



EVENTS

THIS MONTH

11/1-11/2

**Dia de los Muertos/
Day of the Dead**

11/11

NO SCHOOL Veterans Day

11/22-11/26

NO SCHOOL Thanksgiving Break

11/25

Happy Thanksgiving

11/26

Native American Heritage Day

11/28-12/6

Happy Hannukah

WHAT'S HAPPENING

With much to celebrate and be grateful for this month, we hope everyone takes a moment in each day to pause, take in the beauty around you and be mindful of one thing you are thankful for. One fun mindful exercise that children can join you in is "Mindful Posing." Have your child(ren) in a quiet space and ask them to pose like Superman or Wonder Woman. After a few rounds, ask them how they feel. Another idea is to take a "Mindful Walk" together where you go on a mini adventure and take note of how many different things they can notice.

Beginning on November 1st, we will have thankful notes available in the garden. Please take one, or some, home to fill out with your child(ren) and return as soon as possible. We will laminate them and create a beautiful display of gratitude.



LOOK WHO'S TURNING

2! Cobie T., London P.

3! - Maren S., Logan O., Elle S.

4! - Mateo & Sebastian A., Evan Y., Yda A.,
Oliver B., CJ L.

5! - Blayk S., Tristan E., Margaux L., Lily E.

STAFF BIRTHDAYS

11/7: Mr. Terrance

11/18: Ms. Melinda

LATE STARTS

Don't forget your child's late start day for this month, they may arrive **no earlier than 9am** on that day. This is when your child's teachers have their monthly meeting.

2's: Tuesday, Nov. 2nd

3's: Tuesday, Nov. 9th

4's: Tuesday, Nov. 16th



OVERHEARD IN THE CLASSROOM:

Teacher: "What do you want to be when you grow up?"

Child: "A ninja."

Teacher: "What do you think I'd like to be?"

Child: "A ladybug."



STAFF ANNIVERSARIES

Congratulations to the awesome Ms. Tori on her 11th anniversary and the incredible Ms. Chrissy on her 5th anniversary here at FDS!



Native American Heritage Month

Did you know that Los Angeles has the largest indigenous population (including the Pacific Islander and Latin American Indigenous Diasporas) of any city in the US? There are 109 federally recognized Indian tribes in California, and 78 entities petitioning for recognition.

See the below links for more information.

Native American Indian Commission: lanaic.lacounty.gov/resources/tribal-governments/

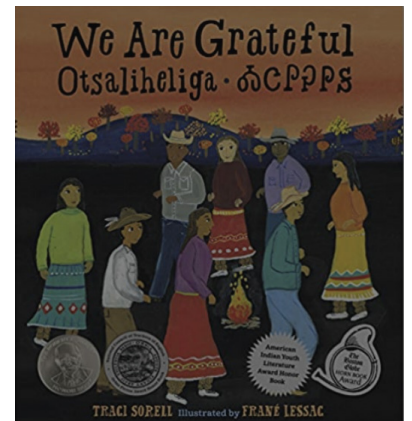
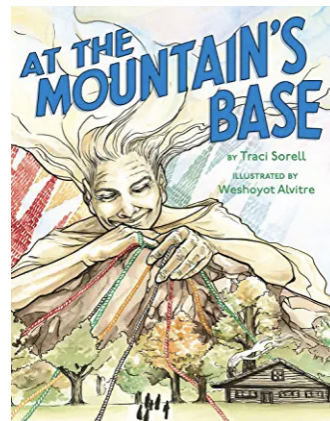
Mapping Indigenous LA: mila.ss.ucla.edu/

Native Knowledge 360: americanindian.si.edu/nk360/

As Thanksgiving approaches, consider incorporating some Native dishes into your meal or including the “Three Sisters” known as corn, beans, and squash.



We also highly recommend the following children’s books:



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