



OUR LFH WEBSITE!



DOLPHIN DIGEST

November 2023

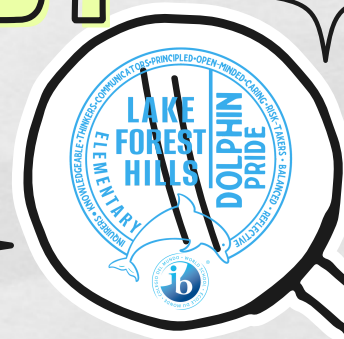
A NOTE FROM MRS. HUGHEY

October was a busy month of learning and fun! LFH's Fall Festival was a wonderful Saturday full of fun and food! Thankful for our families, teachers, volunteers, sponsors and especially our amazing PTO for this great event!

Please ask your child about their reading challenge - our Dolphins are busy earning badges and racking up minutes all while boosting their literacy skills!

Lake Forest Hills never lacks in activities, so please check out the Events calendar on the next page. This month all Dolphins will have the opportunity to show respect to our Veterans at our annual Veterans Day event and thankfulness at our Thanksgiving Lunch this month.

#CantHideOurDolphinPride #AUniverseofPossibilities



PTO NEWS

Our Fall Festival was a huge success! Thank you to all of our volunteers and event sponsors!

This month we will celebrate our Veterans with our **Veterans Day Parade and Ceremony on Thursday, November 9th at 9am.**

Students are invited to walk in the parade with their Veteran or active duty service member, or carry a picture of a family member who has served. The parade will be held in the front parking lot. Specific instructions will be sent home with your students.

This month we will also hold our **16th Annual Dolphin Dash on November 17th at 8am.** This 1-mile Fun Run is a beloved LFH tradition and we can't wait to do it again! Check your inbox and Dojo for detailed event and t-shirt information!



Lake Forest Hills PTO



lfhelempto



lfhelempto@gmail.com

LFH CALENDAR

November 8 - Vision screenings for 1st, 3rd, and 5th grade students

November 9 - Veterans Day parade at 9:00

November 10 - Veterans Day - NO SCHOOL

November 15 - LFH Thanksgiving w/your child
(Click **RSVP** to reserve a spot!)

November 17 - Dolphin Dash at 8:00!

November 20-24 - Thanksgiving Holiday



COUNSELOR'S CORNER

In addition to the *Zones of Regulation* curriculum by Leah Kupers, our school counselor Mrs. Hooper is showing students some practice ideas for coping with strong or uncomfortable feelings. Your student can identify the correct zone (red, blue, yellow, green), so now, he/she needs to know what options are available for managing those feelings. It is important for students to have some tools ready for strong feelings when they arise. Below are links to our school charts! Parents can print and use the "Zones of Regulation" chart as well as the "LFH Coping Strategies" chart at home.

[Link to Color Zones Chart](#)

[Link to LFH Coping Strategies](#)

Special thanks to the Frantom and Lake families for our "Just Say No" fence!

LFH Coping Strategies

Choose a strategy that works for you. Use it to get back to the "GREEN" zone so you are ready to learn!

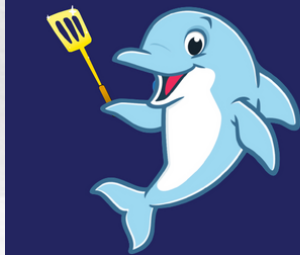
BOX BREATHING 	CHAIR PUSH 	IMAGINE YOU ARE AT A SAFE PLACE 	ASK TO GO TO CALM DOWN
MUSCLE WORK 1. TIGHTEN ALL MUSCLES 2. HOLD TIGHT AND COUNT TO 3 3. RELAX AND REPEAT 	HAND TRACING BREATHING 	ASK TO TAKE SHORT WALK 	THINK ABOUT SOMEONE YOU LOVE
ASK PERMISSION TO USE STRESS BALL OR FIDGET 	DRAW OR COLOR 	EXPRESS YOURSELF BY WRITING ABOUT YOUR FEELINGS 	COMPLETE AN "I NEED HELP" FORM
SMELL THE FLOWERS BLOW THE CANDLE 	PLAY DOUGH 	STOP, THINK, BREATHE, THEN DECIDE 	TEACHER'S CHOICE



CLICK HERE TO FOLLOW US ON FACEBOOK AND INSTAGRAM! WE LOVE TO SHARE OUR DOLPHIN POD!

PBIS

Golden Spatula



Golden Spatula Class Award Winners

(Awesome behavior in the CAFE!)

Ms. Hughes

Ms. Boynton

Ms. McCall

Ms. Blackmon

Ms. Thompson

Dolphin P.R.I.D.E.

P	Principled
R	Responsible
I	Inquirer
D	Do Your Best!
E	Eager to learn!

WE CAN'T HIDE OUR
DOLPHIN

PRIDE!

MURRAH'S MEDIA MINUTE

Our Dolphin Reading Challenges are going strong! First and Second grade students are competing in the Brian Jordan Reading Challenge while our Third through Fifth grade students are competing in the LFH Bingo Challenge. The goal is to have students read and log in their minutes. Our total minutes read currently in First through Fifth grades amount to 57,389 minutes. WAY TO GO, reading Dolphins!

A special thank you to all of the students, parents, and staff who supported our book fair! Due to all of the support, the book fair was a success and we earned many more books for the library!



CLICK HERE TO FOLLOW US ON FACEBOOK AND
INSTAGRAM! WE LOVE TO SHARE OUR DOLPHIN
POD!