

# ASAA OCTOBER CONNECTIONS

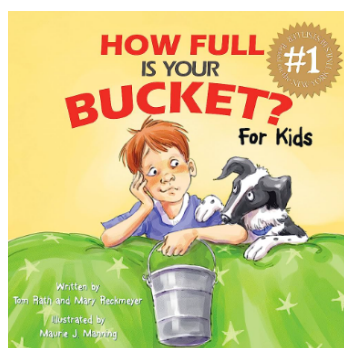
## FSLW UPDATE

Happy Thanksgiving! I feel incredibly grateful to be a part of this wonderful school community. Throughout the month of September, I had the pleasure of meeting many of your amazing children, and I am eagerly looking forward to making a meaningful contribution to our school. The holidays can have both joyful and challenging moments, as they tend to evoke a range of emotions. It's important to remember that we have the power to make this season more manageable and enjoyable. The key to a positive holiday experience lies in taking charge of what you decide to do and adjusting those activities to best suit your family. Consider adjusting tasks to reduce stress and frustration that often accompany this time of year. Instead, focus on crafting lasting memories that you can hold dear. For example, You and your family can enjoy a nature walk down Main Street, to take in the leaves changing colour on all of the trees and collect leaves for a craft.

## BOOK OF THE MONTH

In September, I went to classrooms and presented *Ruby Finds a Worry*. Please ask your children what Ruby discovered! This month's book is *How Full is Your Bucket? (for Kids)* By Tom Rath and Mary Reckmeyer. Each of us has an invisible bucket. When our bucket is full, we feel great. When it's empty, we feel awful. Yet most children (and many adults) don't realize the importance of having a full bucket throughout the day. Follow along, on Youtube, with Felix as he learns how easy it can be fill the buckets of others, and in the process, fill his own.

1. Please see attached bucket filling activity.
2. I challenge you to try to fill a bucket today!



## FAMILY FALL CRAFTS

**Leaf People:** Make use of the pile of leaves you collected on your walk by turning them into adorable leaf people. Glue the leaves to your paper or cardstock, then use markers or sharpies for the faces and markers to draw the arms and legs.

## EVENTS AND WORKSHOPS

- Leduc County FCSS is hosting a *Navigating the Holidays: A series on Healthy Relationships* for free!

Dates: Tuesdays, Oct. 17, 24 and Nov. 28

Time: 6:30 to 8 p.m.

Location: online via Zoom

Register: contact Kristin at 780-955-6421 or [kristin@leduc-county.com](mailto:kristin@leduc-county.com)

- *Therapeutic Story Time: Anxiety and Coping Strategies for Children 8-10.* Please contact [intakes@familycounsellingcentres.com](mailto:intakes@familycounsellingcentres.com) for more information and registration.

### Important Dates:

October 6th: PD Day, No school

October 9th: Happy Thanksgiving! No school

October 10th: PD Day, No school

**DRAW OR WRITE ABOUT 3  
TIMES WHEN YOU FILLED  
SOMEONE'S BUCKET.**

