Hello, Mountain View Families!

As we enter November, the staff at Mountain View have so much to be thankful for. Firstly, we are SO thankful for our students! It is such a joy to have so many of our students on campus. The building just wasn’t the same without students! We are also thankful for all of our students who are still learning via iSchool. We know that learning online can be challenging, and yet all of our iSchool students are working hard at home.

Secondly, the staff at MVS are extremely thankful for YOU, our parents! Our families have been wonderful throughout all of the stress and confusion of COVID-19. We are thankful that so many of you have been communicating with us, encouraging us, and supporting us. No matter how many policies are updated, or how many procedures change, or how many masks we go through, we are thankful for the wonderful community here at Mountain View.

Thirdly, we are thankful for our Mountain View School PTA. The PTA has been a great support for our students and staff this year already. Since we are unable to utilize our usual volunteers, the PTA board members have been on campus regularly, assisting teachers, helping on picture day, supporting teachers with supplies from their wish lists, and encouraging school spirit each week. We are grateful for all of their assistance and for the passion they demonstrate for our students and staff.

Fourthly, we are thankful for the amazing wall wraps that we were able to purchase and have installed around campus. You may have seen our mascot on the columns in the courtyard. Our parents have not yet had the opportunity to see the phenomenal mural in the gymnasium, or our STEAM wall on the second floor. We are excited to build additional school pride and school spirit each week. We are thankful for all of their contributions to our school and for their passion for our students.

Fifthly, we are thankful that sports and extra-curricular activities are finally back in session! Our middle school athletes are competing in boys’ soccer and girls’ volleyball, and 3rd through 8th graders are competing in cross country. We also have our SkillsUSA team for junior high, our Disney STEAM team, History team, Kindness team, and elementary and junior high choirs starting. We love seeing the students extending their learning into the arts, academics, and athletics and are thrilled to have our clubs up and running!

Finally, we are extra thankful for our military families - active duty, reserve, and veterans. We thank each of you for the sacrifices you and your families make as you serve our country. We are grateful for all of you, and for our families of first responders for the protection and service you each offer.

Thank you,
Gail Miller, M.Ed.  Amy Miles, M.Ed.
Principal  Assistant Principal

Call the Attendance Line if your child will be absent (including for iSchool!)

623-876-7453
Available 24/7

Student Arrival Reminders

Please remember: Students are not allowed to be on campus before 8:40 unless they are scheduled to be here. There is NO supervision before this time!

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facebook.com/MtnViewSchool

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We asked the teachers, staff, and students at MVS what they are thankful for this year. This was our result!
Ms. Julie wanted to share an article to help you slow down and enjoy the holiday season this November.

**Enjoy the Holidays More With Mindfulness: Slow down and get more out of this busy season**

*By: Jill Emanuele, PhD*

As soon as the Halloween costumes have been tucked away, and the candy is disappearing, suddenly we realize that the holidays are coming...FAST. Thoughts of presents, turkeys, cards, relatives, parties, and shopping begin to dizzyingly swirl in our heads. And so the holiday rush begins, and we often find ourselves becoming champion multitaskers. But in the rush to get everything accomplished, we often lose our connection with the present moment — how we feel, what we’re thinking. We become so future-focused that we sometimes miss out on the little things that make life beautiful as it is — a compliment from a stranger, a warm smile from a child, a beautiful sunset. And we find ourselves pausing on Thanksgiving Day to remind ourselves of what we are thankful for, when in fact the reminders are there each and every day for the noticing.

Contrary to common belief, one effective way to cope with the holiday madness is to SLOW DOWN and take a little time each day to cultivate and practice mindfulness. Perhaps you've heard about this concept, which is rooted in Zen Buddhism, and has recently become more popular in Western society. Research has demonstrated that practicing mindfulness is associated with improvements in well-being, physical and mental health, relationship satisfaction, and attentional focus. In addition, the practice of mindfulness has been shown to help reduce stress and associated negative emotions such as anxiety and sadness.

So, what is mindfulness? Jon Kabat-Zinn, PhD, internationally known for his work in bringing mindfulness into Western medicine and society, defines the concept as “awareness, cultivated by paying attention in a sustained, particular way: on purpose, in the present moment, and nonjudgmentally”. When we practice mindfulness, we are focusing our full attention on the moment as it is, letting go of the past and future-directed thoughts, and allowing all of our senses to experience this moment, right now.

