

Week of November 14, 2022

Frank Fowler Dow School #52

Our Mission

Frank Fowler Dow School No. 52, in partnership with parents and the community, is committed to preparing our students to value themselves and others, attain their highest level of achievement, become lifelong learners, and serve as productive citizens.



Dr. Mary J Ferguson
Principal

Mary.Ferguson@rcsdk12.org

Mr. Redell Freeman
Assistant Principal

Redell.Freeman@rcsdk12.org

100 Farmington Rd.
Rochester, NY 14609

Phone: (585) 482-9614

Fax: (585) 654-1079

Start Time: 9:30am

End Time: 4:00pm



School #52 families,

Our Book of the Month for November was "I Am Courage-A Book of Resilience" by Susan Verde. It focuses on the character trait "Bravery". Click on the link below to watch and listen to the book read aloud.
<https://www.youtube.com/watch?v=WF35IJIAy4>

Click on the link below for a quick read on Building Courage in Kids – How to Teach Kids to Be Brave-
<https://www.heysigmund.com/building-courage-in-kids/>

"All our dreams can come true if we have the courage to pursue them." ~Walt Disney

How to Build Courage in Kids

1) **Speak of their brave as though they're already there.**

- Kids and teens step up to expectations or down to them. Speak to the courage that is coming to life inside them, as though they are already there. 'I know how brave you are.' 'I love that you make hard decisions sometimes, even when it would be easier to do the other thing.' 'You might not feel brave, but I know what it means to you to be doing this. Trust me – you are one of the bravest people I know.'

2) **Give permission for imperfection.** Failure and rejection are often a sign that you've done something brave. Every experience gives new information and new wisdom that wouldn't have been there before. It's why only the brave ones get there in the end – they have the knowledge, wisdom, and experience that can often only be found when you land badly – sometimes more than once. Give them space for imperfection – it's a growth staple.

3) **Try something new.** Encourage them to do activities that push them to the edges of their physical or emotional selves – drama, sport, music. Anything that will help to nurture the truth to life that they are strong, powerful, that they can cope, and that they are not as fragile as they might feel sometimes will help to nurture their brave hearts.



Upcoming PBIS Event–November 18th

This month's event is Cotton Candy and Minute to Win It. Your child is working hard to earn 25 Dragon Dollars to attend!

Report cards sent home– week of Nov. 21st

Thanksgiving Break– Nov. 23rd–27th

Be S.M.A.R.T., Be Brave, Be Kind, Be You!