The month of December promises to be a very busy one for all of us, both children and adults alike. There will be bustling about shopping, planning, decorating, and celebrating. It is a joyous, yet exhausting, time for most.

That is why I find it even more important during this busy time to reflect upon the blessings in my life. I am fortunate to have loving parents who taught me that hard work and respect will lead to gratification. I am blessed to have four sisters whom I consider to be great friends and have given me seven wonderful nieces and nephews. I am grateful for the friends I have made over the years who have supported me through the good times and the bad. And, I am thankful to be part of the Buckeye Valley East family.

I hope you take the time this month (and always) to appreciate all of the people in your life that bring you joy. I wish all of the students, families, staff, and community members a month filled with love and happiness.
UPCOMING DATES

December 6: PTO Meeting, 4:00 p.m., Cafeteria
December 12: Drugbusters
December 12 - 14: PTO Holiday Shop
December 18: "Let It Snow" - Wear Winter Pajamas (ex: flannel or footie)-For safety reason, no slippers will be allowed
December 19: "Frosty the Snowman" - Wear Fun Socks and Scarves
December 19: Board of Education Meeting, 6:30 p.m., Baron Hall
December 20: "Sleigh Ride" - Wear a Fun Sweater
December 21: "Winter Wonderland" - Wear Shiny and Sparkly
December 22 - January 2: No School - Winter Break
January 3: PTO Meeting, 7:00 p.m., Cafeteria

MUSIC UPDATE

Second, third and fourth graders have already begun learning the songs for their winter music program. The songs may be found in Schoology so they can practice at home!

The third graders have also learned note names and will be starting learning to play the piano very soon.

The fourth graders will be talking about the cultural tradition of caroling and will be practicing some carols and doing a community outreach for Ashley Manor in December; each class will use a music period to walk to Ashley Manor and carol for the residents.

COUNSELOR UPDATE

We have been visiting classrooms this month discussing Cooperation. In Kindergarten and 1st grade, Ms. Sheppard read The Crayon Box that Talked by Shane Derolf and did cooperative activities with the students. In 2nd grade, Ms. Parikh read The Little Red Hen Makes a Pizza by Philemon Sturges and the students played cooperation games and discussed how they can work together as a classroom. In 3rd grade, students worked together in small groups to design their own countries and had to agree on the country’s name, flag, and rules. In 4th grade, students played cooperation games and learned how cooperation is important throughout our life and discussed what important skills are needed for cooperating with others.

We are doing the Giving Tree this year to help families over the Holidays! Our Giving Tree is up near the Office until December 8th. If you would like to help a family over the Holidays, please choose an ornament off the tree and return it unwrapped to the office by December 13th.

Students are continuing to earn lots of Dojo points throughout the school. We will be having our end of the quarter PBIS celebration for students who win the Quarterly award after Winter Break. The party will be Minute to Win It Games with Desserts! We hope to see lots of students there!

We hope everyone has a great Holiday Season! Please contact us if you have any questions or concerns about how your child’s year is progressing!

~ Sejal Parikh and Eileen Sheppard
SPECIAL ANNOUNCEMENTS

HOLIDAY SPIRIT WEEK - Please join us in bringing the holiday spirit to BVEE by dressing in the following themes on the days leading up to our winter break.

Monday, December 18: “Let It Snow” - Wear Winter Pajamas (ex: flannel or footie)-For safety reason, no slippers will be allowed
Tuesday, December 19: “Frosty the Snowman” - Wear Fun Socks and Scarves
Wednesday, December 20: “Sleigh Ride” - Wear a Fun Sweater
Thursday, December 21: “Winter Wonderland” - Wear Shiny and Sparkly

NOTE: Please remember the school dress code. If the teacher or principal deem any outfit inappropriate or distracting to the educational process, the student will be asked to change.

CAFETERIA UPDATE

Happy Holidays!!! What better way to enjoy the holidays than to have lunch with your grandchild(ren)? This year we are hosting Grandparents Day for K-2 on Wednesday, Dec. 6 and for grades 3-4 on Thursday, Dec. 7 in our cafeteria. Prices, times and menus are listed below.

