MESSAGE FROM THE PRINCIPAL

Dear Quest Families,

We are almost ready to wrap up our first term. At that time, teachers will be offering parent conferences and we will be having our Awards Assemblies.

Teachers schedule conferences throughout the school year. If a conference is needed at report card time, the teacher and/or the parent can request a conference. This may be scheduled any time following the weeks of report cards being sent home. On the Quest Calendar you will find that Oct. 26th has been set aside for conferences during the early release time. Please know that your teacher may schedule your appointment on an earlier or later date that meet both your needs. If your schedule is tight, you can also set up a phone conference with the teacher.

Our first Awards Ceremony of the year will be Wed. Oct. 31st. We not only celebrate academic achievements, we also celebrate students that shine in Activity classes and attendance. Our second term we will have a BUG award that honors students for bringing up a grade in our intermediate grades. For perfect attendance, the student needs to have attended school every day, with no tardies and not checked out early before 12:30. Due to the feedback from last year, we will have more assembly times throughout the day, to accommodate parking and to have more time with each grade level. Your teacher will notify you via email, one week in advance, if your child is receiving an award. The Ceremony times are:

- Kindergarten 8:15-8:50
- 1st Grade 8:50-9:20
- 2nd Grade 11:50-12:20
- 3rd Grade 9:25-9:55
- 4th Grade 10:00-10:30
- 5th Grade 10:35-11:05
- 6th Grade 11:15-11:45

We appreciate all you do to support your child and our teachers. Thank you!

Ms. Christine Boyd, Principal

UPCOMING EVENTS

October 3rd- PTO Meeting
October 4th- Art Club meeting 7:15 am
October 4th- Kindergarten Campfire 6:00 pm - 7:00 pm
October 8th- Fall Picture Day
October 10th- Walk to School Day
October 10th - PTO Spirit Night at Chilly Spoons

October 15th- Student Holiday
October 22nd- SAC Meeting 2:45 pm
October 23rd- 1st Quarter Report Cards Issued
October 25th- Campfire Sing Along (4th-6th grades)
October 31st- Awards Ceremonies

**Every Friday is Early Release at 1:15 pm.**
Building Independence

Our hope for independent students is not just to see students doing the right thing. Quest celebrates classes for actively taking an interest in building and maintaining a positive school culture that is focused on care, mutual respect and compassion for one another. We need all of the adults in our young students’ life to help teach them, inspire them and join in our celebrations of our youth to feel kindness, compassion and empathy toward others for long-term patterns of positive behavior and independence.

Research teaches us that people who learn how to be compassionate are more generous, which is associated with changes in the brain’s response to increased positive emotions and begins to show consistent emotions of kindness and compassion toward others. Students are encouraged to self-monitor and use self-regulation strategies universally which contributes to the benefit of the entire class or bus. They are also taught to celebrate random acts of kindness, catching a classmate doing the right thing, correctly answering a question or successfully completing a task. This display of independence is driven by skill sets and helps to prioritize strategies for getting along together.

Quest classroom tickets are earned by the entire class when working together in a positive way toward a common goal. The expectation is set for the entire class to show quality of work, using self-control, demonstrating expectations for behavior, staying on the task at hand, and treating others with kindness collectively. Class tickets are earned in the cafeteria, walking in the hallways, riding on the bus and any other class activity that creates a culture promoting the qualities above.

Our teachers and bus drivers support their students working to earn class tickets by creating an incentive program. Students set goals and establish a list of ways they want to celebrate reaching their goal. Classes celebrate in a variety of ways. Many classes vote on how to celebrate once they have reached their goal.

Using class tickets across our campus at Quest Elementary builds compassion and empathy toward others by contributing positively to a culture of independence and self-regulation. Thank you for your continued support for our students!

COUNSELOR’S CORNER

DID YOU KNOW? Children of parents who talk regularly about drugs are 42% less likely to use drugs than those who don’t; yet, only a quarter of teens report having these conversations. Red Ribbon Week® (October 23-31) is the oldest and largest drug prevention campaign in the nation and is your opportunity to get the ongoing conversation started. This year’s theme is Life Is Your Journey. Travel Drug Free.®

It’s never too early to begin discussing making healthy choices and living drug-free with your children. Please partner with us and discuss this message at home, at the dinner table, at family outings, and with friends and extended family all year long. Visit www.redribbon.org to learn more about Red Ribbon Week® and get tips for talking to your kids about drugs.
Middle School News

Sixth grade families, it is time to start thinking about middle school options. There are so many great schools open to our students for their seventh and eighth grade years. Most of our students feed into either Delaura Middle School or Kennedy Middle School. Each has their own unique programs. It is important to know that there are additional options as well. One option is to have your student attend one of the two choice schools; Edgewood Junior Senior High School or West Shore Junior Senior High School. These two schools have rigorous academic programs geared towards ensuring students are college and career ready. Applications for Edgewood and West Shore are open from October 29 – November 30, 2018. Students are selected for these schools through a lottery process, which will take place on December 17, 2018. The district is hosting a program expo at the Educational Services Facility Boardroom in Viera on October 27, 2018 from 10:00 a.m. – 2:00 p.m.

