Welcome Fall!

The weather has gotten colder and football is in full swing. 8 weeks of school have flown by. Only 82 days until Winter Break and we still have a lot to accomplish. The PTA has some amazing things planned for this Fall, check out this new newsletter now coming monthly to PTA members.

Save the Date!

<table>
<thead>
<tr>
<th>Movie Night!</th>
<th>PTA Meeting</th>
<th>Spirit Stick Store</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct.5th 6-8pm</td>
<td>October 17th 8-9am</td>
<td>October 19th</td>
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<tr>
<td>Join us on the track for PTA sponsored movie night. Despicable Me 3!!</td>
<td>Our 2nd General PTA meeting, come see what we have planned.</td>
<td>Come buy spirit sticks during lunch, only $1 for the sticks!!</td>
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</tbody>
</table>

Tricks or Treats?

Kids love Halloween, but what do you do if your child is allergic to dairy, eggs, gluten or nuts? To help kids with allergies, Food Allergy Research and Education (FARE) is promoting their teal pumpkin project. By placing a teal pumpkin outside your front door you let trick-or-treaters and parents know that you will provide a non-food treat, such as pencils, stickers or small toys. And the best news...Target is carrying the teal pumpkins to make it easy on you!!

To find out more please visit: https://www.foodallergy.org/education-awareness/teal-pumpkin-project
PTA Membership

We currently have 384 members! Last year we had 481, our goal is 600! We need your friends to join!!

http://www.joinpta.org

FUN FINANCIAL FACT!

Last year we budgeted $6,500 for grade level teacher grants. We used all $6,500 and gave the teachers…classroom books, manipulatives, Judy clocks, Raz kids subscriptions, spelling city subscriptions, special education apps, magnetic blocks, a makers space supply cart and so much more.

Car Rider Rules, Listen up!

8 simple rules for the car rider line

1. Parents don’t get out of your car.
2. Prepare, prepare, prepare, backpacks should be packed ahead of time.
3. You can change lanes, but ONLY at the top.
4. If you need to park in the parking lot, come early.
5. Please be courteous.
6. Don’t drop off on Belterra Drive or Abbott Drive, even if you are late, this is dangerous.
7. PULL UP!! If you are the first car, pull to the top of the line!
8. NEVER use your cell phone in a school zone.

Don’t forget to display your car tag and remove it once you get your kids.
Volunteer Opportunities

We have some open committee chair positions. If you want to help out or know someone who would be great please email president@rsepta.org

Family Events & Assemblies
Fall Fest
Book Fair
Art Sale
Staff Workroom
New Families Liaison

If you want to know what each of these jobs does please click here.

Committees not your style, go here for individual volunteer needs.

Look what’s new in the Garden!!

Your fearless garden leader – Samantha Bethke was “Volunteer of the Month” for September! Thank you Samantha for your countless hours making our garden special.

Happy Fall Y’all. Early October is perfect for seeding wildflowers to enhance a natural habitat or add color to your garden.

We still need volunteers for the classes below.

Cruz, Danzeiser, Gee, Kenton, Landry, Larson, Prevette

Please email learninggarden@rsepta.org for more information.
1. FAVORITE SUBJECT? Writing
2. DO YOU HAVE KIDS? Yes, 2 boys - 7 and 9
3. WOULD YOU BUNGEE JUMP? No! I'm not a huge risk taker when it comes to losing my life. :)
4. WHAT IS YOUR FAVORITE CEREAL? Frosted Flakes
5. DO YOU UNTIE YOUR SHOES WHEN YOU TAKE THEM OFF? No
6. WHAT IS YOUR FAVORITE ICE CREAM? Chocolate
7. IF YOU WERE A CRAYON, WHAT COLOR WOULD YOU BE? Purple
8. FAVORITE SMELLS? Campfires and my house on Thanksgiving
9. WHO WAS THE LAST PERSON YOU TALKED TO ON THE PHONE? My friend, Alexa, who I've known since we were 4
10. MOUNTAIN HIDEAWAY OR BEACH HOUSE? Mountain for sure
11. FAVORITE PROGRAM TO WATCH? My husband and I love watching the new home shows on Sunday mornings with our coffee
12. HAIR COLOR? Brown
13. EYE COLOR? Green
14. FAVORITE FOOD? Mexican
15. SCARY MOVIES OR HAPPY ENDINGS? Happy endings
16. SUMMER OR WINTER? Texas winter
17. HUGS OR KISSES? Hugs
18. FAVORITE DESSERT? Chocolate mousse
19. WHAT BOOK/MAGAZINE ARE YOU READING NOW? Things Fall Apart by Chinua Achebe and Girl, Wash Your Face by Rachel Hollis
20. DO YOU HAVE A SPECIAL TALENT? I'm actually really good at putting babies to sleep
21. WHERE WERE YOU BORN? Laredo, TX
Student Spotlight
Introducing Isla Conreaux

Isla Conreaux has participated in the National PTA Reflections program for two years. She won honorable mention in the state competition. Here are some fun things about Isla…

Grade: 4th

Best known at Rooster for: People best know me because I do Rooster Reports and I won a grant to start Rooster’s Writing Club.

