



## **Bulldog Bark**

**November 2023**

The window replacement project for the school is nearing completion. Kramer Construction of Jamesport is doing the project. The existing windows were around 20 years old and in strong need of replacement. We have new and more energy efficient Anderson replacement windows. They are more air tight and we can notice the difference. We appreciate the diligent and hard work of the Kramer crew.

State law requires the district to test for lead in our drinking water annually. Our tests, conducted by an independent lab, showed no above the legal limits or in violation of EPA regulations. The district has no remediation plan from the lab or the EPA. This is very good news. A copy of those results is available from the office and will be posted on the district's website.

### **A Reflection...**

Breckenridge is a special place. It has been such a great experience for our family. I was talking over lunch recently. We were talking about my retirement. She said, "I bet you're going to miss us when you retire." My response was, "Yes I will." I think I will miss seeing the people on a regular basis the most. Retirement, like taking a new job as I did here 17 years ago, brings challenges. I thank you all for your kindness.

Respectfully,

**Brent A. Skinner**

**Superintendent of Schools**

**Breckenridge R-I School District**

## Upcoming Events For November/December/January (Continued)

January 5 th – Varsity BB (home) Higbee/Gate Duty Miss Ortiz

January 8 th – Varsity BB at Keytesville

January 9 th – Varsity BB (home) Tina-Avalon/Gate Duty Mrs. Warren

January 18 th – Varsity (home) Bucklin w/Macon County/Gate Duty Mrs. Fels

January 23 rd – Varsity BB (home) Northland Christian/Gate Duty Mrs. Parker

January 25 th – Varsity BB at Winston

January 29 th – Varsity BB at Bevier

January 30 th – Varsity BB at Hardin-Central

# BULLDOG & PRIDE



The Junior High Bulldogs got their first win of the year against conference opponent Braymer. It was a close game the whole way. At halftime we found ourselves down 8-11. With a big 3rd quarter we put ourselves in the driver's seat, and we carried that momentum into the 4th quarter. Braymer kept fighting till the end which caused the game to go down to the last second.

With 2 minutes left in the game 8th grader and leading scorer Jaxon Tripp had fouled out. But the rest of the team didn't panic, and everyone stepped up to do their job, not Jaxon's job. This was the difference between us winning and losing. With a couple good rebounds from our girls and a clutch free throw from Caleb. We were able to go up by 3 points. With 1 second left Braymer calls a timeout, takes a 3, and misses. Bulldogs win 25 to 22

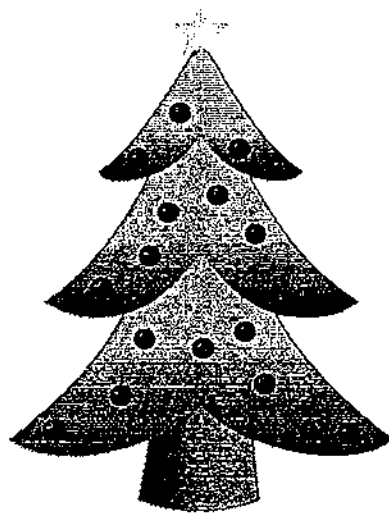
This week the JH girls were able to have a quick game against other girls for the first time in many years. And our Breckenridge girls squeezed out the victory against the hale lady cardinals. Our JH girls are officially undefeated against conference girls teams. The Bulldogs will look to add a few more wins before this season concludes. Our Bulldogs are finishing strong and need your support!

# **Festival of Trees**

**December 2, 2023**

**Breckenridge School Gym**

**10am-2pm**



**Shop Vendor Booths!**

**Enter Raffles!**

**Enjoy Lunch!**

**Support the students of Breckenridge R-I!**

# November 2023

# Breckenridge R-1 K-8 Breakfast

1% Skim and Fat Free Chocolate Milk and Juice Variety offered with every meal.

Menu is subject to change.  
This institution is an Equal Opportunity Employer  
\*Denotes High School item only

5	No School	7	Skillet Colby Omelet Bagel Fruit Juice/Milk	8	Bagelful Cinnamon Cream Cheese Fruit Juice/Milk	9	Breakfast Pizza Bagel Fruit Juice/Milk	10	Popart (Strawberry) Fruit Juice/Milk
13	No School	14	Mini French Toast-Triple Berry Fruit Juice/Milk	15	Mini Chocolate Donuts Fruit Juice/Milk	16	Turkey Sausage & Gravy Breakfast Fruit Juice/Milk	17	Cereal Fruit Juice Milk
20	Biscuits & Gravy Sausage Fruit milk	21	French Toast Sticks Fruit Juice Milk	22	NO School	23	NO School	24	NO School
17	No School	28	Skillet Colby Omelet Bagel Fruit Juice/Milk	29	Bagelful Cinnamon Cream Cheese Fruit Juice/Milk	30	Breakfast Pizza Bagel Fruit Juice/Milk		

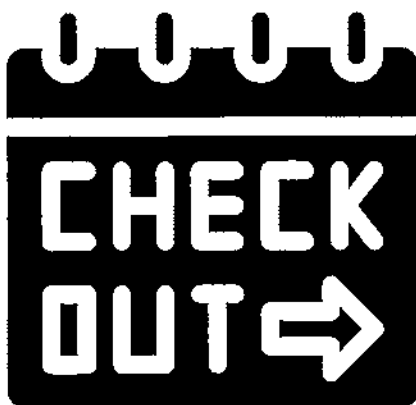


NOVEMBER IS.....

