



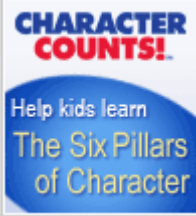
# The Panther Preview!



Volume 1 No. 8

www.districtor1.org

October 7th, 2011



## Character Counts Corner

### Can Gloomy Gus Become Cheerful Charlie?

Bad stuff happens. People get sick, lose a loved one, get fired, and make mistakes. Though these events are facts that become a permanent part of our history, the quality of our lives is not determined by the number or nature of our bad experiences, but how we interpret and react to them.

Most of us have a default position in our response to painful and disappointing experiences that is either positive-oriented or negative-oriented.

Pessimists explain adverse events to themselves in ways that perpetuate negative feelings about the past and generate fear and anxiety about the future.

Optimists see positive aspects of most situations and they expect people to be good and things to work out.

The good news is that negative thinking is not a permanent attribute; it's just a bad habit.

Here are three strategies to transform Gloomy Gus into Cheerful Charlie, or at least move Gus from negative to neutral: diversion, distraction and disputation.

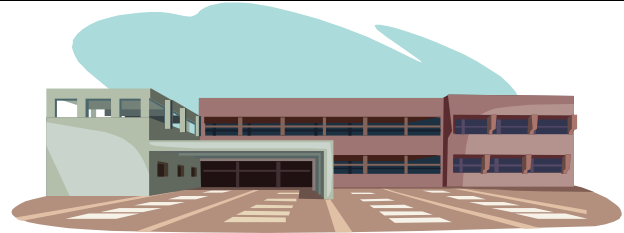
Diversion consists of consciously re-directing your thoughts every time negative explanations and predictions emerge – "She hates me, it's my fault, I can't win." Don't allow yourself to dwell on feelings of hopelessness or helplessness. Negativity may come uninvited but you don't have to let it stay. Think about good things, your successes and all you have to be grateful for.

Distraction involves actions that take your mind off whatever is making you sad or anxious. Read a book, play a game, watch a movie, surf the Net. Don't let negative thoughts take root.

The most potent strategy, however, is disputation. Put your pessimism on trial. Aggressively challenge negative explanations and assumptions. Convince the jury in your mind that pessimism is a lie and argue for positive interpretations.

Try it. It really works.

This is Michael Josephson reminding you that character counts.



## School and Community Events



**End of 1<sup>st</sup> Quarter Friday, October 14<sup>th</sup>. Early Dismissal on the 14<sup>th</sup>! Report Cards Sent Home Thursday, October 20<sup>th</sup>. Fall Break on Friday October 21<sup>st</sup>!**

It is hard to

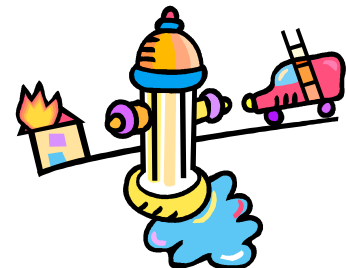
believe but, October 14<sup>th</sup> will mark the end of the first quarter. There will be an early dismissal at 1:10 on the 14<sup>th</sup>. Report Cards will be coming home on Thursday, October 20<sup>th</sup>. The following day, Friday, October 21<sup>st</sup> will be a fall break day. Enjoy the day.

### Fire Safety Week

The week of October 10 – 15 is Fire Safety Week at Bennet Elementary. The Bennet Fire and Rescue Department will be visiting the elementary and preschool to conduct a fire drill and an assembly on fire safety in the home. The assembly will be on Wednesday, Oct. 12<sup>th</sup>. The theme for this year's Fire Safety Week is "Protect Your Family From Fire." Students are busy at school preparing "Fire Hazard Binoculars." Parents and patrons are welcome to attend the assembly at 8:45 a.m.

### Bennet Rural Fire and Rescue Department to Host Annual Pancake Feed and Open House

Stop by the Bennet Rural Fire and Rescue Dept. Fire Station on Saturday morning, October 15<sup>th</sup>, between 6:30 – 11:00 a.m., for their annual Open House and Pancake Feed. There will be demonstrations, equipment displays, and many booths and tables set up for the public to enjoy. The Star Care Helicopter



will make an appearance. There will be lots of other activities for everyone. And at the end of the open house the drawing for the Fire Truck Ride to School will take place! Come on out to the Bennet Fire Station Saturday morning! The pancake Breakfast is a free will donation.

### **NO MORE TUBES!**

Thanks to everyone for contributing all of the paper towel and toilet paper roll tubes. We had more than enough for all of our students.

### **Pumpkin Festival**

Earl May Garden Center at 48<sup>th</sup> and Highway 2 will be hosting its "Pumpkin Festival" on Saturday, October, 8<sup>th</sup>, from 10:00 a.m. to 4:00 p.m. There will be family fun for everyone. The following activities will be available for all to enjoy: Face Art, Chalk Garden, Kids Games, Colorful Magic by Bruce, a bounce house, live animals and Tattoo stickers. The



Palmyra Cheerleaders will be serving food. Plus, if you buy a pumpkin, the decorating supplies will be provided for free. Bring your camera; there will be plenty of photo opportunities.

### **Food Drive**

The Palmyra Youth Club will be out in Palmyra on Wednesday, October 12<sup>th</sup> collecting donations for the food pantry. Please consider donating when they knock on your door. -Thank You.

### **Palmyra Post Prom Committee Fund Raiser**

The Palmyra Post Prom Committee is selling T-shirts, Sweatshirts, Beanies, and Cinch Sacks as a fundraiser to make money for Post Prom Activities in April. An order blank was included with last week's newsletter. You may also pick up order forms in the school office.

### **Exercising Good Character!**

Students and staff attended a Character Counts Rally last Friday afternoon in the cafeteria. This year's theme is EXERCISING GOOD CHARACTER! Students were reminded of what it means to be a kid of Character and how they are going to celebrate it all year. They also learned some stretches to do as they recite the character pledges for each pillar.

Character Counts is a program that promotes the six Pillars of Character -Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship. As we

Celebrate Character this year, we are challenging students to take responsibility for their character and pledge to improve in these six areas!

Each month a Pillar of Character is highlighted and students and staff will talk about ways to demonstrate that pillar of character. October's Pillar of Character is Trustworthiness. We wore blue on Monday, October 3rd, to recognize that pillar and ask students and staff to wear blue again on Monday, October 17<sup>th</sup>.

### **Character Counts True Blue Trustworthiness**

Please wear blue on Monday, October 17th to celebrate being true blue and trustworthy.



Mrs. Linke talks to Bennet Elementary students about "Exercising Good Character" during the Character Counts assembly last Friday.



Bennet Elementary T-shirts "tie dye" along with our Character Counts theme this year.