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## Updates and Announcements

\_\_\_\_\_ Counselors are wrapping up Stop, Walk, Talk lessons and in grades K, 1, 2 we will be moving toward learning about emotional regulation and understanding feelings in ourselves and others. We will be focusing on specific feelings as well as [The Zones of Regulation](#), which helps children first identify their feelings and then work to use coping strategies to get back to the green zone (the learning zone).

3rd and 4th grade lessons are focusing on empathy - what empathy looks like at Alameda and in our community. Lessons in 5th grade will focus on [Growth Mindset](#), [Grit](#) and neuroplasticity. Please ask your child about these topics!

As always, please reach out to your child's counselor: [Molly Clark](#) (grades K,4,5) and [Anna Tofel](#) (grades 1,2,3) for support with social/emotional concerns for your child. If you would like your counselor to attend your child's conference please let us know.

\_\_\_\_\_ Discover cozy sweatshirts, long sleeve tees, hats, and more to showcase your school spirit. Hurry, the sale ends on October 31st, so visit our gear [website](#) today and help us raise funds for educational initiatives while keeping your students warm and ready for the chilly months ahead!

\_\_\_\_\_ We have raised close to \$14,000 to help fund art residencies throughout the year. It is not too late to [make a donation of any size](#). Most residencies cost between \$2500 - \$3000, so to ensure all grades have at least one opportunity we need to raise a few more thousand. Thanks!

\_\_\_\_\_ Our newly formed 5th grade classrooms are excited to welcome parents on Tuesday, 10/24 for a Back to School Night Open House. Classrooms will be open from 5:30 - 6:30 PM. Stop by and meet your child's teacher, other families, and to hear more about the year ahead. Thanks for your patience and flexibility over the last few weeks.

\_\_\_\_\_ If you are interested in learning more about Talented and Gifted (TAG) in PPS, please come to the library on Wednesday, 10/25 from 5:30 - 6:30 PM. Abby Largo, 2nd grade teacher and Alameda's TAG Coordinator and PPS Administration will be on hand to talk more about the nomination/identification process as well as what it means to be a TAG student in PPS. There continue to be considerable shifts in the TAG department, so please stop by to learn the latest information.

\_\_\_\_\_ Quick reminder that the PTA is bringing back the Fall Halloween Family Movie Night! Mark your calendars for October 26th at 6:30 PM to watch the animated Addams Family! Admission and popcorn are free for all and concessions for purchase-cash only please. This is a PTA sponsored event and we need volunteers to help with concessions and clean up. Sign up [HERE!](#) We still need more help to make this one happen.

\_\_\_\_\_ If your child was absent or would like a retake, the photographer will be at school on November 2nd. We will also take class pictures of our "new" 5th grade

classrooms

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again this year. Any third through fifth grader is welcome to participate. Organizer Brianne Zogas will be visiting classrooms spreading the word and answering questions this coming week. In November we will hold a parent info meeting on zoom, and have a participant kickoff meeting afterschool. Exact dates for these meetings are coming soon.

Grant youth wrestling is starting on November 14th! Practices are Tuesday and Thursday from 6-7:30 pm at Grant High School. Boys and Girls wrestling are both official high school sports in Oregon. Now is the time for your kids to get involved in the world's oldest sport. The coaches want to create a fun environment where kids can learn wrestling technique, get in great physical shape, and make some more friends! No experience is needed to participate. You can sign up by clicking on this [link](#).

I hope everyone has a great weekend.

Regards,  
Matt

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