

# **Bulldog Family Connection**

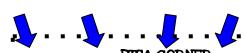
Dreaming Summit 2021-2022

# PTSA Meeting Wednesday



#### Power of Acceptance

The Power of Acceptance is mindfulness in action. It's the active, nonjudgmental embracing of experience in the here and now. Practicing the Power of Acceptance means quietly observing the moment without needing to change or fix it. The moment is as it is. Quiet observation is a challenging skill that takes practice. Our minds are rarely quiet. We tend to think about what should and shouldn't happen, what went wrong in the past, and what might go wrong in the future. We struggle against policies, politics, people, our own bodies and what we perceive as "wrong" with us. With practice, we can quiet the noise, accept the moment and respond to it. In doing so, we promote empathy, foster solutions and change, and improve the health of all relationships.





Week of Jan 3,

2022

#### PISA CORNER

- PISA General Meeting Wed, Jan 5 at 6 PM, virtual only.. Click **HERE** to join virtually. :)
- Spring Carnival will be here before you know it!
- In order to plan ahead, please consider
- volunteering. The more volunteers, the more spectacular it will be! Click HERE to sign up.

## Important Dates:

- Jan 5 PTSA General Meeting 6 PM
- Jan 11 Yogurtini Fundraiser 3-8 PM
- Jan 14 NO SCHOOL, Inservice Day
- Jan 17 NO SCHOOL MLK, Jr. Dau
- Jan 20 Barro's Fundraiser
- 10:30AM-10:30 PM
- Jan 21 Curriculum/Showcase
- Night
- Jan 28 SPIRIT DAY!
- Jan 28 Early Release 1 PM
- Parent/Teacher Conferences
- Feb 2 PTSA General Meeting 6 PM
- Feb 8 Yogurtini Fundraiser 3-8 PM
- Feb 17 McDonald's Fundraiser 5-7
- Feb 18 NO SCHOOL, Inservice Day
- Feb 21- NO SCHOOL President's Day



# Message from Mrs. Funk:

Hello Bulldog Family!

Welcome back to school! We are so excited to see all the kids again and get the second half of the year started. :)

As we get the new year started, I wanted to take a moment to express how thankful we are for our Bulldog Family. We are so lucky to have this amazing community. So many times have I seen the support, care and laughter you all share with each other and our staff. I can't think of a better blessing than that of a strong and connected family.

Getting back into the groove, please continue to support your kiddos by reading together every night, having meaningful conversations and encouraging effort even when the skills are tough! Our kids made incredible growth and we can't wait to see what they do in the new year!

> Have a great week! Mrs. Funk

### Pausame Parenta

\*Josh Holmes - Thank you SO MUCH for spending the day at school to bring an extra special treat to our kiddos! Best Grinch Ever!

\*Kristina Markovitz - Huge THANK YOU for being our President!!!