Unknown talent: I’m working towards my black belt in kung fu.

What makes you laugh? My brother

Favorite food? Chinese food


Would you enter Reflections again? Yes

When are you most creative? I’m creative when I have nothing to do.

What would you like to tell other kids about the program? Reflections is fun and you get to show people your talents, it is easy to enter and you have a lot of time to work on it. It was fun to receive a medal and take a trip to San Antonio. It was fun to do something my teacher didn’t assign because I go to do something on my own in a way that I wanted.

How can I enter Reflections?
Entry forms are available in the front office.
Reflections entries are due: Nov. 6th
If you have questions please email Melanie Engles at reflections@rsespta.org

Simple Spiders

Don’t have time to bake, need some last minute party treats, visit Brit Co for no bake party treats!

1 pkg Oreos
1 pkg M&M’s
1 pkg Pretzel sticks
1 small tube of vanilla icing

Add the pretzels to the oreos for legs (you may soften in microwave for 10 seconds) and add the eyes with some icing and your done!
The newest buzz word that you may have heard floating through our school is GRIT. That’s because according to University of Pennsylvania psychologist and MacArthur ‘genius’ Angela Duckworth, grit, defined as a child’s “perseverance and passion for long-term goals,” is a better indicator of future earnings and happiness than either IQ or talent.

Today’s research on grit suggests that your child’s ability to work hard, endure struggle, fail, and try again may be the key to determining his or her long-term success and happiness.

So, what is Grit and why does it matter?

When we are in pursuit of a lofty goal, we don’t know when or even whether we will succeed. Until we do.

Grit is a distinct combination of passion, resilience, determination, and focus that allows a person to maintain the discipline and optimism to persevere in their goals even in the face of discomfort, rejection, and a lack of visible progress for years, or even decades.

So as parents, what can we do to provide that support? How do we teach our kids to push themselves? What can we do to help our kids be receptive to these tough lessons? Here are few ideas gleaned from the “grit” experts about how to be intentional in our quest to build grit.

#1 Find a Passion (or At Least an Engaging Activity)

Okay, so it’s probably overkill to expect your five-year-old to have found his “passion.” But as children grow older, pursuing a particular interest of their own choosing can help them to identify a passion and understand that practice, hard work and perseverance are surest way to achievement.

One of the characteristics of “gritty” people is that they are “especially motivated to seek happiness through focused engagement and a sense of meaning or purpose,” (Duckworth Lab Research Statement), so letting a child find his or her own passion is necessary in the long term.

In a story for NPR, Duckworth told Tovia Smith, “I don’t think people can become truly gritty and great at things they don’t love, so when we try to develop grit in kids, we also need to find and help them cultivate their passions.”

But even if our kids haven’t found their life’s work yet, we can help them learn the habits and traits that comprise grit.

At the Duckworth house, they have implemented a “Hard Thing Rule,” which says that every member of the family has to be working on something difficult at any given time. Each person can choose his or her “thing” but it should be both interesting and require “deliberate practice almost daily.” And everyone has to stick with his or her selected activity for a set period of time. No one is allowed to quit mid-season because things seem too hard.

The idea is to teach kids to commit to something and work hard. The learning process is not always fun, and improvement does not come without effort. But if a child is motivated to improve at something because she likes it, then the struggle will seem worthwhile and success will be its own reward.

Be it ballet, soccer, violin, or karate, allowing a child to choose an activity and work at it for a whole season (or longer for older children) not
only helps children find and cultivate a passion, it also teaches self-discipline and reinforces the idea that practice begets skill.

#2 Recognize That Frustration, Confusion and Practice Are Par for the Course

According to the Duckworth lab, those who believe that diligence and perseverance pay off beat out their less optimistic, and often more talented, counterparts nearly every time.

In a 2013 TED Talk, Duckworth said the “best idea” she has heard about how to increase grit in children is to teach what Stanford professor and author of the highly acclaimed book *Mindset: The New Psychology of Success*, Carol Dweck, calls a “growth mindset.”

