greater the benefits. In fact, studies show that the benefits can be seen after just 2 weeks of gratitude practice, and they can last up to 6 months! So it's definitely worth introducing the kids to some simple gratitude exercises.

#### Here are two activities you can try at home:

1. Daily Gratitude Reflection—Share one thing you are grateful for at the dinner table each night. Everyone gets a chance to reflect upon their day, and find just one thing to be grateful for. This helps children gain a little bit of perspective, and appreciate that while every day may not be good, there is always something good in every day.
2. Random Acts of Kindness—Notice the times when your children are kind to others. Let them know that you noticed the way they shared their toy with their sibling, or comforted their sad friend, or invited someone to play because they were on their own. Celebrate kindness. Look for ways you can be kind together. Not for any particular reason, just because. Drop some cookies over to your neighbor, deliver some flowers to a friend, make a card for grandma just because. These acts of kindness lead to more positive feelings and greater connection with others, which helps us feel more grateful.

3. If you have any questions or concerns do not hesitate to reach out to me via my email is [skozak@pesd92.org](mailto:skozak@pesd92.org). You can also contact the office at (623)772-2520.



### PTA News

- 11/5—Kona Ice—3:00 to 4:00 PM
- 11/30-3:45—School Improvement Meeting, 4:30—PTA Meeting
- Please join PTA—We need you!
- Please join us on Facebook at Garden Lakes Connection for all the latest information. :-)

