

OB WEEKLY NEWS

Picture Retake Day

Picture retake day is **November 7**. If your student is to have their picture retaken, they **MUST** bring in the original picture packet that was sent home, this packet will be given to the photographer. Retakes can not be taken if a student does not have the original packet. If a student was absent on picture day, order forms are available in the school office.

Veterans Day Tribute

This year we want to continue our tradition of creating a tribute for our Veterans. If you have a loved one that has served in the military we invite you to create a slide with the name of the person, what branch they served in, the student's name they are related to, how they are related, and a picture of the person who served. Click [here](#) to see what we have so far and add your information to a new slide at the bottom. If you are not familiar with Google slides and would still like to create a slide, please send the information to harnold@ladueschools.net and we will submit the slide for you.

Ms. Ladue has been working on a special song with show choir to go along with our slide show. We will send out the final product on or before Veterans day. We will also print off the slides and display them on a bulletin board in the school.

Everyone is encouraged to **wear red, white, and blue on November 11!**

Nurse News

The nurse is in need of boy and girls pants, especially size 8. If you have any your child has outgrown, please consider donating them to the clinic.

Halloween Candy

After Halloween, do you still have Halloween candy around your house? Are you thinking that you have had enough, but don't want it to go to waste? Are you aware that there are children that don't get to go trick-or-treating and would love a few treats? We have a solution!

Bring any unopened candy to the school office by **Tuesday, November 5**. All candy will be boxed up and taken to the local Ronald McDonald House for other children and families in our community to enjoy. Please do not buy any candy for this activity. Save that money to buy real food for our Thanksgiving drive! Any questions, please contact Dede Wallace at: dedewallace@ladueschools.net

November

- 2** Daylight Savings ends, FALL BACK
- 4** PTO Meeting, 7-8:30 p.m.
- 5** NO SCHOOL, Prof. Dev. Flying Spider Fundraiser, 10-12 p.m.
- 7** Picture Retake Day
- 11** Wear Red, White, & Blue
- 12** School Counselor Advisory Mtg. 6:30 p.m.
- 13** Walk in the Park (during PE)

PTO NEWS

First Day of School Pictures Needed for the Yearbook.

Please send any pictures that you have of your students from the first day of school to be included in the 2019-2020 yearbook. Photos can be emailed to Courtney Swillinger at cswillinger@hotmail.com.

Old Bonhomme Spirit Wear Online Ordering- Deadline is TODAY!

New! Convenient online ordering is now available for Old Bonhomme spirit wear. Short sleeve and long sleeve shirts as well as sweatshirts and hoodies are available in youth and adult sizes. Show your school pride! Visit <http://obspiritwear.onlineweb.shop/> to order and purchase today! Order Deadline is TODAY, November 1.

Garden Work Day- Rescheduled for this Saturday, November 2, from 10-12 p.m.

Help clean and spruce up the Old Bonhomme Vegetable Garden and Butterfly Garden. No garden experience necessary! Kids and parents are welcome to attend together. Any questions, please contact Kate Hellmann at ktpichon@yahoo.com.

OBPTO Meeting on Monday, November 4, from 7-8:30 p.m. in the OB Library.

All parents, guardians, and teachers at Old Bonhomme are welcome to attend.

Upcoming Flying Spider Event on Tuesday, November 5. Flying Spider fundraiser from 10- 12 p.m. on November 5. Signed waiver and printed flyer are required for the OBPTO to receive 20% of total sales. Flyer for the event is available at obpto.squarespace.com.

First Grade Parent's Social on Tuesday, November 19.

Hire a babysitter and save the date to join other first grade parents for GAME NIGHT, in the OB gym and cafeteria, from 7-9 p.m. Come play with old friends, while making new friends, over board games, cards, Twister, corn hole, Jenga... and more! Light refreshments will be served. For more information, please contact Nicole Ankele at nik.wilson@hotmail.com.

Follow the OBPTO on Facebook and Instagram

Keep up with events and activities sponsored by OBPTO: Follow us on Facebook at Old Bonhomme PTO, and on Instagram @obpto.

Use Amazon Smile and support the OBPTO

The next time you buy something on Amazon, use Amazon Smile and support the OBPTO. Designate the OBPTO as your charity of choice and every time you buy something from Amazon Smile, .05% of sales will be donated to OBPTO. It is simple and easy!

Go to <https://smile.amazon.com/ch/20-4310750> to get started today.

Join Us - OB School Counseling Advisory Committee

We value your perspectives and insights and would like you to consider being part of our School Counseling Advisory committee at Old Bonhomme Elementary. Committee members will reflect on our

current program and give feedback. The Advisory Committee is made up of community members, parents, teachers, administrators, and mental health professionals. We will have two to three meetings this year. Our first meeting is Tuesday, November 12 from 6:30-8 p.m. and we will meet at Old Bonhomme Elementary School. As a committee we will schedule the following meetings together. Please let Hayley Arnold (harnold@ladueschools.net) and/or Kristine Carey (kcarey@ladueschools.net) know if you will be able to join us or not.

BROUGHT TO YOU BY THE OB COUNSELING DEPARTMENT

Helpful Info

OUR DAY STARTS THE NIGHT BEFORE

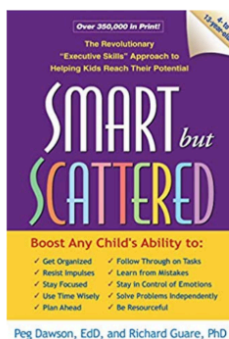
Children need 10-11 hours of sleep. Help them establish a bed time routine. Turn off electronics 30 minutes to an hour before bed. Don't keep electronics in their room. If needed play calm music, use a noise machine, and/or diffuser.

Check out these

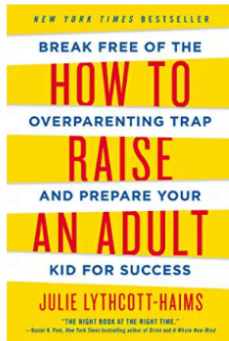
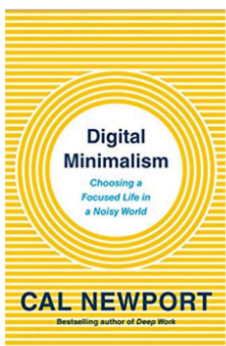
PODCASTS



The October 8 podcast with Dr. Daniel Amen is a great one to start with. He is the author of Change Your Brain Change Your Grade. You will learn several quick tips you can put to action immediately.



Did you know that student loan debt has surpassed credit card debt in our country? It is at 1.6 trillion dollars! Start creating a plan now for how you are going to send your child to college. Are they paying for it? Are you paying for it? Is college the only option? Anthony O'Neal just released a book called Debt Free Degree. Dave Ramsey and his daughter Rachel Cruze wrote a book called Smart Money Smart Kids. We teach our children to use their manners we also need to teach them how to handle money.



TRIED EVERYTHING YOU CAN THINK OF

Whether you are just getting started or have exhausted yourself researching what to do to help your child we are here to help. You may just need someone to listen and provide feedback. Or it may be time to look at getting some help from an outside provider like a therapist, psychologist, psychiatrist, or tutor? If so, you can ask other parents for recommendations or you can ask one of the school counselors and they can give you a list.