



# NEWSLETTER

NOVEMBER 2025 | HEALTH VALUE - ENVIRONMENTAL STEWARDSHIP



Radiate Confidence

## DIRECTOR MESSAGE

Happy Fall! I can't believe it's November and Thanksgiving is just around the corner. This is such a great time of year. The world we live in doesn't take much time for gratitude and reflection. This month encourage your students to reflect.

"Finnish families have a quiet ritual called the closing question. Before bed, every child answers one thing: "What was the last good moment today?" No screens, no advice, no correction — just the sentence, said out loud. Psychologists tracking these families for a decade found something remarkable: by adolescence, their baseline anxiety was 60–80% lower than average. The secret wasn't optimism — it was closure. When the brain names a positive event before sleep, it ends the day's stress loop. Cortisol levels drop, the hippocampus encodes the memory as safe, and the nervous system learns: the world can finish well. Without that ritual, thoughts keep running — unfinished, unprocessed, unresolved.

Modern kids fall asleep under blue light, endless comparisons, and dopamine noise. Their brains never get the signal that danger is over. So they wake already tired — bodies in recovery from days that never emotionally ended. One Finnish mother said, "We don't put our children to sleep. We teach their minds to rest." Try it tonight — no affirmations, no talk about tomorrow. Just ask: "What was good today?" It's not gratitude. It's closure — the oldest form of safety a child can learn." (@the.ivansergeev)

Help them find the joy in their day and experience gratitude. No screens before bed is an awesome rule and will definitely benefit your child and their education. Have an amazing November - enjoy the holiday and time with your family!



## Adventure Mondays Fieldwork

Adventure Mondays are designed to give every student the chance to step beyond the classroom walls and into experiences that spark wonder, connection, and a deeper love for the world around them. Rooted in the joy of learning outdoors—whether in our own Back Seven, on a trail, or in other natural spaces—these days invite students to explore, discover, and grow through hands-on adventures that inspire curiosity, resilience, and a lifelong bond with nature.

Adventure Mondays are led by our amazing Specials Teachers: Coach D, Mrs. Stewart, Ms. Lexi, Ms. Emma, Mr. Crew, and Ms. Ashlee.

Some weeks, Adventure Mondays will be held at school in the Back 7. Other weeks, students will head out in the community for Adventure Monday.

Community Adventure Mondays are coordinated by our Adventure Coordinator, Ms. Ashlee. Please watch for emails from her at least a week prior to your child's Adventure Monday (these dates can be found on our school's website). Permission slips and chaperones will still be required for off-campus experiences.

As the weather turns colder, please remind your children to dress appropriately—warm from head to toe!



## Calendar Events

### November

- 3- TLD - No School
- 4- After School Lego Club
- 7- Forest Celebration Crew - K-8
- 7- 4<sup>th</sup> gr Museum expert
- 7- FCO Meeting @ 2:30 PM
- 10- Adventure Monday - 4<sup>th</sup> & 5<sup>th</sup>
- 10- UG Plan B Theater expert
- 11- After School Lego Club
- 12- 4<sup>th</sup> gr Celebration of Learning 4-7 PM
- 14- Forest Crew - K-5 - 1<sup>st</sup> Grade
- 17- Intent to Return email
- 17- Open Enrollment for 2026-2027 School Year
- 17- Adventure Monday - UG Fieldwork
- 18- After School Lego Club
- 18- Community Info Night (new & interested families)
- 19- 1<sup>st</sup> gr fieldwork Clarke Planetarium
- 19- Board of Director's Meeting 6:30 PM
- 21- Forest Crew - K-5 - 1<sup>st</sup> Grade
- 24-28- Thanksgiving Break



## ACADEMIC TIPS MATH

### Hello Families!

Let's think about fractions. This is a great opportunity to get in the kitchen to speak, work, and experiment with fractions. There are so many great recipes you might be tackling—do you need to double or half them? Now is a great time for kids to practice measuring, adding, and subtracting with fractions using cups, teaspoons, and tablespoons! Time to make some tasty food and get thinking about numbers. Here at Greenwood, we are grateful for you! #GreenWoodMathRocks

Happy Mathing!  
Mrs. Clark



State Parent Resource & Support Website - [LINK](#)



# NEWSLETTER

NOVEMBER 2025 | HEALTH VALUE - ENVIRONMENTAL STEWARDSHIP

“

*We practice gratitude*

## VOLUNTEER FOR OUR AFTER-SCHOOL PROGRAMS

We are looking for volunteer coaches for wrestling, basketball, soccer, and dance. If you're interested in helping us create an amazing after-school program for our students—and eventually compete with other schools—please fill out this [form](#)



## Make the Most of Winter—Together!

### Screen Time Alternatives

With shorter days and longer nights, it's easy to rely on screens for entertainment. But reducing screen time can greatly benefit children's physical, emotional, and academic well-being (American Academy of Pediatrics, 2016).

