



## Dear BRE HERD,

The interactions we share with others and the reactions we portray through our own experiences define us as individuals and paint our personas on those who surround us. Every day, we make choices, both consciously and subconsciously, that not only alter the trajectory of our own lives, but these same decisions can have an equal or more significant effect on the perceptions of those that surround us. Simple acts of kindness such as compassion, empathy, or kindness can leave an everlasting IMPACT on others. In contrast, negative choices, such as sarcasm, entitlement, and loathing, can negatively IMPACT others and send people down an unnavigable downward spiral.

For the 2021-2022 school year, the staff and students at Buffalo Ridge Elementary will focus our efforts on making a positive IMPACT in our personal lives, everyday relationships, and the Castle Pines community. By focusing on our own social and emotional well-being and instilling proactive systems that support the intrapersonal needs of our student body, we strongly believe that all members of our HERD community will prosper.

One of the most exciting modifications we made to our master schedule for the upcoming school year was the inclusion of HERD Connection. Through this new systemic social/emotional support, students will begin four out of five days in their homeroom classroom meeting as a whole group and learning how to navigate peer conflict, implement personal coping strategies, and identifying everyday triggers that could lead to personal angst and anxiety. In addition to their homeroom connection, BRE students will receive an enrichment opportunity once a week in either STEM, Specials (Art, Music, or PE), or Social/Emotional Learning. This Enrichment opportunity was created to extend our students' learning opportunities and allow BRE teachers to meet as a Professional Learning Community (PLC) weekly.



Words cannot express how exciting it was to have parents back in the building for Back to School Night. It felt so good to interact face-to-face, share personal exchanges, and develop relationships with parents that are new to the HERD Family. For those that were unable to attend, please take a few minutes to look over our presentation.

Finally, if you have not heard already, BREA will be hosting the Annual <u>Back-to-School Carnival</u> on August 27th from 5 pm to 7 pm. Tickets are \$20 and may be purchased through <u>MySchoolBucks.com</u>. It will be a fantastic night that is sure to appease all that attend.

Warmly,

Jen and Rob

**BuffaloRidgeK5.org**