<table>
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<tr>
<td>Nov 1st</td>
<td>Pie Pickup @ West Gym</td>
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<td>4th Grade Field Trip</td>
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‘Tis the season to be thankful’
On October 22 we began the second quarter. It always amazes me how quickly time passes when you are busy. During the past nine weeks, our students have made some amazing gains. We will be recognizing those successes at our first quarter awards assembly at 8:30 am on Thursday, October 25 in the West gym. We hope parents will be able to join us for this celebration. It is always wonderful to have parents in the school.

Parents are also welcome to come to visit us on October 31, to help with activities that will be taking place throughout the day. Each grade level has different events planned. Fourth grade and fifth grade have planned an activity day. Students will be rotating between classes to engage in educational games and activities. Third grade has planned a party for the afternoon. Students in every grade level will be putting on their costumes after the 2:00 recess. This should be a lot of fun to see! If you would like to help with some of these grade level celebrations please contact your child’s teacher.

We are excited to have parents back in our school on November 1, to pick-up pies. Our shipment from Liberty Fundraising should be arriving at about 2:00 in the afternoon. PTO will be needing parents who are willing to help unload the truck and set up the gym. We should be ready for products to be picked up by 3:25 when students are dismissed from school. If you are interested in helping please leave a message at the school office and we will pass the information on to PTO.

The fun continues during the evening of November 8, when fifth-grade students present their annual music program. The event will begin at 7:00 in the West gym. Mrs. Collins always does a wonderful job of preparing our students for these performances. So, this is one you will not want to miss.

During the week of November 12, we would love to see all of you again. During the week, Mrs. Sluss will be hosting the annual fall book fair. Students will have the opportunity during their library time and free time to shop. On Tuesday, November 13, there will be a school literacy night that is run in conjunction with the book fair. Teachers are planning some special activities for students and their parents for this event. We hope to see you there!

As you can see, November is going to be a busy month. Our teachers have put in a lot of extra time and effort to provide these opportunities for our students. We love what we do and we are excited to have you come and share these events with us! Please mark your calendars. We are looking forward to having lots of folks in our building throughout this next month.

Vicki S. Begin, Principal

‘Inside every seed is the potential for an incredible harvest’……..F. Gray
4TH Grade Travels Back In Time

The National Historical Trails Interpretive Center is a must-see destination. During their visit, 4th grade will be able to explore exhibits related to names that are truly legendary in Western history, and on the Oregon, California, Mormon and Pony Express Trails. Through these hands-on exhibits, the center captures the real-life drama that over 400,000 pioneers experienced as they followed these trails between 1841 and 1868.

WEST ELEMENTARY MUSIC PROGRAMS

5TH GRADE PROGRAM

NOVEMBER 8TH
7 PM
WEST GYM

BAND & WEST SINGERS CONCERT

DECEMBER 6TH
7 PM
WEST GYM
November is here and that means 5th graders are hard at work in the 2nd Quarter. Math has 5th graders working on multiplying and dividing with decimals. In reading, our classes have started reading the thrilling Historical Fiction book, Blood on the River. Social Studies has begun learning about the 13 colonies and science is focused on mixtures and solutions. We hope to see all our students at Family Literacy Night on Tuesday, Nov. 13th from 4-6 pm.

Hello from 4th Grade! We are looking forward to the beginning of a great second quarter. Students are starting informational reading. They are continuing to build their reading steps. In addition, 4th grade will be working hard on their power goals. In Math, students are studying multiplication and multi-digits. In science, 4th graders will be researching environmental studies, organisms, and how they survive. We are looking forward to traveling to Casper to the Historic Trails to learn a bit of Wyoming history. Here’s to a great November!

Greetings from the third grade! Third graders have been working extremely hard. In reading, students continue to work on their reading steps. Students have a goal to get four steps every day (60 minutes). We appreciate the home reading that is happening. We are finishing our Magic Tree House unit in reading and will be moving onto weather. Student engagement in reading and writing is something we work on daily. In math, students are working on adding and subtracting three digit numbers. Next in math will be multiplication. Continue to work on addition and subtraction facts at home. Map skills and communities continue to be the topic of discussion in social studies. Early explorers will be our next unit. In science, students have been learning about food chains and crayfish. Next up in science will be the human body. Third grade enjoyed their field trip to SAREC. Picking potatoes was the highlight. Thanks to our parents for their continued support.
SAVE A TURKEY.....

FEAST ON BOOKS

The secret to helping kids learn how to PICK the right book is simple.

P.I.C.K. stands for Purpose, Interest, Comprehension, and Know the Words.

P = Purpose: We need to have kids consider their purpose for reading. Why are they looking for a book in the first place? Is it totally a free choice, or is there some other reason for reading it?