# November 13th is World Kindness Day

No act  
of kindness,  
no matter  
how small,  
is ever wasted.  
Aesop

Did you know kindness is good for the body and mind? According to the Mayo Clinic, kindness has been shown to increase empathy, self-esteem, compassion, and improve ones' mood. Kindness can also positively impact our brain by boosting our levels of serotonin and dopamine.



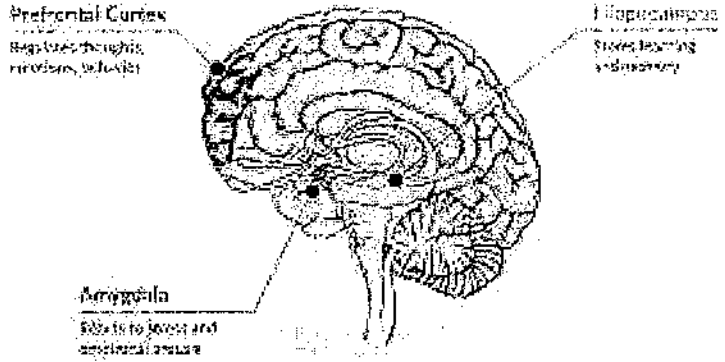
SEE NEXT PAGE  
FOR THIS MONTH'S  
LESSON THEME

Contact Us: 660-644-5715

Website:

<https://breckenridger1.org/wordpress/>

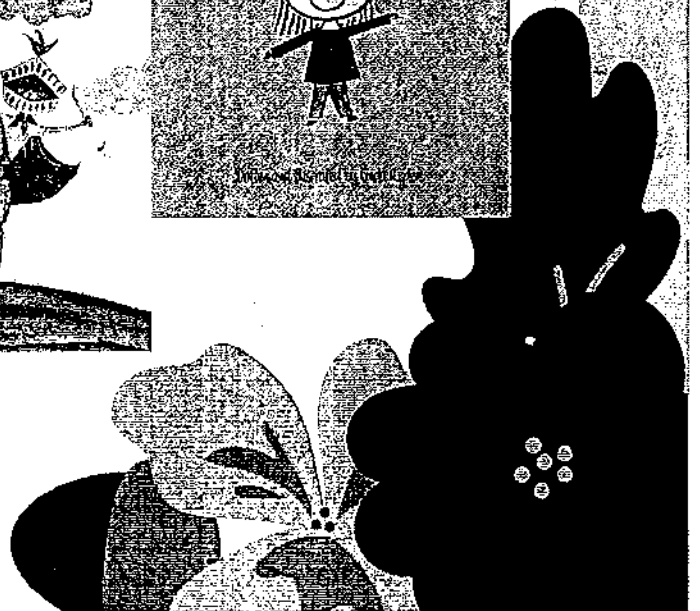
# This Month's S.E.L. Lesson Theme is Learning About Regulation and Parts of the Brain



Students will learn about the different parts of the brain that can affect our behaviors and how we handle our emotions/body sensations. At the end of this month, students should be able to:

- Name 3 parts of the brain (Amygdala, Hippocampus, and Prefrontal Cortex) \*See below for picture/description on hand model of the brain\*
- Understand what “flipping your lid” means
- Understand how to utilize coping skills to self-regulate when feeling big feelings and emotions