You may be asking, “Okay, so on a practical level, how can I be mindful?” In reality, there are infinite opportunities to practice mindfulness during each day. Here are some suggestions to get started:

1. Find a quiet place for just a few minutes (I sometimes recommend the bathroom, as for some people this is the only quiet spot!). Get yourself into a comfortable sitting position with your feet flat on the floor. Close your eyes and focus on your breathing only. Do this for a few minutes. Listen to the sound of your breath and notice how your body feels during this time. When thoughts of other moments come racing into your mind, acknowledge them and let them go by as if they are on a conveyor belt, and refocus your attention on your breath again. Do this over and over.

2. Spend a few minutes each day writing down five things you are thankful for that day.

3. When you are walking outside, focus on one of your senses. For example, for vision, notice the colors of objects around you or for hearing, listen to the sounds around you and label them nonjudgmentally (eg “That building is gray,” or “I hear a horn honking”).

4. Get the kids involved! One favorite thing I like to recommend is good old fashioned bubble blowing. Make a game out of it and instruct them (and yourself) to silently watch the bubbles float around the room. Resist the urge to pop the bubbles and see where they go.

By taking a few minutes each day to be mindful, perhaps even more than once a day, we can give ourselves the space to get in touch with ourselves, to fully experience the meaningful moments that often pass us by, and to take time to practice gratitude for what we have in our lives. This way, by the time Thanksgiving arrives, we will not be scrambling to think about what we are thankful for! Instead, we can experience gratitude daily, reduce our stress, and be more in touch with the little things that make all the difference.

Taken from [childmind.org](http://childmind.org)
MVS PTA

Today, PTA's role is more important than ever in connecting parents, teachers and administrators, and supporting critical school needs. We want every family in our schools to join PTA, because we can do more together than apart. To become a member of our award winning PTA today, visit us at MVSPTA.com school code N4DP6Y or contact us at mountainviewschoolpta@gmail.com

Butter Braid sales end November 2nd. Orders will be available for pickup on November 19th - watch for more instructions!

A full calendar of events and updates can be found on the MVS PTA facebook page and at MVSPTA.com, school code N4DP6Y.

MVS Student Council Food Drive (Nov 2-20) and Spirit Week November 16-20

The MVS Student Council is hosting a food drive from November 2nd through the 20th. Bring donations to help our local food bank!

They are also having a Spirit Week November 16th-20th: **Please remember that dress code still applies!**

- 11/16 - Monday U - Wear your college gear
- 11/17 - Tuesday Sleeping Beauties - Wear your favorite comfy clothes
- 11/18 - Wednesday Disney Day - dress like your favorite Disney character
- 11/19 - Thursday Lion King Day - dress in your best animal print
- 11/20 - Friday Mickey Mouse Day - Wear your Disney colors (red, yellow, black, white) and rock your mouse ears

Middle School A & B Days

November Mondays:
*Monday, November 2 - A day
*Monday, November 9 - B day
*Monday, November 16 - A day
*Monday, November 23 - B day
*Monday, November 30 - A day

Remember that every Tuesday and Thursday is an A Day, and every Wednesday and Friday is a B Day!

Photo ID Required for Pickup

Reminder: a current photo ID is required to pick up a student, visit a classroom, or to volunteer. Please always have a photo ID with you when you come to our campus. A Dysart Volunteer badge is acceptable as your photo ID even if you are not volunteering. Please remind all emergency contacts to have their photo ID if they are picking up your child from Mountain View.

Privacy Issues

The front office often deals with issues involving the Family Education Rights and Privacy Act (FERPA). We are respectfully asking that parents limit their time waiting in the front office area to 5 to 10 minutes during school hours so that the privacy of other parents and students is not violated. We appreciate your help in this.

Parent Portal

We highly encourage all parents and guardians to create their parent portal account now. Once created, you will have access to your child's attendance record, current grades, and links to pay online for field trips, athletics, etc. Each parent can have their own account and can see all of their children from one account. You will need one of your student's ID numbers to sign up.

Stay Connected - Visit our website! Follow us on facebook!