I = Interest. When choosing a book, it should be something of interest. With the many millions of books on shelves today, there's bound to be something out there for everyone. And emphasizing the interest connections is super-important as well. If the child is interested in cars, then don't stop at fictional stories about cars; consider books about racetracks, car construction, and history of racing, racecar drivers, or car design. If it's magic that intrigues your daughter, then emphasize books about magic shows, magic tricks, and magicians; look for books that involve fantasy, science, and invention.

C = Comprehend. Is the book something that the child can comprehend? Can he or she understand what's read? Is it a book that is appropriate for his or her level or abilities?

K = Know the Words. Readers should be able to decode -- or read -- and understand the majority of the words on the page. The key is to remembering the "Five Finger Rule."

Knowing P.I.C.K. is empowering for kids. They want to know how to choose books that fit for them -- books that are enjoyable, fun, and exciting. It's all about giving our kids the tools they need to be strong, confident readers. Choosing the best book is the starting point.
~Although there are several claims as to where the first Thanksgiving took place, the traditional story that we associate with Thanksgiving is the three day pilgrim celebration that took place in 1621 at Plymouth Colony, in present day Massachusetts. This is regarded as the first American Thanksgiving. Over 200 years later President Abraham Lincoln issued a Thanksgiving Proclamation declaring the last Thursday in November as a national day of thanksgiving. It wasn't until 1941 that Congress made Thanksgiving an official national holiday.

~Sarah J. Hale, author of "Mary Had a Little Lamb" and 19th-century writer and editor, was nicknamed the Mother (or Godmother) of Thanksgiving after she wrote a letter to President Abraham Lincoln and Secretary of State William Seward in 1863, calling for the declaration of Thanksgiving as a national holiday. Biography writes, "[Lincoln] followed suit, ultimately leading to a fixed time of annual celebration over the years."

~Thanksgiving is the reason for TV dinners! In 1953, Swanson had so much extra turkey (260 tons) that a salesman told them they should package it onto aluminum trays with other sides like sweet potatoes — and the first TV dinner was born!

~Wild turkeys can run 20 miles per hour when they are scared, but domesticated turkeys that are bred are heavier and can't run quite that fast.

~Benjamin Franklin wanted the turkey to be the national bird, not the eagle.

~The heaviest turkey on record, according to the Guinness Book of Records, weighs 86 pounds.

~Female turkeys (called hens) do not gobble. Only male turkeys gobble.
Feria del Libro en Otoño en West Elementary  
Noviembre 12 al 16

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<th>Miércoles-14</th>
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Clifford El gran Perro Rojo. Ara una aparición especial durante la Noche de Alabettización en Familia el Martes, así que no se lo pierda!

¡Aldemas, cualquier persona que visite la Feria del Libro durante el evento de alabettización en Familia puede introducir su nombre para ganar una canasta de libros!

(No es necesario comprar)

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Be Enchanted by a Good Book!  
West Elementary Fall Book Fair  
November 12th-16th

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Clifford the Big Red Dog will be making a special appearance during Family Literacy Night on Tuesday so don’t miss out!

Also, anyone that visits the Book Fair during the Family Literacy Event can enter their name to win a book basket!

(No purchase necessary)

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FAMILY LITERACY EVENT!  
“Once Upon a Family Time”  
(Tuesday-4p-6p)

Many activities including guest readers, art activity, selfie station and idiom booth to name a few. Hope to see you there!
To enjoy this lovely, warm and classic American holiday don’t stress about over-eating and weight gain. At the same time, remember that it’s a Holi-DAY, not a Holi-MONTH so any extra calories you consume should be limited to Thanksgiving night. To help keep unwanted pounds from coming on without sacrificing enjoyment, here are a few quick holiday eating tips:

1) **Focus on healthy clean eating the days before and after - holidays are not for dieting and the more you try to skimp on calories, or restrict, the more likely you are to over-indulge at another time. So go ahead and give yourself permission to indulge just make sure you get right back on track the next day.**

2) **Eat slowly** - most over-eating happens when you’re shoveling food into your mouth way too quickly. It takes AT LEAST 20 minutes for your body to recognize fullness so slow down, put your fork down in between each bite, chew food thoroughly and it will help naturally decrease your intake.

3) **Go for what you REALLY want** - sure, everything on the table looks delicious, but everyone has that 1 or 2 dishes that are really calling their name. Whether it’s grandma’s stuffing, or Aunt Kathy’s pumpkin pie, ask yourself what you absolutely can’t resist or look forward to the most, have a small helping and ignore the rest.

4) **Avoid wearing overly loose or baggy clothing** - while this may seem like a naturally brilliant idea, the more room you have in your clothes, the more likely you will be to fill it (if you know what I mean). Wear clothes that fit well, not too tight or too lose, such as blue jeans or pants, for a quick, yet gentle reminder that you’ve probably eaten enough once they start feeling tighter.

5) **ENJOY YOURSELF!** - This is a day to be thankful for what you have so remember that above all else. Plus, how often do you get to sit down with the people you love most over a delicious-tasting meal? If you’re a typical working American family, unfortunately the answer is probably not often.