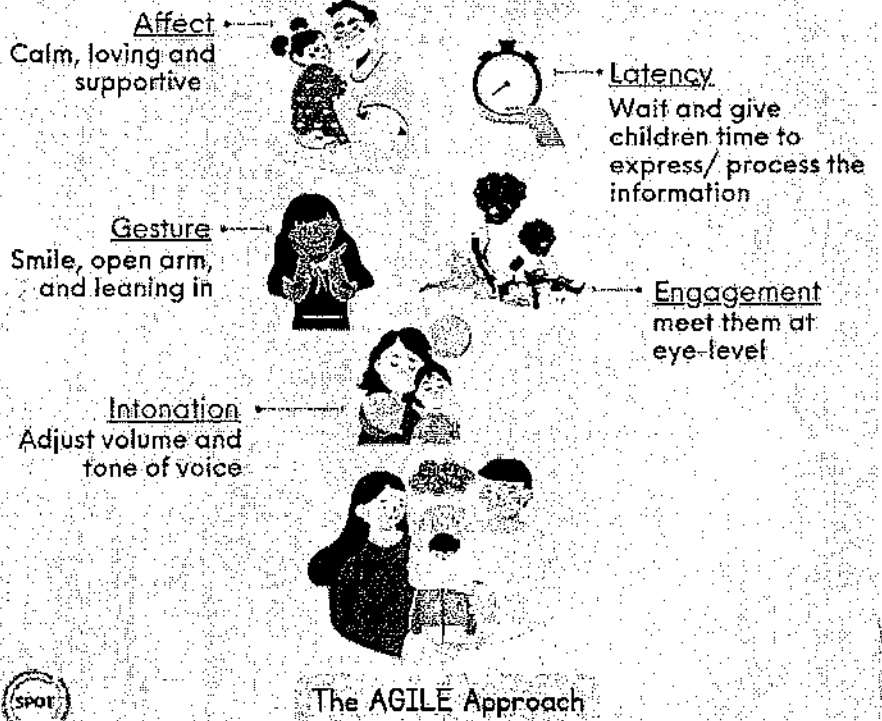
## Book Resources Utilized for Lessons



# What is Co-Regulation?

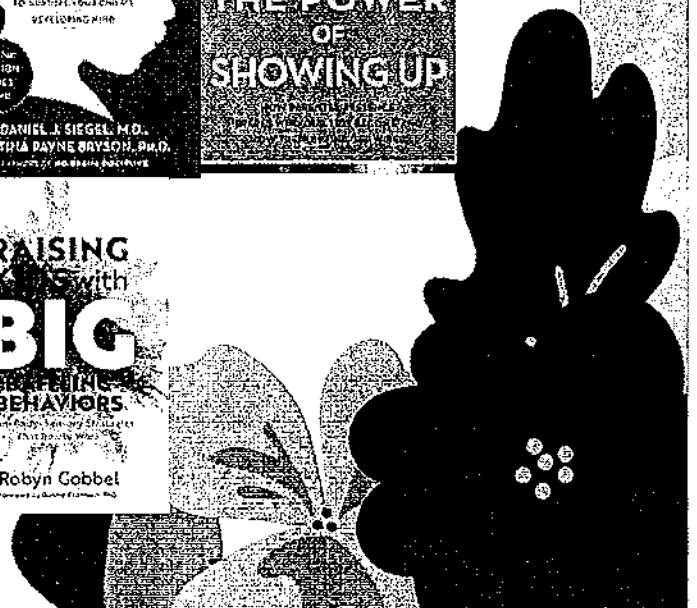
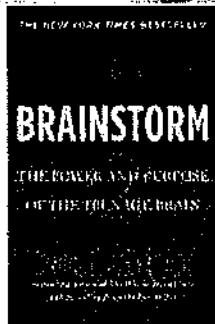
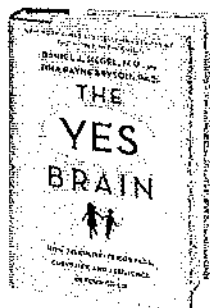
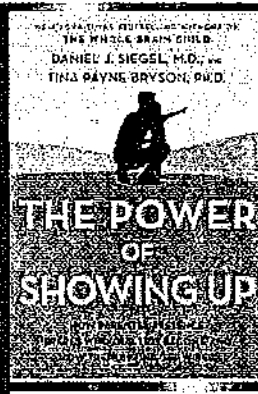
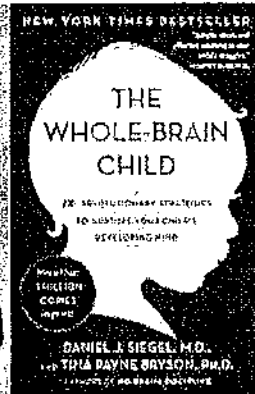
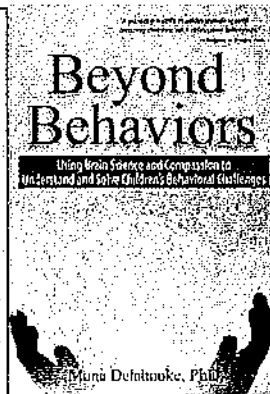
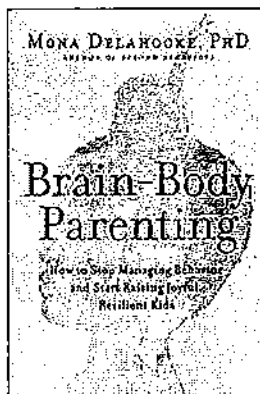
Did you know co-regulation is the key to helping our children self-regulate? Co-regulation is how children and adolescents process through and develop an ability to manage/soothe big or overwhelming emotions and sensations. They do this through a positive and nurturing connection with primary caregivers. Some examples of this are in the "Parent-Led Co-Regulation Recipe" graphic.

## PARENT-LED CO-REGULATION RECIPE



## Resources on the Brain

Many of these book resources can be found on the free public library apps called "Libby" or "Hoopla."

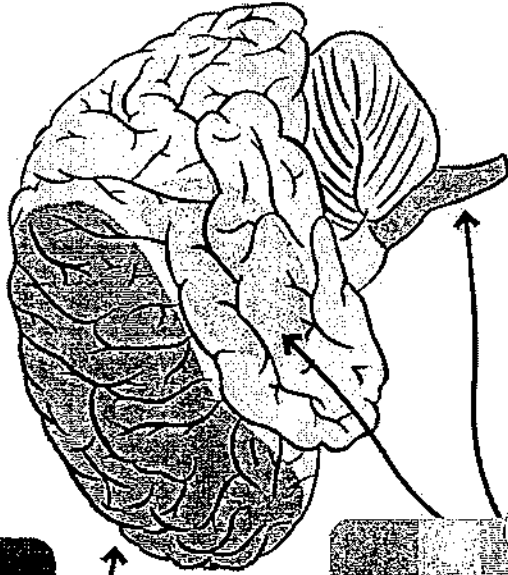




# HAND MODEL OF YOUR BRAIN

## Your Upstairs and Downstairs Brain

Your upstairs brain is your **prefrontal cortex** (thinking brain)



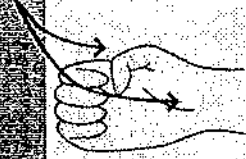
Your downstairs brain includes your **limbic system** (feeling brain) and **brain stem** (survival brain)

### This is your upstairs brain

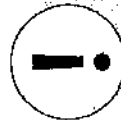


Imagine your fingers on top of your hand represent your upstairs brain. Your upstairs brain is your **thinking brain**. It helps you to think clearly, problem solve, and have self control.

