



Bluff Elementary School

OCTOBER NEWSLETTER

2025-2026

Principal Silversmith

IN AN EMERGENCY TAKE ACTION



HOLD! In your room or area. Clear the halls.

OCCUPANTS

Clear the hallways and remain in room or area until the "All Clear" is announced
Do business as usual

STAFF

Close and lock door
Account for occupants and staff
Do business as usual



SECURE! Get inside. Lock outside doors.

OCCUPANTS

Return inside
Do business as usual

STAFF

Bring everyone indoors
Lock outside doors
Increase situational awareness
Account for occupants and staff
Do business as usual



LOCKDOWN! Locks, lights, out of sight.

OCCUPANTS

Move away from sight
Maintain silence
Do not open the door
Prepare to evade or defend

STAFF

Lock interior doors
Turn out the lights
Move away from sight
Do not open the door
Maintain silence
Account for occupants and staff
Prepare to evade or defend



EVACUATE! (A location may be specified)

OCCUPANTS

Evacuate to specified location
Bring your phone
Instructions may be provided about retaining or leaving belongings

STAFF

Lead evacuation to specified location
Account for occupants and staff
Notify if missing, extra or injured people



SHELTER! Hazard and safety strategy.

OCCUPANTS

Use appropriate safety strategy for the hazard

Hazard	Safety Strategy
Tornado	Evacuate to shelter area
Hazmat	Seal the room
Earthquake	Drop, cover and hold
Tsunami	Get to high ground

STAFF

Lead safety strategy
Account for occupants and staff
Notify if missing, extra or injured people

Parents,
These are the safety drills we will be practicing for this school year. We have made safety as top priority for Bluff school. If you have any questions, please feel free to come by the school, call or email Mrs. Silversmith. bsilversmith@sjsd.org



Front Office

PARENT INFORMATION

- Leave toys and all other personal belongs at home.
- Send your child with a jacket, the weather in the morning can sometimes be cold, and the office is limited on sizes and jackets.
- PLEASE call the office if or when your child will be absent.
 - Send medical note if applicable.
- Attendance reports will be sent home at the end of each month.
- Call the school **BEFORE 2:45 pm** if or when your child will be picked up after school.
 - Only people listed in Aspire are authorized to pick up your child.
 - Additional people can be listed if you call the school.

IMPORTANT DATES

- OCT 9TH - 1ST QUARTER ENDS
- OCT 9TH - SCHOOL BOARD MEETING @ DO
- OCT 10TH - FALL BREAK (NO SCHOOL)
- OCT 13TH - TEACHER DAY (NO SCHOOL)
- OCT 14TH - 4TH GRADE FIELD TRIP TO BEARS EARS
- OCT 14TH - 2ND QUARTER BEGINS
- OCT 17TH - MISS BLUFF PAGEANT @ 3PM
- OCT 21ST - 5TH GRADE FIELD TRIP TO NATURAL BRIDGES
- OCT 30TH - SCHOOL-WIDE HALLOWEEN PARADE
- OCT 31ST -

HALLOWEEN



Breakfast & Lunch Menu



October



2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Frudel Boiled Egg Peaches	2 Biscuits & Gravy Pears Sausage	3 Pancake on a Stick Apples String Cheese
6 French Toast Sausage Oranges	7 Breakfast Pizza Pineapple String Cheese	8 Breakfast Burrito Grapes Hash Browns	9 Sausage, Egg & Cheese Croissant Mandarin Oranges Yogurt	10 FALL BREAK NO SCHOOL
13 TEACHER DAY NO SCHOOL	14 Pancakes Pineapple Yogurt	15 Biscuits & Gravy Apples Sausage	16 Sausage, Egg & Cheese Muffin Mandarin Oranges Yogurt	17 Scrambled Eggs Bananas Hash Browns
20 Oatmeal Yogurt Mandarin Oranges	21 Sausage, Egg & Cheese Croissant Hash Browns Grapes	22 Breakfast Pizza Boiled Egg Applesauce	23 French Toast Sausage Bananas	24 Breakfast Burrito Peaches String Cheese
27 Waffles Pineapple Hash Browns	28 Sausage, Egg & Cheese Muffin Yogurt Bananas	29 Frudel Boiled Egg Peaches	30 Biscuits & Gravy Pears Sausage	31 Pancakes on a Stick Apples String Cheese

Reminder: ALL students can eat breakfast for FREE.
Check with individual Schools for serving times.