**HAVE A HAPPY & HEALTHY THANKSGIVING!**

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**Ina Garten’s Balsamic-Roasted Brussels Sprouts**

- 1 1/2 pounds Brussels sprouts, trimmed and cut in half through the core
- 4 ounces pancetta or bacon, 1/4-inch-diced
- 1/4 cup good olive oil
- Kosher salt and freshly ground black pepper
- 1 tablespoon syrupy balsamic vinegar

Preheat the oven to 400 degrees. Place the Brussels sprouts on a sheet pan, including some of the loose leaves, which get crispy when they’re roasted. Add the pancetta, olive oil, 1 1/2 teaspoons salt, and 1/2 teaspoon pepper, toss with your hands, and spread out in a single layer. Roast the Brussels sprouts for 20 to 30 minutes, until they’re tender and nicely browned and the pancetta is cooked. Toss once during roasting. Remove from the oven, drizzle immediately with the balsamic vinegar, and toss again. Taste for seasonings, and serve hot.
November is Diabetes Awareness Month

According to the CDC (United states Center of Disease Control and Prevention) in up to 29.1 million Americans, or 9.3% of the populations, have diagnosed Diabetes. Additionally, 86 million age 20 and older have pre-diabetes. Dietary modification and increasing physical activity are associated with up to 50% reduction in the risk of developing type 2 diabetes. When you take a step to prevent diabetes, you also may prevent any health related complications such as heart disease, kidney disease, stroke, vision loss, and nerve damage. If you are at higher risk of developing type 2 diabetes, its time to make some changes.

1. **Lose the extra pounds**  Weight loss is the main factor of reducing the risk of developing diabetes. Millions of high-risk people can avoid or delay the developing of type 2 diabetes by losing weight through eating healthy and regular exercising.

2. **Moderate 30-60 min exercise 5 days a week.** Exercise and physical activities such as walking, swimming, biking, or dancing is important for everyone but it is especially important for people with diabetes or those at risk for diabetes. Aim for regular physical activity for 30 minutes each day.

3. **Choose unsaturated fats over saturated fats.** Studies have find that the consumption of high-fat diet, and high intakes of saturated fats (butter, fried foods, fatty meats, etc) are associated with developing diabetes type 2. High fat diets are associated with impaired insulin action and often lead to weight gain, which then increases insulin resistance. Consuming more healthy mono and polyunsaturated fats can help lower the risk of diabetes and heart disease, including vegetable oils, nuts, seeds, avocado, and omega 3 found in fatty fish like salmon.

4. **Eat more fiber.** Getting the recommended daily amount of fiber daily (25-38g/day) can help control type 2 diabetes. Fiber can help maintain steady blood sugar, lower the risk of heart disease, and help in weight loss. Foods high in fiber include fruits, vegetables, beans, nuts, and whole grains.

5. **Cut back on refined sugar.** Americans consume an average of 22 teaspoon of sugar a day, which is the equivalent of 355 calories. Avoid refined sugar, such as white sugar, high fructose corn syrup, soda drinks, and candy. Studies have shown that drinking sugary drinks is linked to developing type 2 diabetes.

6. **Stop Smoking.** Smoking is a well-known risk factor for many chronic diseases such as diabetes, heart disease, and many other health problems. Smoking increases the accumulation of fats in the abdomen, which increases insulin resistance.

7. **Consult your doctor.** The American Diabetes Association recommends that testing to detect prediabetes and type 2 diabetes be considered in adults who are overweight or obese and have one or more risk factor for diabetes, and testing at age 45 for those without any additional risk factors.

The risk factors includes:

- Sedentary lifestyle
- Having one close relative diagnosed with type 2 diabetes
- Having a family background that is African American, Alaska Native, American Indian, Asian American, Hispanic/Latino, or Pacific Islander
- Having high blood pressure
- Giving birth to a baby weighing more than 9 pounds or being diagnosed with gestational diabetes-diabetes first found during pregnancy
- Having polycystic ovary syndrome, also called PCOS
- Having impaired fasting glucose (IFG) or impaired glucose tolerance (IGT) on previous testing
- Having a history of cardiovascular disease

‘THE GREATEST GIFT YOU CAN GIVE YOUR FAMILY IS A HEALTHY YOU’
Veterans Day

An official United States public holiday, observed annually on November 11 that honors military veterans; that is, persons who served in the United States Armed Forces. It coincides with other holidays, including Armistice Day and Remembrance Day, celebrated in other countries that mark the anniversary of the end of World War I; major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918, when the Armistice with Germany went into effect. The United States previously observed Armistice Day. The U.S. holiday was renamed Veterans Day in 1954.

Nellie Davis Tayloe Ross

(November 29, 1876 - December 19, 1977) was an American politician, the 14th Governor of Wyoming from 1925 to 1927 and director of the United States Mint from 1933 to 1953. She was the first woman to be sworn in as governor of a U.S. state, and remains the only woman to have served as governor of Wyoming.