Menu:
Wednesday, December 6: Chicken noodle soup, crackers, mozzarella string cheese, peanut butter and jelly pocket, celery and carrots with peanut butter, and fruit cocktail.
Thursday, December 7: Popcorn chicken, mashed potatoes, green beans, fresh grapes and dessert bar.

Prices:
Adult lunches are $4.00, entrée only is $2.00, a visiting child’s lunch is $2.75, bottled water is $1.00 and we also offer snacks for 35 cents each.

If you are planning on purchasing a school lunch, please let your student’s teacher know ahead of time or call the school office that morning so we can get your meal into our lunch count.

Times:
K - 11:20-11:45
1st - 11:35-12:00
2nd - 11:50-12:15
3rd - 12:05-12:30
4th - 12:20-12:45

Please mark your calendars and we’ll see you in the lunch line!
HOLIDAY CLEARING HOUSE DRIVE
Mon., Dec. 4th through Fri., Dec. 8th

Here at Buckeye Valley East we want to make the holiday season a happy one. Therefore, we are once again participating in the Holiday Clearing House Drive. Students are asked to bring in food items (please check expiration dates since outdated food is unacceptable), NEW toys, NEW books, NEW clothes, paper goods (in wrappers) and/or personal care items to school beginning Monday, December 4th. The drive will end Friday, December 8th. Donated items will then be boxed and sent to both the Holiday Clearing House Center at the Delaware County Fairgrounds as well as our Buckeye Valley Food Pantry for distribution. Your generous donations will help to provide local families and senior/disabled shut-ins with happy holiday memories.

Enjoy our Theme Days! (Any and all items can be donated any day)

Dec. 4th Meal Monday - Canned Goods, Boxed Food, Pastas, Cereal, Tuna, Drinks, Baking
Dec. 5th Toy Tuesday - NEW Toys or Games, Books,
Dec. 6th Winter Weather Wednesday - NEW Gloves, Hats, Scarves, Socks, Coats
Dec. 7th Toiletry Thursday - Paper Products, Shampoo, Toothpaste, Soap, Deodorant
Dec. 8th Friday Free-For-All - Anything we haven’t listed that you have! (cereal, fruit cups, pancake mix, cookie/muffin mixes, peanut butter, soup, tissues, juices, condiments, towels, razors, baby items, undergarments, mac & cheese, diapers)

Our goal for this year is 2000 items! If every student and staff member donates at least five items, we will meet our goal! Thank you so much!

Please feel free to contact Mrs. KB or Mrs. Bailey if you have any questions!
Happy Veteran’s Day from the BV East Staff
AHHH! The Holidays.

Holiday Stress. How come the time of year that is associated with feelings of love, good will and kindness can be so stressful? It all starts with Halloween and ends when the last bars of ‘Auld Lang Syne’ fade away. Why do the demands of the “holiday season” cause you to feel stress or ‘out of control?’ The American Psychological Association reports 61% of Americans are stressed about lack of money, 42% feel pressure about gift giving, 34% lack enough time and 23% are worried about credit card debt. (www.apa.org/helpcenter/stress-dealing.aspx)

Our family, can also be a great source of holiday stress and tension. No one has the perfect family. The holiday season can at times, bring out the worse in all of us. Here are some tips to assist you in keeping a happy holiday spirit.

- Keep the “Big picture’ in the foreground
- Take a break from the festivities when needed. Walk the dog, read a book, call a friend.
- Be flexible. Have a sense of humor if the situation can safely wait till later. You will have a different perspective tomorrow or next week.
- Be polite and courteous to everyone, even when they are not to you.

Contact your local Mental Health Board for more assistance.
Delaware-Morrow Mental Health and Recovery Board, 40 North Sandusky Street, Suite 301, Delaware, Ohio, 800.686.0792 or 368.1740, www.dmmhrsb.org
Crawford-Marion Board of Alcohol Addiction and Mental Health, 142 South Prospect Street, Marion, Ohio 43302, 740. 387.8531, www.mcadamh.com.
#BARONPRIDE

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