

# ELMWOOD EXPRESS

**TEACHING AND LEARNING ARE VISIBLE**

Kevin Seibel, Principal

Kim Martini, Assistant Principal

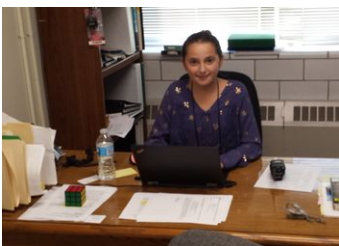
Nov. 18, 2016

## PRINCIPALLY SPEAKING

### AMERICAN EDUCATION WEEK - PRINCIPAL/ASSISTANT PRINCIPAL FOR THE DAY



Hello Panthers. This is Nicole Taha. I want to thank you for the great time being Principal of the day on Thursday. It was a great experience and I would definitely do it again! It was a great time! I helped out doing classes in art, did classroom observations, planned a fire drill, did morning announcements, a building inspection, and gave out homework passes. It was such a fun time and I loved it! Thank you students and teachers and a special thank you to Ms. Martini and Mr. Seibel.



Hello this is Nate Brown, and I was excited to be your Assistant Principal for the day on Thursday, and here are some things I did. I liked to do the morning announcements. I was able to order Lo-Lo's for lunch, I learned where all the cleaning materials are and how the Principal and Assistant Principal do a fire drill and what they do all day. The end of the day announcements were a cool way to end the day. This day was very exciting!!!

## PATT NEWS

Thank you to everyone that participated in the pie fundraiser - we made \$1,100!

Gift card fundraiser is coming home; it's a great gift with the holidays approaching.

Save the date for shopping at Five Below: Dec. 9, 10, 11 - Elmwood gets a percentage back.

Thank you for all your support. Any questions please contact Michela Shipinski at 708-845-6446 or email [elmwoodpatt2319@outlook.com](mailto:elmwoodpatt2319@outlook.com)



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*Mr. Bolin's 6th graders share their journal responses to the prompt, "What is the best way that you learn about a new topic?"*

### ***EXCITING TECHNOLOGY NEWS!***

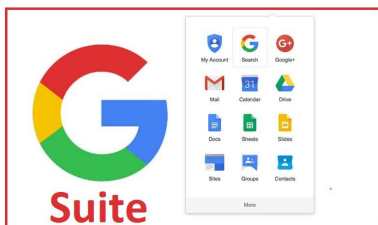
The District has been busily training teachers and administrators in Google Suite in order to provide the students of Elmwood Park an interactive and technologically-rich learning environment. After students return from Winter Break, they will have the ability to access the applications and features associated with Google Suite, such as Drive, Docs, Slides, and so on. Students will also have access to Gmail and Calendar. Student access to Gmail will only be available to students Grades 3-12.

Do not worry, the Gmail system students will have access to is a closed system, meaning they can only communicate with students and teachers who have access to the same [@epcusd401.org](mailto:@epcusd401.org) account. This way they cannot receive or send messages outside of Elmwood Park. Safety is a primary concern of ours as we begin expanding the role of technology in the classroom.

While students and parents have already signed an Acceptable Use Policy (AUP) at the beginning of the school year, the AUP needed to be updated to appropriately reflect what students will be exposed to and expected to use. In order for students to begin pursuing these new opportunities, the updated AUP needs to be signed by them and their parents.

This is a small step in a larger plan to incorporate technology into the classrooms and provide a more blended learning environment for all students. The District is pleased with the teachers' excitement, their wanting Elmwood Park students to experience the benefits of a blended classroom, and their providing further differentiation into their learning experience. It is our plan to begin sharing with the community the scope of our Technology Initiative in the coming weeks.

If you have any immediate questions or concerns, please do not hesitate to contact Dr. Wade, Assistant Superintendent for Curriculum and Instruction at 708-583-5835 or [waden@epcusd401.org](mailto:waden@epcusd401.org). Thank you.

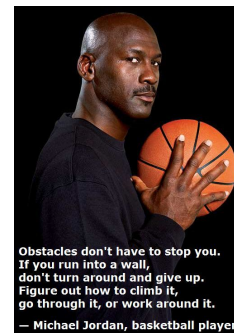


### ***WORDS OF WISDOM***

Happy Friday Panthers and Parents! The theme for the month of November is “Daring to Be Our Best.” This week we focused on overcoming obstacles. Famous former NBA star Michael Jordan once said, “If you're trying to achieve, there will be roadblocks. I've had them; everybody has had them. But obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it.” Emotion researcher Richard Davidson says that cognition and emotion work together in a seamless, integrated way to help us persevere in a task. Thus, to teach grit effectively, educators and parents need to help students cultivate both cognitive and emotional skills. Here are some research-based ideas for doing both:

- Teach students about the impact of thoughts and beliefs on their ability to succeed. Students who have created a habit of negative self-talk will have a hard time exerting grit.
- Teach students how to work with their emotions. Just changing their thoughts is sometimes not enough for students, particularly if they tend to get anxious, or appear depressed.
- Emotion researchers have found cognitive reappraisal to be the ideal method for regulating difficult emotions.
- Helping students cultivate positive emotions will also increase their ability to bounce back from obstacles and the negative emotions that often ensue.

Have a wonderful weekend, and remember to come to school on Monday prepared to Be Responsible, Be Respectful, and Be ready for class! With something to think about, this is Ms. Martini. Make it a great weekend – or not. The choice is yours!



***BE RESPONSIBLE, BE RESPECTFUL, BE READY***