



OCTOBER 2022

FITNESS CHALLENGE: Throughout the school year students will be challenged to regularly participate in physical activity. The fitness challenge for the month October is for students to create AND complete an at home obstacle course. The Obstacle course must contain AT LEAST 3 obstacles and students must go over something, under something and around something during their obstacle course. The course may be inside or outside. Please upload a video or picture of your obstacle course to your individual portfolio on the K-4 or 5-8 Dimmick Fit class. This challenge is worth 5 Dimmick Fit points and will be awarded by the end of the month.

HEALTHY EATING CHALLENGE: The new challenge for the month of October is Spinach. Students are to sample eating the vegetable "spinach". The spinach may be eaten in a salad, smoothie or baked in a quiche. Spinach is packed with nutrients and antioxidants like magnesium, potassium, calcium, iron, vitamin C, and fiber. When the student has completed the challenge, a picture or video must be added to the class Dojo story. Students in the K-4th grade will post on the K-4 Dojo page and students in 5-8th grade will post on the 5-8 page. Upon completion of the challenge, students will receive 5 Dimmick Fit points in class Dojo.

SEL Monthly Challenge: This year at Dimmick School, we've come up with some new guiding expectations for behavior. Hopefully students and parents are starting to become familiar with our Be Respectful, Be Responsible, and Be Safe guidelines! This month, we are going to highlight the guideline of Respect. To show respect to people means that we think about and treat them in a way that shows they are worthy of our kindness and attention. It's important for us to show respect to others, including adults and classmates, as well as ourselves. We can do this in many ways both at school and at home. For your October SEL Dimmick Fit Challenge, we want you to come up with three examples of showing respect: one example of how you can show respect to your teachers; one example of how you can show respect to your classmates; and finally one example of how you can show respect to yourself. You can write this on paper or type it on a computer and take a picture to post to the Class Dojo story, or you can record yourself on video. When the student has completed the challenge, the picture or video must be added to their class dojo portfolio. Students in the K-4th grade will post on the K-4 Dojo page and students in the 5-8th grade will post on the 5-8 page. Upon completion of the challenge, students will receive 5 Dimmick Fit points on class Dojo. Go Braves! In Second Step this month the students are learning about how to be assertive by asking for what they need or want in a firm and respectful voice. This month, students will demonstrate their ability to communicate assertively with their teachers and peers. Students will also begin learning how to identify other's feelings by looking at their faces and body language for clues. Using this information, students will be encouraged to show empathy and compassion for those having unpleasant feelings.