

Tuesday, August 21, 2018

Beginning of the Year!

GOOD MORNING, TEAM TOPE! Take a moment to breathe in, breathe out and settle in for a few minutes.

In order to have a successful year, we are all learning our school-wide expectations and standard operating procedures and we are all applying them on a daily basis. Today, I want you to really think about Being SAFE, RESPECTFUL and RESPONSIBLE and applying those SOPs throughout your day.

Hey, Did you meet yesterday's smile challenge? Did you smile at least 5 times yesterday? How did it make you feel? How did it make other's feel? Today, you are going to receive a SMILE challenge from Kid President! There will be a SMILE petition for you to sign hanging out in the hallway across from the library. In addition, I will be coming around the building catching those beautiful smiles from EVERYONE on camera!

BTW-- Each time **you smile, you** throw a little feel-good party in your brain. The act of **smiling** activates parts of your brain that benefit your health and happiness. ... The feel-good neurotransmitters — also known as brain chemicals — are all released when a **smile** flashes across your face as well! A 2015 study published in Psychological Science found that smiling can result in a **lower heart** rate during stressful tasks. Stress generally causes increases in **heart** rate and **blood pressure**. So, maintaining a smile when stressed provides you with multiple **health benefits**.

As you walk down your path of awesome, go out there and throw a little feel-good party in your brain and #makesomeonesmile!

VOCABULARY--

SAFE, RESPECTFUL AND RESPONSIBLE

EXPECTATIONS and SOP

COMMUNITY

LEARNER

VIDEO-

<https://safeshare.tv/x/ss5b7c07e0c408a#> KP #SMILE (1:40)

ACTIVITY/IES-

- 1) Continue to reinforce EXPLICIT SOP routines for your classroom. (students should know a how to operating procedure for just about everything)
- 2) Have students begin to develop awareness of who they are and who their classmates are.
- 3) Take time to sign the petition at some point this week. EXAMPLE #MRS.BMADESOMEONESMILE
- 4) Review bathroom expectations with class.

	Be safe	Be Respectful and Responsible
	Follow classroom SOP for letting your teacher know you are using the restroom.	Use only what you need- 1 squirt of soap, 1 press of paper towel.
	Calm and quiet bodies in the restroom.	Do your business, flush and wash your hands.

Bollinger reads

Teacher Responsibility