### This is your downstairs brain



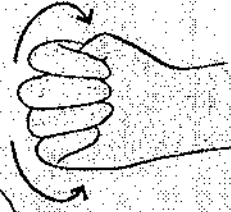
Imagine your thumb and wrist represent your downstairs brain. Your downstairs brain consists of two parts - your **survival brain** and your **feeling brain**. Your survival brain supports your basic body functions, such as your breathing and heart rate. Your feeling brain is where your wide range of feelings and different behaviours come from.



Your brain works best when your upstairs and downstairs brain work together. Sometimes you may experience situations that make you lose control of your ability to think clearly and act rationally. You may argue, yell, refuse, stomp, pace, panic, shut down, or run away. When this happens, you have **'flipped your lid'**.

### Your open fingers on top represent you **FLIPPING YOUR LID!**

When you have lost control, your downstairs brain is no longer connected to your upstairs brain. This means that it is not able to help you to keep calm.



When you 'flip your lid', you need to try to get your upstairs and downstairs brain to work together again. Your fingers on top can come down to 'hug' your thumb.

Use your upstairs brain to help calm the big feelings experienced by your downstairs brain. What are things that you can do to help calm yourself?



Hello Everyone. **Happy Thanksgiving!**

This past month we have been working very diligently with our students on math and English. Specifically, in math, we have been working in the areas of telling time, counting money, and word problems with addition and subtraction. In the area of English, we have been reading stories full of suspense, working on main ideas of a story and details, practicing sight words, and writing essays.

We hope each and every one of you have a safe and wonderful Thanksgiving holiday.

Sincerely,

Mrs. Cassity and Mrs. Estenbaum



# FCCLA Newsletter

Ms. Norman

What an eventful month it has been for our FCCLA chapter. We had a highly successful day at the Region two meeting held in St. Joseph, Missouri. Over the summer, we took the initiative to sign up for decorating the stage. We received numerous compliments from advisors about the exceptional appearance of the stage. After that, we enjoyed a meal together and engaged in some leisurely window shopping.

Looking ahead, November and December are packed with various events for us to take part in. We are already making preparations for the upcoming Star Events competition. Additionally, please remember that our popcorn and cotton candy fundraiser will commence in late November.

## COMING SOON

November 9 veteran day  
service project

November 11 Special  
Olympics service event

November 13-28 Popcorn  
fundraiser

December 2nd Festival of  
trees

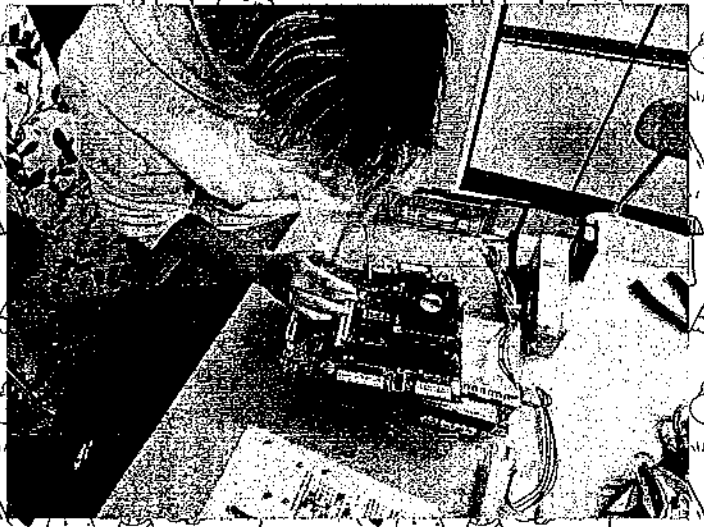


# FACS Newsletter

Ms. Norman

This month has been filled with a variety of hands-on experiences in the FAC's room. We've explored cooking techniques from the past decades, and even learned how to dismantle old computer towers in our computer science class.

The sewing unit has been completed, and now we are diving into the fundamentals of interior design. In addition, the child development group has begun their training in first aid and CPR, working towards certification in these areas. Overall, everything is going well in the FAC's room. Until next time, happy trails to you!



## COMING SOON

CPR First aid training

Coding computers

Thanksgiving meal from  
around the world

## NOTES FROM THE MUSIC DEPARTMENT



### MIDDLE SCHOOL BAND/BEGINNING BAND:

Beginning band is off and running. The students are starting to work on a few songs for the upcoming Holiday Program on December 14th.

Practice at home is very important for them to improve.

Middle school band only has one student this year, but we are working on scales, music theory, and exercises to prepare for the Junior High Northwest District Band Auditions in November and working on a composition for submission to the Missouri University's composer competition.

### Elementary Music

During the month of October, Elementary music classes have been learning about rhythm patterns, what kinds of notes we are using to create rhythm. ABA Form and AB Form. The various levels of Dynamics and creating a spooky poem using those various levels. And we have been having listening lessons on classical pieces that are appropriate for Halloween; The Sorcerer's Apprentice, Danse Macabre, and Story songs of Halloween that we added instruments to it for extra spookiness.

### Theater Class

The Theater Class has been designing and creating puppets, a script, and a theater for their puppet performance of Goldilocks and the Three Bears. They will be performing this for the Elementary students at a date to be determined.

The Music/Theater Department, English Department, and Art Department are working together to have a night of one act Vignettes, of which there are 10, on Thursday, December 7th, 2023 at 6:30 p.m. It will be a dessert event as well.