If you are interested in having your student attend a school other than their home school, but not one of the choice programs, applications for Education Location Options (ELO) and Education Program Options (EPO) are open January 8 – February 8, 2019. Many of our local middle schools have special programs suited to meet a variety of student interests and needs. McNair Middle School has a performing arts program, Kennedy Middle School has the AVID and Cambridge programs, and Delaura Middle School has the Pre-AP program. Now is the time to begin researching these options. As the middle schools share information about program nights and informational events, we will pass that on to families. If you have any questions or concerns, please feel free to email or call Mrs. Erenstof at 321-242-1411 or Erenstof.Kassie@Brevardschools.org. You can also reach out to the sixth grade teachers.

Ways we Communicate

Instagram @QuestExplorers
Twitter @QuestExplorers
Facebook @QuestElementarySchool
https://www.brevardschools.org/QuestES
Help Your Child Achieve a Growth Mindset

Teachers at Quest are emphasizing a “Growth Mindset” with students. It is our belief in order to achieve educational excellence, students must demonstrate life skills that help them persevere in all challenges. Throughout the year, students will be taught to use multiple strategies to decipher complex text and solve problems, analyze the effectiveness of strategies, and sustain effort for longer periods of time.

One of the most effective ways parents can help their children develop a Growth Mindset is by carefully choosing the words that are used when children are praised. Every word parents say and action they perform sends a message to their children. These words and actions tell children how to think about themselves. Try praising your child’s efforts rather than accomplishments. The following table includes some examples:

<table>
<thead>
<tr>
<th>Try Not to Say</th>
<th>Try to Say</th>
</tr>
</thead>
<tbody>
<tr>
<td>You are really athletic!</td>
<td>You really work hard and pay attention when you are on that field!</td>
</tr>
<tr>
<td>You are so smart!</td>
<td>You work hard in school and it shows!</td>
</tr>
<tr>
<td>Your drawing is wonderful; you are my little artist.</td>
<td>I can see you have been practicing your drawing; what a great improvement!</td>
</tr>
<tr>
<td>You are a great athlete. You could be the next Michael Jordan!</td>
<td>Keep practicing, and you will see great results.</td>
</tr>
<tr>
<td>You always get good grades; that makes me happy.</td>
<td>When you put forth effort, it really shows in your grades. You should be so proud of yourself. We are proud of you!</td>
</tr>
</tbody>
</table>

So the next time you are ready to praise your child, stop and think about how to use that opportunity to praise his or her effort instead of accomplishments.

If you would like to learn more about helping your child develop a Growth Mindset, please join us on Friday, October 26, for parent information sessions. The same information will be presented at 2:00, 3:00 and 4:30 that afternoon. We look forward to working in partnership with you this year as we grow our minds!

*Information adapted from *Mindsets in the Classroom* by Mary Cay Ricci.

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**National School Bus Safety Week**

**October 22nd - 26th**
## Activities' Avenue

### Media
Kindergarten Campfire Night will be held on Thursday, Oct. 4th from 6-7 pm. This is a special night for kindergarteners and parents. Kindergarten students will be checking out their first library book, hearing stories from Kindergarten teachers, creating a fall craft, and making s'mores. Students are allowed to wear pajamas to our night event! Hope to see you all kindergarteners there!

### STEAM
The first Art Club meeting will be held on Thursday, October 4th at 7:15 am in room 305 (Art Room).

Thank you for the donations we have received. The STEAM program is in need of the following donations; cereal & cracker boxes and gallon size Ziploc bags.

### PE
National Walk to School Day will be held Wednesday, October 10th! Students will meet the coaches at 7:10 am and begin walking promptly at 7:30 am. Students who live in the Wickham Lakes subdivision can meet Coach E at the subdivision entrance across from ProHealth. All other Quest students can meet Coach Nestor in the ProHealth parking lot at the corner of Ivenhoe Dr. and Lake Andrew’s Drive.

PLEASE NO BIKES OR SCOOTERS, THIS IS A WALKING EVENT ONLY.

### Music
October 4th, 2018- Beginning Strings Parent Night- Come and find out what we’ve been doing in strings, and learn about how to care and maintain an orchestral string instrument. The event will be in the Cafeteria at 6:30 PM, beginning strings students need to go to the music room at 6:00 PM.

October 25th, 2018- Campfire Sing-a-long- students and families of students in the 4th-6th grades are welcome to come and sing with us in our first ever campfire sing-a-long. Please bring a camping/folding outdoor chair to sit on or a blanket. There will also be a performance by the chorus and the Ukulele Club. We’ll sing songs, and have fun around our faux campfire in the cafeteria. We’d love to have you come and join us!

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In The Spotlight ...

In an effort to help make service learning more meaningful to our students the first grade teachers are working with the students school wide to begin some new Quest recycling programs. Student are encouraged to place paper only in (blue) bins which will then be picked up by Brevard Waste Management. Meanwhile the first grade students are also collecting old markers, old glue sticks and glue bottles in the front lobby. So if you find yourself passing through the front lobby be sure to check out our three new recycling bins and help support our efforts to make Quest a clean and beautiful school.

For more on Quest's Recycling Program please visit our website at https://www.brevardschools.org/QuestES