

AURORA QUEST K8 NEWS YOU CAN USE



Important Dates

Nov 17	Movie Night – Cars 3
Nov 21	Equity & Engagement Committee Meeting, 2:40
Nov 22	P/T Conference Exchange Day - NO CLASSES Childcare is available at Quest from Rocky Mountain Kids
Nov 23-24	THANKSGIVING- NO CLASSES
Nov 28	Deadline for Reflections Contest
Nov 30	Middle School Conferences
Dec 4- 8	Spirit Week
Dec 5	Skate City Night, 6:00 pm
Dec 21	Last Day Q2/First Semester Early Release Day – 10:45 Dismissal
Dec 22	Teacher Workday- NO CLASSES PTA Swim Party at Utah Pool 6:00 – 8:00
Dec 25- Jan 5	Winter Break- NO CLASSES

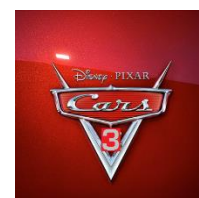
ARE YOU RUNNING LATE?

If you are late and have missed the drop-off window, please be sure your child knows to enter the building from the main entrance. A good rule of thumb is; if you do not see a staff member in front of the school, the playground supervision has ended. Students who try to enter the school from the playground after the staff has gone to the classroom, are frustrated by locked doors. If students come to the main entrance, they will be able to come inside.

IT'S MOVIE NIGHT

The show starts tonight at 6:00, and the concession stand opens at 5:30. It will be in the gym, so bring your big fluffy pillows and mats or blankets to settle back and watch in comfort.

There is one more chance to contribute new or gently used stuffed animals to Girl Scout Troop 287's Teddy Bear Project. The final plush animal collection will be at the Quest Movie Night tonight.



Cars 3

TONIGHT

6:00 pm

COUNSELOR'S CORNER

10 Tips for Helping Your Child Cope with Holiday Stress

By **David Fassler, M.D.**

For most children, the holidays are happy, fun and exciting times. There's a break from school and a chance to see friends and relatives. There may also be special food, music and family traditions. However, for some children, the holidays can also be stressful and confusing. Family plans and celebrations may be complicated by divorce, separation or remarriage. The holidays can also be a difficult time for children who have lost a parent, sibling or close relative. This year, many children are also separated from parents due to ongoing military service.

The holidays often remind children of what's changed and what's now different. For example, a child from a divorced family may feel sad on some level because he misses the "intact" family he used to have. A child whose parent is on active military duty may feel it's particularly unfair that her daddy or mommy needs to be away over the holidays.

There are a number of things parents can do to help children cope with holiday stress. These include:

1. Discuss holiday plans well in advance, and let kids participate in decisions to the extent possible. Kids need some degree of predictability. Prolonged uncertainty, constantly changing plans or last-minute decisions can all increase stress.
2. If you're traveling, leave plenty of extra time and bring child-friendly snacks, books, games and/or music.
3. Don't overschedule. You may not be able to do everything or see everyone. Kids can easily get "burned out," overtired and cranky during the holidays.
4. Give kids some "downtime." Don't expect them to be "on" all the time. Leave room for some quiet activities, like listening to music, walking in the woods or reading a book.
5. Make sure kids get plenty of sleep. While it may be exciting to stay up late, lack of sleep often leads to increased irritability.
6. Let kids be honest about their feelings. Don't force them to act happy and excited if they're feeling quiet or down.
7. Don't promise things you can't produce. For example, don't promise that a parent will be home in time for the holidays if the decision is really out of your control. Don't promise that someone will call if they're in an area with limited phone service.
8. Uphold and maintain family traditions even if a parent is absent. Kids count on certain traditions, which can have an important grounding effect by letting kids know that even though some things have changed, other things have remained the same.
9. Don't try and compensate for an absent parent with extra gifts or toys. It won't work. What most kids really want is time, attention and reassurance.
10. Take care of yourself. Try and avoid getting overloaded with obligations. If you feel stressed, it increases the pressure and tension on your children.

Most kids, even those dealing with loss or family transitions, can and do enjoy the holidays. However, preparation, patience and honesty can help prevent conflict, reduce stress and enhance the holiday season for the whole family.

Dr. Fassler is a board-certified child and adolescent psychiatrist practicing in Burlington, Vt. He is a clinical professor in the Department of Psychiatry at the University of Vermont College of Medicine, and the Director of Advocacy and Public Policy for the Vermont Center for Children, Youth and Families.

FOOD DRIVE

The annual holiday food drive is drawing to a close. Our NJHS students inventoried what has been donated so far. The students found we need a few specific items to complete the 18 food baskets we will give to APS families at noon on Monday. Every item helps put us closer to providing a complete meal. Please consider sending in one of the following items:

- 8 cans of gravy
- 11 cans of yams
- 4 cans of cranberries
- 2 bags of rice
- 3 cans of pumpkin
- 4 Frozen Turkeys – any size



8th Grade Parents – High School Information

It is time for parents and guardians of 8th grade students to begin thinking about life after Quest. That includes selecting the high school that best fits the academic interests of your child. To help you in that selection process, counselors from the following APS high schools will be at Quest on the dates/times listed to provide you with information about each school. We are working with Rangeview to secure a date.

These meetings will include information regarding the APS open enrollment process and additional requirements from each high school. We hope you will consider joining your students to learn more about the different high school in APS.

Hinkley High School	12/05	7:45-8:10 in the gym
William Smith High School	12/06	7:45-8:10 in the PD room
Vista Peak High School	12/12	7:45-8:10 in the gym

SURVEY SAYS....

Each year, Aurora Public Schools surveys parents about parent involvement and satisfaction. The survey helps APS to understand how effectively we are involving parents and meeting your needs.

The survey should take no more than 10 minutes. It is completely anonymous and confidential. **Please click on the link below to complete the survey.** The school will also provide paper copies of this survey to parents, but we encourage you to complete the survey online. **Please complete the survey by December 20th.**

<http://aurorak12.org/survey>

Thank you in advance for participating! Your feedback helps us to better meet your needs.

HOSPITALTY COMMITTEE

Middle School parent teacher conferences are November 30 and we need help feeding the teachers. Please help us organize the dinner by volunteering to bring in food, setting up or cleaning up. Thanks for your support! Just follow the link to sign up!

<http://www.signupgenius.com/go/30e0d4eaeab2aa0ff2-mexican>

Donate Your Old Yoga Mats!

Ms. Haley is in need of 15 yoga mats for her upcoming yoga classes for kids. If your yoga mat is due for an upgrade, or if you no longer use it, please consider donating it to Quest. The class can also use old yoga blocks or straps.

SPIRIT WEEK

PTA is sponsoring an entire week of Quest Spirit! Join the fun and dress up every day.

- Monday, December 4 – Career Day
- Tuesday, December 5 – Crazy Hair Day
- Wednesday, December 6 – Tacky Tourist Day
- Thursday, December 7 – Time Travel Day
 - dress in clothes from your favorite decade
- Friday, December 8 – Quest Spirit Wear Day

Quest Parents are Amazing



The staff at Aurora Quest is very thankful for the wonderful support we receive from the Quest community. We just can't say it often enough. Thank you for all that you do to make this school so special.