### UPCOMING EVENTS

The Crossroads (play)-December 7th, 2023 at 6:30 p.m.

Holiday Concert-December 14th, 2023 at 6:30 p.m.

As always, if you have any questions or concerns please do not hesitate to contact me: [cmartin@breckenridger1.org](mailto:cmartin@breckenridger1.org) or by calling the school 660-644-5710

**What's your favorite thing to do for Thanksgiving?**

**By Sidney Allen & Rachel Skinner**

**Stoney: "I like to eat lots of food."**

**PreK**

**Brett: "Go outside and ride on the scooter."**

**Kindergarten**

**A J: "Have dinner with my family."**

**1st Grade**

**Kaius: "I like to eat pumpkin pie. "**

**2nd Grade**

**Brittney: "I like to eat turkey."**

**3rd Grade**

**Daniel: "I like to cook pumpkin pie."**

**4th Grade**

**Cash: "I like to eat chocolate pie."**

**5th Grade**

**Rachel: "Watch the Macy's Day Parade."**

**Senior**

**Sidney: " My favorite thing to do is to see family I don't usually see and eat the food."**

**Senior**

**Coach O: "Watch football, eat rolls."**

**Miss Norman: " Make food and reruns of M.A.S. H. or Tvland shows."**

**Reta ( lunch lady): "Eat."**

**Nikki (lunch lady): "Cook and spend time with my family."**

**Mr. Skinner: "Eat spend time with family."**

**Angela: " Cuddle with my grandkids."**

**Ms. McMillan: "I love to spend time with my family and my kids."**

**Russell: " Go to Linda's for dinner."**



## Thanksgiving Family Traditions

**We cook Thanksgiving as a family & then we dig out ALL the Christmas stuff.**

**Putting up the Christmas tree that night.**

**"My mom started a Thankful Tree when I was a child." Coach O**

**"Traditional meal always celebrated at my sister's." Ms. McMillan**

**"Watching the Macy's Thanksgiving Day Parade while dinner cooks." C. Martin**

**"Getting together with family and friends." Mrs. Siever**



From the desk of Mrs. Siever:

The Yearbook Staff and Yearbook Club did face time with a Jostens artist on Friday, October 20th. As a group, we decided on our 2024 cover and color palette. We also decided on our templates to use on the spreads. The yearbook staff and club members have been busy taking pictures at different school events and class activities.

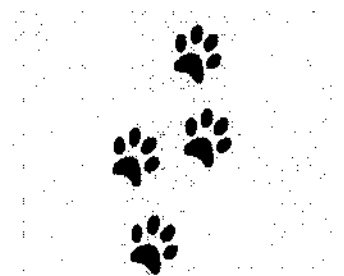
The next meeting will be in November. We will have a workshop sponsored by Jostens. We will learn how to use the graphic program to create the yearbook.

Art News:

In High School Art, students are creating a 3D example of an artist work of their choosing. They have to figure out how to represent one of their artist's work in 3 dimensions.

JR. High will start a paper Mache mask project. They will use a gallon milk carton for the form of their mask.

Elementary Art students are combining color, pastels, and fall leaves to create a project.



**Interview with Dante Harris:**

**SKILLS USA is a student led organization. It helps students become career ready in the work-Force. It uses personal, technical, and work place skills. The technical skills are grounded in academics. This is used as the framework to become respectful citizens and career ready individuals. “ We are Skills USA!”**

**Dante is the Parliamentarian for the Chillicothe Grand River Technical School.**





**By Mrs. Warren:**

**In sixth grade, Skeeter and Skyler shine, Reading "Sol Painting Inc" line by line.**

**They learn about paragraphs, strong and bold, With claims, evidence, and reasoning to hold.**

**Each paragraph stands proud and full,**

**With a claim that's clear and never dull**

**Evidence supports it, strong and true,**

**With facts and details to guide them through.**

**Reasoning ties it all together,**

**With logic and thoughts that they can treasure.**

**They analyze and explain their stance,**

**Building arguments with every chance.**

**Seventh graders are on an essay quest,**

**Writing five paragraphs, they're doing their best.**

**They learn to craft a thesis statement,**

**And how to defend it, without resentment.**

**With an introduction, they start the show,**

**Setting the stage, so the readers will know.**

**Three body paragraphs, each one unique,**

**Supporting their thesis, strong and sleek.**

**They use evidence to back their claim,**

**With examples and facts, to build their frame.**

**And in the conclusion, they wrap it all,**

**Summing up their thoughts, standing tall.**

**Eighth graders dive into suspense,**

**Analyzing stories, intense and immense.**

**"Button Button" and "Lamb to the Slaughter" they read,**

**Exploring irony, conflict, and foreshadowing indeed.**

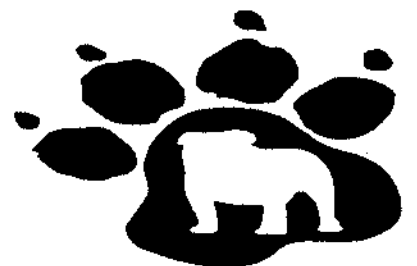
**They write essays, exploring the thrill,**