Try these screen-free ideas to keep your family thriving this winter:

- **Family Game Nights:** Build connection and communication through fun competition.
- **Reading Together:** Strengthen literacy and spark imagination.
- **Cooking as a Family:** Practice math, teamwork, and healthy habits.
- **Creative Projects:** Encourage self-expression and creativity.
- **Outdoor Play:** Even brief time outside boosts mood and health.
- **Imaginative Play:** Foster problem-solving, language, and resilience.

When screens are used, choose larger screens and watch together—discussing what you see helps children learn and connect.

Let's make the most of this season by creating meaningful, screen-light moments together!

Ms Liz



## Attendance nfo

Attendance letters are emailed to families when a student has 5+ absences. We want to stay connected and keep you informed about your child's attendance.

If a student reaches 10+ absences, we'll schedule a meeting with administration to discuss how we can best support consistent attendance.

Important learning and growth happen every day at Greenwood Charter School. Regular attendance ensures students can fully benefit from the educational experiences and opportunities offered.

You can check your child's attendance in [Compass](#).

## Back Seven Service Day

**When:** Friday, Nov. 14th | 2:15–5:00 PM

**What:** Winterizing and cleaning up the Back Seven

**Bring:** Wheelbarrows, shovels, trucks—anything to help!

**There's so much to do, and we need all hands on deck to make the Back 7 dream a reality.**

*Come ready to dig in, get messy, and make a difference!*

## Canned Food Drive

Nov 10-21

each donation = drawing entry





# NEWSLETTER

NOVEMBER 2025 | HEALTH VALUE - ENVIRONMENTAL STEWARDSHIP



*Radiate Confidence*

## 3 TIPS FOR RAISING READERS:

1. Read together every day. You can read the morning news at breakfast, share a story after supper, or cuddle up for a book at bedtime. A daily reading routine is something everyone can look forward to.
2. Talk and build vocabulary. Interesting conversations build vocabulary, language skills, and knowledge about the world. Talk is a child's best source of exposure to new words and ideas.
3. Model reading. Kids want to do what the grownups do. Make sure your kids get to see you reading and hear you talk about it.

-From the National Education Association



## Lunch Applications

*We understand that a family's financial situation can change at any time – if your household income has recently decreased, you can apply now for free or reduced-price school meals. It's quick, and can make a big difference for your family.*

[Free/Reduced Lunch Application.](#)

Return to Office.



## Upper Grove Student Fees

Quarter 2 student fees have now been posted to families' Compass accounts. You can view your balance there. Fee waiver forms are available in the school office or on our [website.](#)

Payments are due a few weeks after the start of the quarter. If you have any questions or would like to set up a payment plan, please email [info@greenwoodcharter.org](mailto:info@greenwoodcharter.org)



## Bring the Nice this Month!

*by Mr Kling*

With Thanksgiving around the corner, it's time for pumpkin spice! And with pumpkin spice, we can choose to be nice! Thanksgiving is a great holiday to help kids learn how to choose kindness. One way to choose kindness is to talk with them about people in their life they are grateful for and why. Help them write a thank you note or draw a picture to give that person. It can be easy in life to bring the spice, but let's help our kids bring the nice!



## SAFETY CORNER

We had a successful Lockdown Drill on October 31 with the Harrisville Police Department. Officers shared how impressed they were with how seriously we take safety at our school. Our teachers and students did an excellent job staying calm and quiet throughout the drill. While these are not fun drills to practice, we truly appreciate the cooperation and support of our staff, students, and the Harrisville Police Department in helping us ensure safety for all.

## PARENT RESOURCES LINK

You can find different community resources, including mental health, family needs, behavior support and more.

[LINK](#)



## FCO PARENT MEETING

November 7 @ 2:15 PM

Activities with Mr. Crew for kids while parents attend the meeting!