**Unit A**

Thank you to everyone who was able to attend our Munch and Read on Friday. We love these monthly reading celebrations.

**Unit B**

Unit B has started the Student Council election process. We nominated candidates and held primaries this week. The chosen candidates will need to prepare a short speech over the weekend, and we will hold our elections next week. Each class will elect one second grade and one third grade Student Council officer. We will focus on students presenting positive, helpful ideas for our school community.

Hopefully you have seen the note your child brought home about our trip next week to the Audubon Society Sanctuary. If not, please check your child’s Home-School Folder for more information.

**Unit C**

In Science, Unit C students have been studying adaptations of animals to their environment. After learning about the two types of adaptation, physical and behavioral, each student has chosen an animal to study. They have then created "mini-presentations" on their iPads highlighting the adaptations that their animal exhibits. We have learned many interesting facts about many unusual animals as the students have given their presentations this week.

**Specialist’s Corner … Mrs. Ryberg, School Counselor**

Counselor Class: We are learning about feelings/emotions and how to manage them. Feelings come in a wide variety, just like colors, and there are more feelings and synonyms for feelings than we can name. All feelings are okay and we should practice recognizing and managing them. Students are encouraged to identify and recognize their feelings in themselves and others. By recognizing our feelings we are better able to manage them when the more difficult feelings come. We discussed how feelings are a protective factor, warning of us of danger and the world around us. When we feel scared if a spider crawls near us, the part of our brain that is responsible for our feelings, the amygdala (the security guard) jumps into action and puts us in the “fight or flight mode”. Our eyes dilate, our heart beats fast, our muscles tighten. While this can be a good thing, we also need strategies to help us process these feelings and learn to calm down and manage these feelings when the threat is something that makes us mad, frustrated or sad.

Here are a few steps:

- **Name it to tame it:** Asking yourself how you feel and saying it will help you recognize and get the feelings out. (say to yourself or a trusted adult.) This helps processing and sends a relief message to the brain.
- **Breathe:** deep breathing can help your heart to slow down and sends messages to your brain that you are calm. Take a break, stop and think.
- **Take a break and do something that helps you relax.** Sensory strategies can help: stretching, coloring, drawing, reading, petting a dog, progressive muscle relaxation, nature scenes.
- **Positive thinking and problem solving:** practice looking for the positive. Having a solution focus can help kids work through these tough feelings. We can learn to manage our emotions with positive thinking.
**Principal’s Pen**  Two items of note this week:

Parent Advisory Committee (PAC) met for the first time this year on October 4. Several parents have volunteered to be parent representatives on the committee. If you have a question that you would like to bring up at PAC, you are welcome to attend or contact one of the representatives listed below.

<table>
<thead>
<tr>
<th>Parent name</th>
<th>Unit</th>
<th>Contact by phone or email</th>
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</thead>
<tbody>
<tr>
<td>Blueitt, P. Shamela</td>
<td>A</td>
<td><a href="mailto:macks@health.missouri.edu">macks@health.missouri.edu</a></td>
</tr>
<tr>
<td>Campione-Barr, Nicole</td>
<td>B</td>
<td><a href="mailto:campionebarrn@missouri.edu">campionebarrn@missouri.edu</a></td>
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<tr>
<td>Creech, Mary Jo</td>
<td>B and C</td>
<td><a href="mailto:maryjoocreech@gmail.com">maryjoocreech@gmail.com</a></td>
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<tr>
<td>Dudley, Gwen</td>
<td>B and C</td>
<td>573-999-3068</td>
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<td>Gossett, Amy</td>
<td>A</td>
<td>573-690-7142</td>
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<td>McMillen, Anna</td>
<td>A</td>
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<td><a href="mailto:setcrush@gmail.com">setcrush@gmail.com</a></td>
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<td>B</td>
<td><a href="mailto:thomaskla3@gmail.com">thomaskla3@gmail.com</a></td>
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If you are a faithful RAP reader, you have noticed that several school clubs are already meeting regularly. In order to keep you informed about upcoming clubs, there is a chart attached to this RAP with our club plans for the year. Before the first club meeting date, you will receive signup information. Please do not contact the club sponsor until you receive the signup form. All of our sponsors are busy teachers, and they will be sure to get the information to you in a timely manner.

P.S. Thank you for being a faithful RAP reader!!

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**Spelling Club ~ Mrs. Cox, Sponsor**

All Unit B and Unit C students are invited to attend Spelling Club each Thursday after school from 3:00 – 4:00 in Mrs. Cox’s classroom. Club meetings began on Thursday, October 6. Students will be dismissed promptly at 4:00, and parents should pick up at the front of the school. Our last meeting will be after the school Spelling Bee in February, 2017.

The purpose and the focus of the club is to practice for spelling competition. Materials from the Scripps National Spelling program will be used to coach students for competition. You may visit the website at [www.spellingbee.com](http://www.spellingbee.com) for more information.

Please complete the sign up form below for your child to participate and return to school.

Student Name: ____________________________ Homeroom: ________

Parent Name: ____________________________ Phone: ______________

Email: ____________________________

Emergency Contact: ____________________________ Phone: ______________
Ridgeway School Club Information

- Choir ~Tuesday, morning practice at 7:25 AM, and Thursdays during Unit B & C lunch recess
- Tuesday ~ Chess Club, Art Room 3:00-4:30
- Tuesday, October 11 ~ Oak Towers Club, Mrs. Shull’s room 2:45-3:45.
- Wednesday ~ Drama Club 3:00 - 4:00
- Wednesday ~ Paper Crafting 3:00-5:00, dates as specified
- Wednesday ~ Sports Club 3:00 - 4:00
- Thursday ~ Computer Lab 3:00 - 4:00
- Thursday ~ Fall Lego Club 3:00-4:00
- Thursday ~ Spelling Club 3:00- 4:00
- Friday ~ Reading Club, Unit C Lunch 12:25-12:50

Ridgeway Family Event!

We have a Ridgeway Family Event scheduled for Thursday, October 13. Families are invited to bring favorite books, a blanket, and a flashlight. We will gather in the gym to read as a community from 6:00-7:15 p.m.* Be on the lookout for some special lighting! Please eat before you come as there will be no eating in the gym during the event.

*Please note a slight time change since the Ridgeway Event calendar was published.

Club Notes...

The Friends of Oak Towers Club will meet again on Tuesday, October 11. We meet in Mrs. Shull’s classroom at 2:45 and walk to Oak Towers. We do activities with the staff and residents and return to Ridgeway for a prompt dismissal from the front east doors at 3:45 PM. Students who attend Adventure Club will go directly to Adventure Club at 3:45 PM. Please email Mrs. Shull at wshull@cpsk12.org if your student is enrolled and will not attend this week or if you are able to go along as a parent volunteer. We will also go to Oak Towers on Tuesday, October 25.

The Ridgeway Choir began practicing this week. Please remember that choir practice begins at 7:25 AM on Tuesday mornings and is during Unit B and Unit C lunch recesses on Thursdays. T-shirt orders will be accepted through Monday, October 10. Our first performance this year is singing The National Anthem at a MU volleyball match on November 20.

Spelling Club meets on Thursdays from 3:00-4:00. The sign up form is on page 2.
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
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