**How these devices create suspense and chill.**

**Irony, when expectations go awry,**



And foreshadowing, hints of what's to come,  
Creating tension, leaving readers numb.  
Ally, Caleb, Jackson, Cory, Dawson, and Calvary,  
Writing essays with literary mastery.  
Ninth graders delve into a tale so wise,  
"He—y, Come on Ou—t!" opens their eyes.  
In rich class discussions, they start to see,  
We reap what we sow, it's our destiny.  
They analyze the choices we make,  
And the consequences, no room for mistake.  
Mia and Kimberlyn, their minds ignite,  
Exploring the story's profound insight.  
Tenth graders explore technology's role,  
"How it lowers emotional intelligence" unfolds.  
Reading "Time Capsule found on the dead planet" and "The Veldt",  
They contemplate the impact that technology has dealt.  
Eyezick, Annabel, Sydney, Johnnie, Adan, and Gannon,  
Learning how screens affect our emotions, like cannons.  
They ponder the consequences, the highs and lows,  
And how to balance, so emotional intelligence grows.  
Eleventh and twelfth graders embark on a memoir quest,  
Starting with "Crying in H Mart," they are blessed.  
Listening to successful memoir writers, they seek,  
The secrets to writing memoirs, powerful and unique.  
They learn the art of storytelling, raw and deep,  
Crafting memories into words that seep.  
And foreshadowing, hints of what's to come,  
Creating tension, leaving readers numb.  
Ally, Caleb, Jackson, Cory, Dawson, and Calvary,  
Writing essays with literary mastery.



**They examine their actions, their choices bold,  
How they stand up against a fate untold.  
Comparing and contrasting, they learn,  
Different ways to protest, a valuable concern.  
So, together we work, in classrooms wide,  
Original content, with facts as our guide.  
From sixth grade to twelfth, we strive to impart,  
Knowledge and skills, to each student's heart.**

### **PRESCHOOL**

**ABC Bootcamp and Number Bootcamp. We are working on learning our alphabet and numbers right now. We are eager to learn and ready to go each day. We are still working on learning to write our names.**

### **LIBRARY**

**We are continuing to read our series.**

### **COMPUTERS**

**We continue to work on placing our hands in the correct places and working on speed/accuracy.**

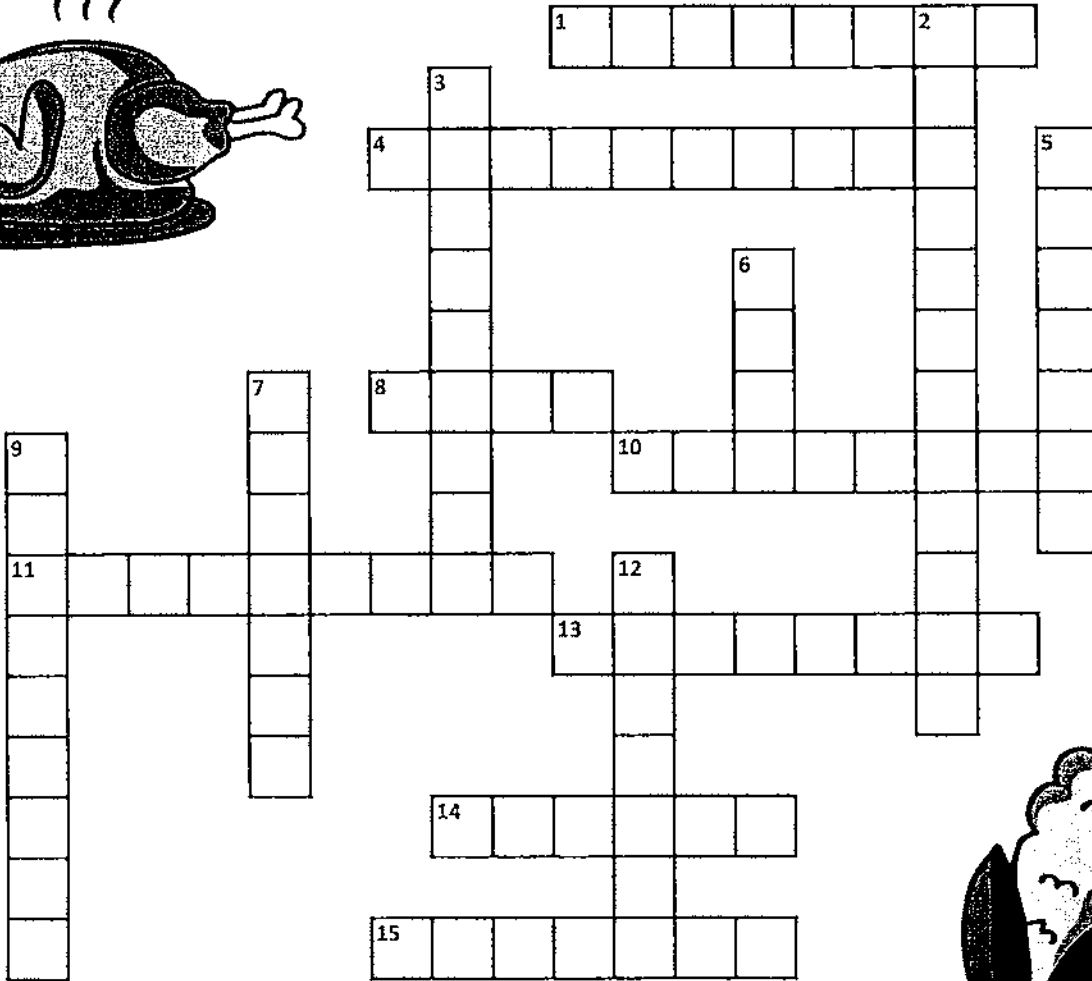
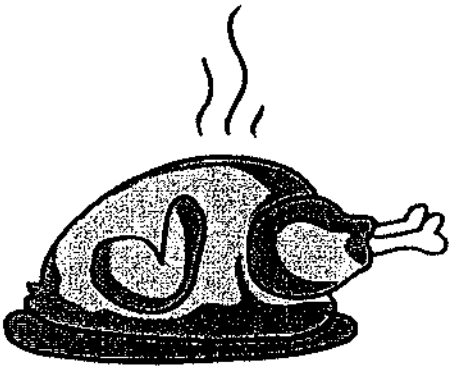
**-Mrs. Toot**



