



# The Eagle Express Newsletter

Wednesday, November 11, 2015

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## Gratefulness

*Showing appreciation for what I have.*

### I will...

Appreciate the people in my life.

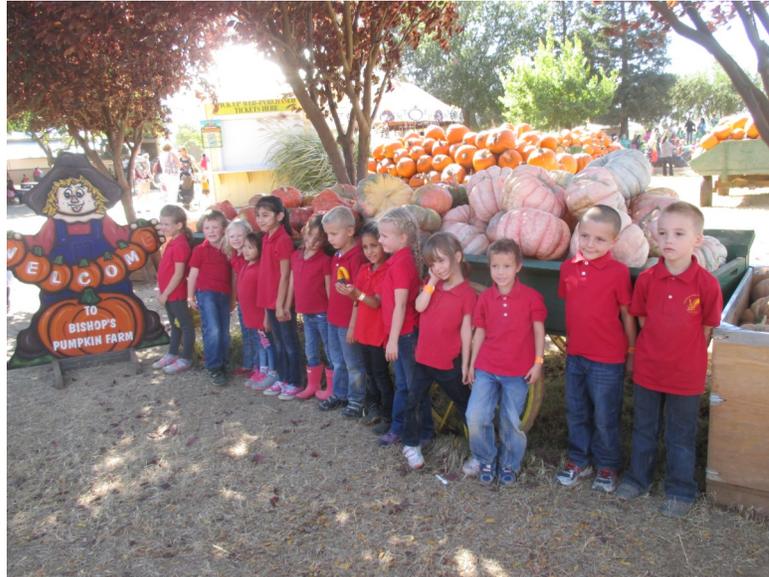
Say "please" and "thank you."

Enjoy what I have instead of complaining about what I don't have.

Take care of my belongings.

Write thank you notes.

*...give thanks in all circumstances; for this is God's will for you in Christ Jesus.  
(1 Thessalonians 5:18)*



Fall is a busy and fun time in the OCS Kindergarten Class. Recently we took our annual trip to Bishop Pumpkin Farm in Wheatland, along with Miss Long's first grade class.

It was a gorgeous fall day at Bishop's. Our first stop was the petting zoo, where we enjoyed the big turkeys strutting around proudly, the gigantic pigs (the biggest we've ever seen!), the donkeys, and the many, many goats in various sizes and varieties. After that it was off to the train ride, which took us around the farm where we got a great view of more animals—cows and horses—as well as the gigantic, bright orange Cinderella pumpkins that look like something out of a fairy tale. Then we boarded the hay wagon for a bumpy and adventurous tractor ride out to the pumpkin patch, where the kids and parents delighted in picking that just right pumpkin! After that it was back to the farm on the hay wagon with our pumpkins and out to the picnic tables for lunch and freshly pressed apple cider—yum! Next we trekked over to the "pig races," where Mother Goose told the story of the three little pigs and the big bad wolf, while teaching the kids the importance of healthy eating. Last, the kids got to burn off some energy playing in the barn maze and going down the slide, as well as digging in the sand with miniature steam shovels. Finally, it was back to school with our friends, parents, and freshly picked pumpkins. What a fun day on the farm!

Elisabeth Worthington

## What's for Hot Lunch?

Thu: Corn Dogs

Fri: Noon Dismissal

Mon: Quesadillas

Tue: Pulled Pork  
Sandwiches

Wed: Spaghetti

## Next PTPF Meeting:

Wednesday, Dec. 2, 2015  
@ 1:45 pm, Library

*(first Wednesday of every month)*

## Next School Board Meeting:

Tuesday, Nov. 17, 2015  
@ 6 pm, Library

*"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; They will run and not grow weary, they will walk and not be faint." Isaiah 40:31*



Our advanced band playing with the Community Band at the Nov. 5 concert.

*Thank you to all of the parents who brought cookies and helped out. Our fundraiser concert was a big success. The stick-horse riders stole the show. Praise the Lord.*

## Quick Reminder:

**Bundle-up weather is here. Please label jackets and sweatshirts.**



## Chess Club

Tuesdays, 3:30-4:30, in Room 2  
Grades 3-8

Like us on  
FACEBOOK!



## Cultivating a Grateful Spirit

Gratitude can be learned. All you need to do is practice. Try three gratitude exercises for starters:

1. Be intentionally grateful – for little things and big things. Before going to sleep each night reflect on the good aspects of your day.
2. Count your blessings and write them down. When circumstances are difficult, read the list and remember God's faithfulness.
3. Express your gratitude to another person. The pleasure your words can give is another reason to be grateful.
4. Every day compile a list of 26 things to be grateful for – one for every letter of the alphabet! Or start with finding five things – one for each of the senses -- something you see, hear, smell, taste and feel.

## Schedule of Upcoming Events

Friday, Nov. 13 - Noon dismissal (Teacher In-Service Day)

Wednesday, Nov. 18 - 1st Trimester Report Cards go home in Eagles

Friday, Nov. 20 - Noon Dismissal (Thanksgiving Vacation/Awards Ceremony)

Nov 23-27 - Thanksgiving Vacation