



Contact: Crystal Dankert, Title I Instructional Lead Teacher
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At Hal Hutchens Elementary, All Pro Dads provides an opportunity for dads (grandfathers, uncles, friends, moms, etc.) to spend quality time with their children that will strengthen their relationship, as well as build academic knowledge for each month's activity. Since we are going virtual for our meetings this year, the meeting information will be sent out monthly and will also be available on our school website and Class Dojo School Story. Families can email their pictures of each month's activity to their teacher or to Mrs. Crystal Dankert, cdankert@paulding.k12.ga.us to be displayed on our All Pro Dad bulletin board, Class Dojo School Story, and/or our PTA Facebook Page. *When you email your pictures, please put All Pro Dads in the subject line, so that it helps us to easily identify.* Also feel free to post your pictures on social media using the hashtag #hesallprodad.

November

The focus for the month of November is Resilience and the activity focuses on STEM, which stands for Science, Technology, Engineering, and Math. November 8th is National STEM day so feel free to celebrate by choosing one of the activities below to participate in. We can't wait to see your creativity come to life in your creations! Don't forget to send us your pictures!

How to make a PAN FLUTE! (materials needed - scissors, straws, tape) - <https://tinyurl.com/apflute>



How to make a Catapult! – (materials needed – popsicle sticks, rubber bands, paper) - <https://tinyurl.com/apcatapult>

How to make a Flippin' Flyer! - (material needed – paper clips, paper, scissors, ruler) – <https://tinyurl.com/apdflyer>



How to make a Lifesaver Lambo! – (materials needed - straws, lifesavers, paper, tape, marker, ruler) - <https://tinyurl.com/apdlambo>



To access the info on the school website:

Visit - <https://www.paulding.k12.ga.us/Page/35985> OR

Go to www.paulding.k12.ga.us. Click "Our Schools" at the top of the page. Click on Hutchens.

Once you are on the Hal Hutchens website, click "For Parent" on the yellow bar at the top of the page.

Click Parent Engagement (Title I) in the column on the left side of the page. Once there, you can find any Title I document you are looking for, including All Pro Dads information.

BIG IDEA

Resilience is the ability to recover quickly or “bounce back” from difficulties and difficult situations. Being able to bounce back means that those difficult situations we face don't negatively impact us as much as they could. As a dad, it's important to show your children different ways to practice resilience so they are able to handle the difficult situations that come their way.

ACT IT OUT

Your home is a great teaching ground for resilience. As a dad, you model to your children how to handle life's disappointments and stresses. Show them how you have successfully handled a tough situation or a disappointment. There are many ways to do this, such as talking to someone when you're sad or discouraged, expressing your emotions in a controlled manner, or taking deep breaths.

READ ABOUT IT

Check out these articles from All Pro Dad for more resources.

[4 Healthy Ways to Manage Frustration](http://allprodad.com/4-healthy-ways-to-manage-frustration/): allprodad.com/4-healthy-ways-to-manage-frustration/

[5 Things to Do When You Are Feeling Unsettled](http://allprodad.com/5-things-to-do-when-you-are-feeling-unsettled/): allprodad.com/5-things-to-do-when-you-are-feeling-unsettled/

[5 Ways Dads Can Strengthen Their Kids](http://allprodad.com/5-ways-dads-can-strengthen-their-kids/): allprodad.com/5-ways-dads-can-strengthen-their-kids/

BOND THROUGH READING

Pre-K - 1st Grade

I'm Happy-Sad Today
by Lory Britain Ph.D. and
Matthew Rivera
Ruby Finds a Worry
by Tom Percival
Mission to Space
by John Herrington
I Can Be President, Too!
by Yanitzia Canetti
On a Farm
by Alexa Andrews

2nd - 3rd Grade

You Can Do It!
by Tony Dungy
*After the Fall (How Humpty Dumpty
Got Back Up Again)*
by Dan Santat
Shh! We're Writing the Constitution
by Jean Fritz
Just Saving My Money
by Mercer Mayer
Going Places
by Peter and Paul Reynolds

4th - 5th Grade

The Hatchet
by Gary Paulsen
The Cricket in Times Square
by George Selden
Triumph on Everest
by Broughton Coburn
To the Moon and Back
by Buzz Aldrin

TALK ABOUT IT

- Week 1** What can you do when things don't go your way?
- Week 2** Who is someone you admire who bounces back when things are difficult?
- Week 3** Who can you connect with when you feel sad or upset to help you bounce back?
- Week 4** How can you practice resilience this month?

CALENDAR YOUR KIDS

Take your children on a long hike. Make sure you reach the final destination. If they want to quit, encourage them to keep going. Discuss with them the rewards when you reach the end.