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# THANKSGIVING

## Crossword



### ACROSS

- 1. First village established by the Pilgrims
- 4. Symbol of abundance and nourishment
- 8. An essential grain in the New World diet
- 10. Literally, travelers going to a holy place
- 11. The Pilgrims' boat
- 13. 16th and 17th century English Protestants
- 14. The traditional holiday bird
- 15. American Indian who taught the Pilgrims many things

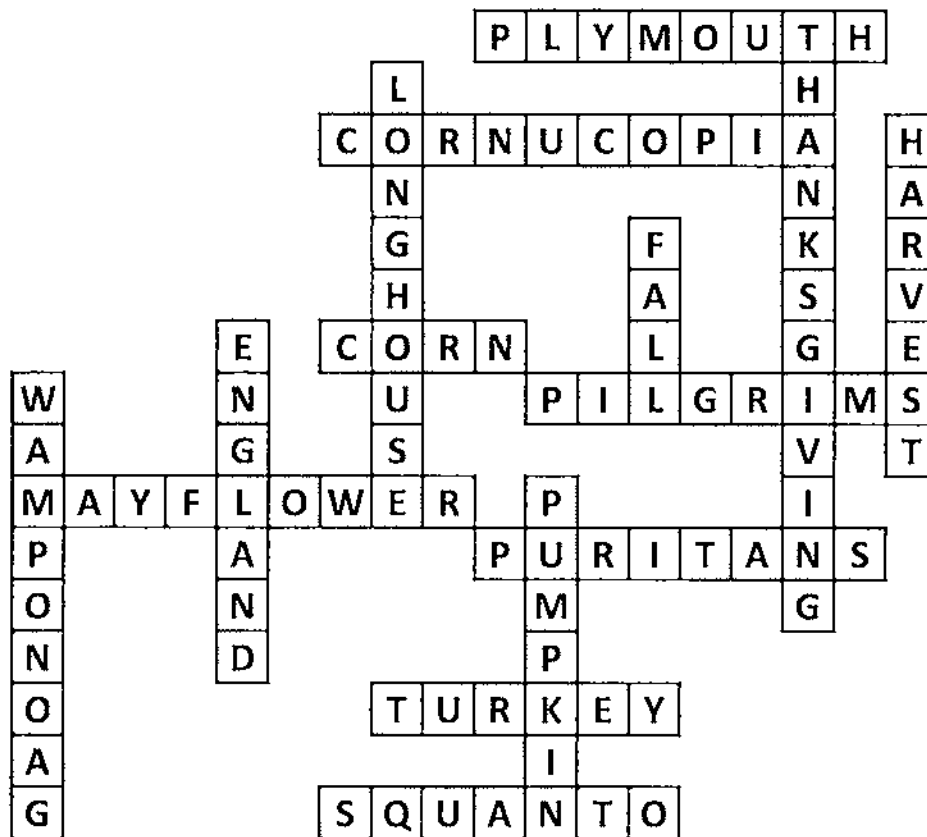
### DOWN

- 2. 4th Thursday of November
- 3. A traditional American Indian dwelling
- 5. Gathering of crops
- 6. Season for harvesting
- 7. Country the Pilgrims left behind
- 9. Indigenous people who were present at the first Thanksgiving
- 12. Bright orange squash used to make pie

