

Flora CUSD #35 Newsletter

Children are our most precious possession.

October 2024

The Mental Mettle Podcast

At the beginning of the school year, Matt Thomann presented to our staff focusing on how to have and foster a positive attitude in our lives, classes, and with the students. He has recently released a three-part series on *The Mental Mettle Podcast* focused on how parents can support their athletes. This series offers practical tips on using praise to help develop mentally tough athletes. You can access the podcasts through the links below.

The Mental Mettle Podcast

3 Part Series For Parents: Developing Positive Mental Toughness in Your Athlete!

Part 1: [The Power of Focused Praise in Developing Mentally Tough Athletes.](#)

Listen: <https://podcasts.apple.com/us/podcast/episode-63-the-power-of-focused-praise-in/id1690960664?i=1000665018778>

Watch: <https://youtu.be/FJSAPIU0XBUI>

Part 2: The Power of Positive Self-Talk in Parenting and Coaching

Listen: <https://podcasts.apple.com/us/podcast/episode-64-the-power-of-positive-self-talk-in/id1690960664?i=1000665866970>

Watch: <https://youtu.be/4bGIk0uMrCo>

Part 3: The Power of Mindfulness and Breathwork for athletes, and their parents!

Listen: <https://podcasts.apple.com/us/podcast/episode-64-the-power-of-positive-self-talk-in/id1690960664?i=1000665866970>

Watch: <https://youtu.be/dgv6ooL49uQ>

School Board Election Information

The next school board election will occur in April 2025. This year, the dates for petitions to be circulated and filed at the county clerk's office has changed from previous years. Below are the dates to be aware of if you are interested in running for school board. Petitions can be picked up at the County Clerk's office

Petition circulation begins on August 20, 2024 for school board candidates for the April 1, 2025 election. The first day petitions can be filed is November 12, 2024 and the last day of filing is November 18, 2024.

Important Upcoming Dates:

October 9th-End of Quarter

October 10th-Parent/Teacher Conferences-11:00-7:00

October 11th-No School

October 14th-No School-Columbus Day

October 17th-Elementary School Pictures

October 18th-Grade Cards go out

October 21st- Board of Education Meeting-5:30 p.m.

October 25th-School Improvement Day-12:30 Dismissal