

OCTOBER, 2023

# CAPITOL HILL SUPPORT STAFF UPDATES

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## October is Kindness Month!



**Hello! We can't believe we are already a month into the school year!**

**This month, Capitol Hill is focusing on Kindness. Each week in October, classes will spend some time participating in a variety of Kindness related activities:**

- **October 2nd - 6th - Going Beyond Kindness**
- **October 9 - 13 - Community Service**
- **October 16 - 18 - Unity Day (Wear Orange on Oct 18!)**
- **October 23 - 27 - Kindness Door Decorating Contest**
- **October 30 - 31 - Gratitude**

**Check in with your child throughout October to see what they are learning about kindness!**

# FALL VIBES



## What's going on in Elementary School this month?

-Biweekly classroom lessons grades 1-5.

Topics this month include:

- Starting our academic/social emotional learning success unit

-5th grade parents, we will continue academic advising meetings with your children as part of their Personal Learning Plans. Check Xello to see what students are up to!

## What's going on in Middle School this month?

-8th graders will start their Academic Advising Meetings as part of their Personal Learning Plan with Mr. Fomafung.

- 6th grade will have Mental Health/Bullying Prevention Lessons.

-7th & 8th graders will have their Bullying Prevention Lessons.

## Quote of the Month

“Joy is the most magnetic force in the universe.”

- Danielle LaPorte

## Resources

[Capitol Hill School Counselor Website](#)

[Unity Day Website](#)

## Good to Know

-[Electronics Policy](#)

-[Middle School Bell Schedule](#)

-[How to open a combination lock](#)

-[Parent Campus and Schoology Quick Access](#)