# THANKSGIVING

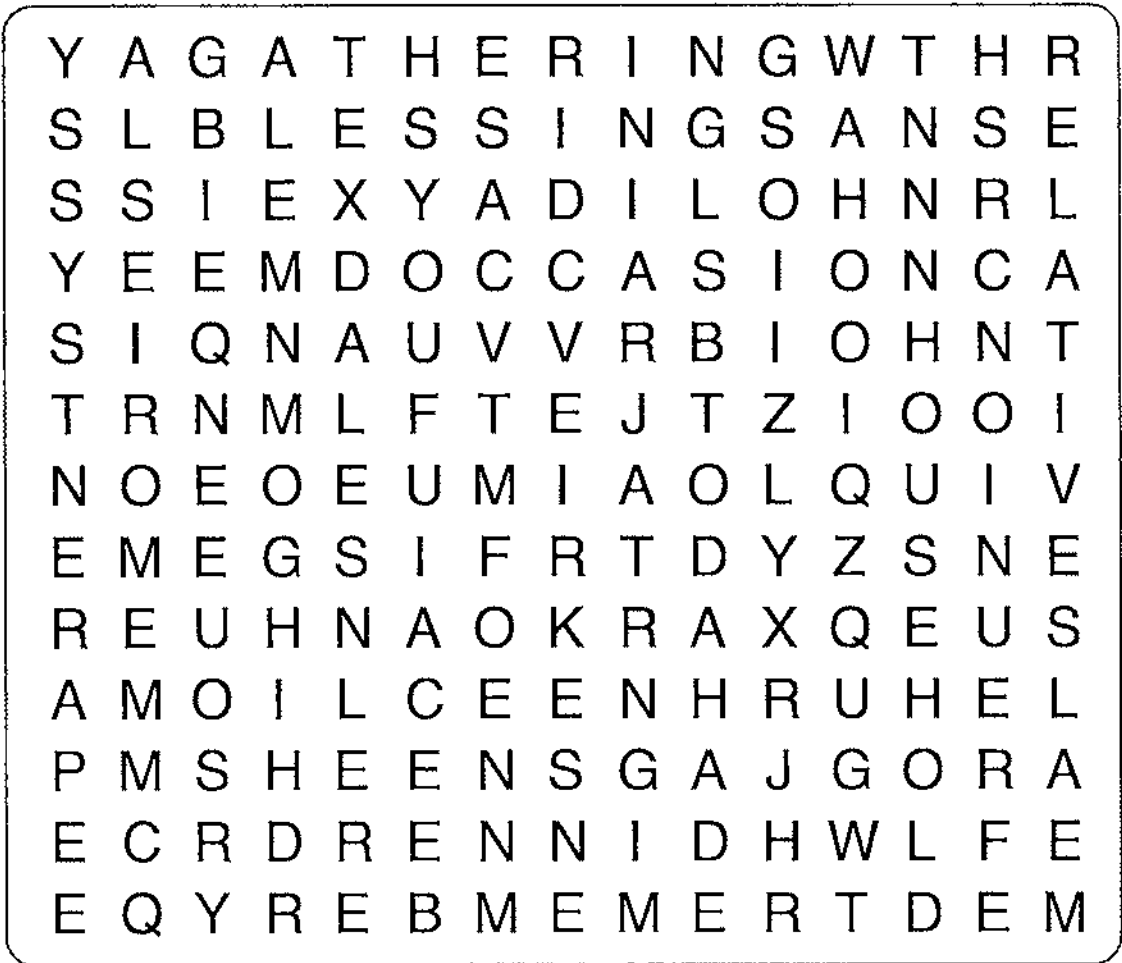
## Crossword

### SOLUTION



# THANKSGIVING

## WORD SEARCH



BLESSINGS

HOLIDAY

PARENTS

CHILDREN

HOME

RELATIVES

DECORATIONS

HOUSEHOLD

REMEMBER

DINNER

JOY

REMINISCE

FAMILY

MEAL

REUNION

GATHERING

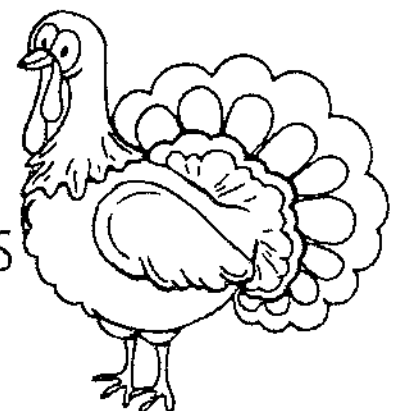
MEMORIES

SEASON

GRATITUDE

OCCASION

THANKFULNESS



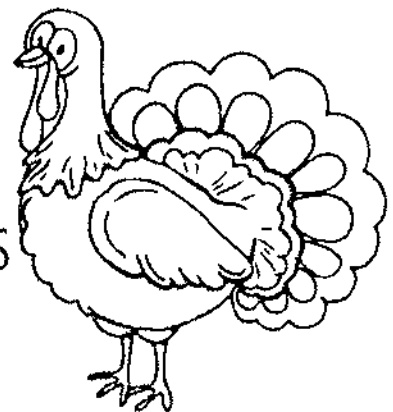
SOLUTION

# THANKSGIVING

## WORD SEARCH

Y	A	G	A	T	H	E	R	I	N	G	W	T	H	R
S	L	B	L	E	S	S	I	N	G	S	A	N	S	E
S	S	I	E	X	Y	A	D	I	L	O	H	N	R	L
Y	E	E	M	D	O	C	C	A	S	I	O	N	C	A
S	I	Q	N	A	U	V	V	R	B	I	O	H	N	T
T	R	N	M	L	F	T	E	J	T	Z	I	O	O	I
N	O	E	O	E	U	M	I	A	O	L	Q	U	I	V
E	M	E	G	S	I	F	R	T	D	Y	Z	S	N	E
R	E	U	H	N	A	O	K	R	A	X	Q	E	U	S
A	M	O	I	L	C	E	E	N	H	R	U	H	E	L
P	M	S	H	E	E	N	S	G	A	J	G	O	R	A
E	C	R	D	R	E	N	N	I	D	H	W	L	F	E
E	Q	Y	R	E	B	M	E	M	E	R	T	D	E	M

- |             |           |              |
|-------------|-----------|--------------|
| BLESSINGS   | HOLIDAY   | PARENTS      |
| CHILDREN    | HOME      | RELATIVES    |
| DECORATIONS | HOUSEHOLD | REMEMBER     |
| DINNER      | JOY       | REMINISCE    |
| FAMILY      | MEAL      | REUNION      |
| GATHERING   | MEMORIES  | SEASON       |
| GRATITUDE   | OCCASION  | THANKFULNESS |



BULLDOG BARK  
BRECKENRIDGE R-I SCHOOL  
400 WEST COLFAX  
BRECKENRIDGE, MO. 64625  
660-644-5715

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
BRECKENRIDGE,  
PERMIT NO. 4

POSTAL PATRON  
LOCAL

November  
2023



Nondiscrimination Statement  
Breckenridge R-I School District

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