

The Oberle Update

Give Thanks

Thanksgiving is a day that reminds us how much we truly have to be thankful for. With all of life's hurriedness and stress, it's so easy to forget the many blessings we've been given.

So, just what can or should we be grateful for? Being grateful for what we have is a key to happiness.

Let's look at just a few things which "rate" gratitude, or gratefulness:

Comfortable shelter. A vehicle which takes you from point A to point B. Clothes that keep you warm. Family members you love and who love you.

Those are really good but let's dig a bit deeper:

Eyes out of which you can see, from your loved one in front of you, to the magnificence of a sunset, to the deep green grass to the majestically beautiful mountains. Ears out of which you can hear, from your dog barking, to anyone telling you hello, to the music playing (even loud, obnoxious music that isn't your type).

A mouth out of which you can communicate after using your mind, from telling someone you love, "I love you," to warning someone to look out for the banana peel, to sharing a funny story, to offering much needed advice to someone who has come to you for help. Legs with which you can walk, fingers with which you can touch and feel, and arms with which you can hug. How do we apply this appreciation in our dealing with others? So often we become angry at the difficult person whose bad attitude makes our life difficult. If we can look at this person with total appreciation for what they are as a human being doing the best they can based on their knowledge, upbringing, circumstances and way of seeing the world, we can have a whole new respect and level of appreciation for that person and what they represent. Even if what they represent to us is simply a learning experience from which we can grow to be a better, more understanding, and more effective person ourselves. And guess what? Appreciation for everything that's been mentioned, and much more, is not limited to one day of Thanksgiving. We can practice the "skill" of appreciation as much as we want to, every single day. So, this Thanksgiving, enjoy the food, the company, and even the day off from school and work. But, more than anything, appreciate the fact that you have so much to be thankful for...and be thankful for that!

Counseling Corner

Emergency Assistance: Physical, emotional, and spiritual assistance is offered at Bragg Hill Family Life Center. BHFLC can provide emergency bags of food and clothing. Distribution of emergency bags Tuesdays and Thursdays 9am-12pm, 1pm-3pm. Contact 540-371-3662 for additional information.

Food Assistance: Any family seeking food assistance during the holiday season should contact the Fredericksburg Regional Food Bank at 540-371-7666 to connect with your local food pantry.

Energy Assistance: The Very-Low Income Housing Repair Program will inspect your heating system for safety, seal air leaks, and install installation if needed. To qualify, you must meet age and income requirement guidelines and be a homeowner. Contact 540-371-3355 for additional information.


The Latest...

The deck is now complete! Thank you, Mrs. McLaughlin for making this space a possibility and Mr. Jett, for all your hard work needed to bring it to life. We look forward to enjoying this space for special events, celebrations, and perhaps, an outdoor classroom!



Word of the Month: FOREGIVENESS

November Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Thursday	Friday
2 Chesebrgrs Potato Salad	3 Spaghetti Ratatouille Italian Bread	4 Fried Chix Mac & Cheese Spinach	5 Hot Dogs Carrots Popcorn	6 Pizza Zucchini Angel Food Cake	Important Dates: Staff Inservice n ng er Make-Up Day Awards Recognition g Barks*** irthday!!! er 8- Greg*** November 23- Owen*** ***November 27- Demontae*** ***November 30- Joey*** ***Way to go Mrs. Pickover for scoring tickets to Matilda at the Kennedy Center on Dec. 18! Any parent interested in chaperoning should inquire with Mrs. Pickover @ gpickover@eri-va.com .*** ***Congratulations to the following students for earning reward day to Belvedere Plantation on Oct. 29: Romaine, Khadijah, Jeremy B., Josh C., Lee G., Dante, Billy, Poilar, Jabrell, Sean, Libby, Chris F., Bobby, & Brian. Keep up the great work!*** ***Many Thanks to:*** Stafford Rotary for your donation of pumpkins for our pumpkin painting party! Sugar Shack, Chick-fil-A (Celebrate VA), Wawa, Popcorn Bag, & Subway for your donation to promote our Bully Prevention Campaign! 	
9 Beef Stir Fry & Broccoli	10 Chix Salad Popcorn Cucumber Spears	11 Tuna Noodle Casserole Peas	12 Jungle Soup Safari Salad	13 Pizza Veggies & Dip Apple Crisp		
16 Beef Goulash Macaroni Salad	17 Teriyaki Chix Green Beans Rice	18 Ravioli Broccoli	19 Hots Dogs Pretzels Corn	20 Pizza Cauliflower Chocolate Torte		
23 Hambrgr Soup Texas Toast	24 Thanksgiving Luncheon	25 Bologna Sandwich Carrot Sticks Chips	26 CLOSED	27 CLOSED		
30 Steak & Cheese Sub Chips						

Reminders to Students:

1. Don't stand by, stand up to bullying!
2. Yoga is practiced on Thursday mornings. Interested students should see Ms. St. Clair.
3. Failure to abide by the electronics policy will result in confiscation of the device. Do not abuse this privilege!

Reminders to Parents:

1. T-shirt and hoodie orders are due Nov. 2nd. T-shirts are \$10 and hoodies are \$21. Orders should be submitted to Pam Simms.
2. Any medication to be administered during school hours must be accompanied with a doctor's order. Parents must supply all over-the-counter medications in an unopened, original container.
3. Gradelink grants anytime access to your child's educational and behavioral progress. Contact Mrs. Vaughn for information.

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