Dweck has found that people with “growth mindsets” are more resilient and tend to push through struggle because they believe that hard work is part of the process and they understand that failure is not a permanent condition. Those with “fixed mindsets” on the other hand, believe that success stems from innate talent and tend to give up easily—why work hard at something if you don’t believe you can change anything?

The Duckworth lab’s recent research, undertaken in partnership with classroom teachers, shows that students become less frustrated with the learning process and put forth more effort when they understand that even experts struggle to learn their craft.

First-hand accounts of the obstacles that experts have to overcome to “make it” have a real impact on helping kids manage frustration.

When a skilled performer does something well, it looks easy. Watching Jordan Spieth drive a golf ball, Taylor Swift perform a song or Ina Garten prepare a meal can make success seem easy because we never see the frustration, fatigue or years of practice and preparation that precede the final product. In working to develop grit in children, we must point out the toil that goes on behind the scenes.

Duckworth is fond of quoting world-class dancer Martha Graham who said, “Dancing appears glamorous, easy, delightful. But the path to the paradise of achievement is not easier than any other. There is fatigue so great that the body cries, even in its sleep. There are times of complete frustration, there are daily small deaths.”

It’s not that we should never let our children change interests or shift activities as they grow—they are kids after all—but understanding the value of practice, hard work and even struggle may be the thing that carries them across the finish line.

#3 Take Risks (and Tell Your Kids About It)

Grit demands risk taking. Successful people are willing to step out of their comfort zones and risk failure in order to learn something new or pursue a long-term goal. And while, by definition, a risk may end in failure, successful adults don’t give up.

Paul Tough, author of *How Children Succeed* says, “Lots of parents don’t want to talk about their failures in front of their kids, but that’s denying kids the potentially powerful experience of seeing their parents bounce back.”

After college, Wang became the youngest editor at Vogue. There she remained for seventeen years. At the age of 40, though, she took a big leap. Wang resigned from a two-year stint with Ralph Lauren to become an independent bridal wear designer, the role for which she is most celebrated today.

When discovering that one direction may not be the right one for her (even “late” in the game), Wang was open to trying something different. Without her willingness to leave a familiar path to take a bold new risk, Wang wouldn’t be where or who she is today.

Sometimes risky decisions become the moments that ultimately lead to success. We need to recognize that taking risks needn’t
come from recklessness but from a willingness to persevere in the face of great odds and being true to our authentic self.

#4 Teach That Failure Is Not the End

5,127 – The number of failed vacuum prototypes created by James Dyson before he came out with the Dual Cyclone bagless vacuum cleaner that made him a billionaire.

30 – The number of rejections Stephen King received before his first novel, Carrie, was finally accepted by a publisher.

$4 million – The number of dollars lost on GoPro inventor, Nick Woodman’s, failed first company.

According to the Duckworth lab statement, gritty people have “cognitive dispositions that incline [them] to look for changeable causes of their current problems.”

Grit means maintaining the hope and vision to change even under the most challenging circumstances.

In order to teach children to be resilient, we need to show them real examples of how failures and setbacks can lead to success—by talking about them regularly, sharing our own experiences, and most importantly allowing them to fail.

In his New York Times article “The Secret to Success is Failure,” Paul Tough says,

It is a central paradox of contemporary parenting, in fact: we have an acute, almost biological impulse to provide for our children, to give them everything they want and need, to protect them from dangers and discomforts both large and small. And yet we all know — on some level, at least — that what kids need more than anything is a little hardship: some challenge, some deprivation that they can overcome, even if just to prove to themselves that they can.

As parents, it is important that we don’t let our protective instincts rob our kids of first-hand experiences with hard-won victories.

As parents, we all want to see our kids succeed, but as they search to find their footing on the pathway to success, it is important to show them that failure is part of the process, not an endpoint, but a necessary crossing on the road to achievement.

And if we don’t let them see us fail or experience a failure themselves in the safety of our presence, they may not have the stamina to overcome one when they are on their own.

Failure is painful and humbling, and as parents it is difficult to admit to our kids that it happens to us too. Yet exposing them to failure may be the very thing to inoculate them against giving up when they come face-to-face with failure themselves. They need to know that frustrating and painful moments are not the end of something but a natural part of the journey toward achievement.

Take the “grit test,” then remember that your score isn’t fixed and neither is your child’s.

Want to know more?
Costco Article on GRIT
Angela Duckworth
Have a great idea for next month’s newsletter? Email suggestions to information@rsespta.org

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Achckoooooo, ugh flu season is coming. Here is the district policy on fevers and some good tips on overall health. Click here.

If you need to miss school due to sickness, please email Zanna Ward at zanna.ward@dsisdtx.us. Don’t forget to get a doctors note when you go, want to know why? Read the Texas Public School System Requirements here.