Served Daily:

-Alternate Entrée:

Assorted Cereal w/ 1
Slice of Toast
Cinnamon Toast

-Beverages:

Chocolate Skim Milk
1% White Milk
Juice Variety

*This Institution Is An Equal
Opportunity Provider*

**MENUS ARE SUBJECT TO
CHANGE WITHOUT NOTICE!



October



2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Mac & Cheese Green Beans Green Salad Apples Rolls	2 Pepperoni Pizza Carrot Sticks Fries Pears Jell-O	3 Chicken Patty Potatoes/Gravy Corn Pineapple Rolls
6 Bacon Cheese Burger Fries Melon Cookie	7 Beef Nachos Corn Refried Beans Pears	8 Stromboli Carrot Sticks Pudding Peas Oranges	9 Salisbury Steak Steamed Broccoli Rice/Rolls Green Beans Pineapple	10 FALL BREAK NO SCHOOL
13 TEACHER DAY NO SCHOOL	14 Toasted Cheese Sandwich Tomato Soup Green Beans/Salad Peaches	15 Ravioli Breadsticks Corn Applesauce Refried Beans	16 Chicken Patty Sandwich Fries/Pineapple Steamed Carrots Brownie	17 Orange Chicken Egg Roll/Fried Rice Steamed Broccoli Mandarin Oranges Fortune Cookie
20 Chicken Fajitas Green Salad Corn Peaches	21 Country Fried Steak Potatoes/Gravy Steamed Carrots Mandarin Oranges Rolls	22 Pigs In A Blanket Fries Pears Green Salad	23 Pepperoni Pizza Tots Pineapple Carrot Sticks Jell-O	24 Beef Nachos Black Beans Applesauce Rice Krispy Treat
27 Meatball Sub Green Beans Steamed Broccoli Bananas	28 Corn Dogs Green Salad Tots Pudding Pineapple	29 Chicken Nuggets Baked Beans Fries Peaches Cookie	30 Beef Bean & Cheese Burrito Mandarin Oranges Carrot Sticks Corn	31 Chili Beans Carrot Sticks Pears/Crackers Cinnamon Rolls HAPPY HALLOWEEN

Parents who would like to eat school lunch need to call the school by 9:00am to reserve your meal for the day.
Served Daily:

-Beverages:
Chocolate Skim Milk
1% White Milk

"Parents and Community Members who would like to make comments or suggestions regarding the San Juan School District Wellness Policy can contact the District Food Services Office at (435) 678-4300 or (435) 678-1265"
Wellness Policy Can Be Found At:
<http://sjds.org/students-parents/food-services-menus/>

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Lunch Prices:

Adult Lunch.....	\$4.50
Adult Salad (Pre-Order Only).....	\$3.00
Non-Student Child 0-12 yrs.....	\$2.50
Non-Student Child 13-17 yrs.....	\$2.80
Milk (Extra).....	\$0.40



This month, our focus will be on kindness, respect, and using coping strategies students can use when faced with someone being mean or rude. We know that unkind behavior can hurt, and lead to bullying, but we also know our students can build the skills to respond in positive, safe, and effective ways that will put a stop to it.

We will be working on

- **Pause and Breathe** – Take a moment to calm down before reacting.
- **Use “I” Statements** – “I don’t like that,” or “I want to play something else”.
- **Walk Away and Find a Buddy** – Sometimes the best choice is to remove yourself and join friends who treat you kindly.
- **Seek Help from an Adult** – Asking for support is a sign of strength, not weakness.

We remind students that they always have choices in how they respond. By practicing these coping skills, students not only become more confident and resilient, they also help build a school culture where kindness and respect are the norm. Together, we prevent bullying, by standing up, staying calm, and choosing positive actions.

Let’s continue to encourage our children at home and at school to use their coping strategies, be a buddy not a bully, and build a safe, supportive community for everyone.



Join the Kindness Challenge at Home!

You can help reinforce this important lesson by encouraging kindness at home. Here are some ideas:

- **Use your words:** Ask your child, "What was the kindest thing you saw someone do today?"
- **Read together:** Check out the book *Have You Filled a Bucket Today?* to start a conversation about how we can fill others' "invisible buckets" with positive actions.
- **Practice gratitude:** Have your family write down what they're thankful for. You can create your own "Kindness Jar" to keep track of kind deeds.

Thank you for being our partners in raising compassionate and caring children.

Ms. Kd, Special Education

PRESCHOOL NEWSLETTER

October

Dear Preschool Families,

We are starting Unit 1 of our classroom program, Connect4Learning. This unit will focus on helping your child get settled in the classroom with classmates, routines, and using the classroom environment. We will be exploring the following topics and skills.

-**Science:** The 5 Senses

-**Math:** Working with numbers counting from 0-10

-**Literacy:** Hearing and using new words
Read Children's books
Learning about parts of the book and about authors and illustrators
Learning about rules for print.
(space between words, punctuation marks, and capital letters.

-**Social Emotional Skills:**
Classroom expectations: Be safe, be kind, be a team player.

By the end of the unit, we will have written a book called "Meet Our Class", which you will be able to read.

Important Days:

Oct. 6th - Picture Retake

Oct. 10th - Fall Break
(No School)

Oct. 13th - Teacher Day
(No School)

Oct. 17th - Miss Bluff Pageant
@ 3 PM

Oct. 30th - School-Wide
Halloween Parade

Oct. 31st -

HAPPY HALLOWEEN

Hero of the Month:

October's hero of the month is Zariah. Zariah's favorite thing to do is play and draw with her favorite color pink. She likes the movie Tinker Bell. Her favorite food is chicken, but she doesn't like broccoli. If she could go anywhere, she'd like to go to the park and play all day with her best friends. Big sister and brother are her best friends and being with them makes her happy. When Zariah grows up, she wants to be an artist who can paint beautiful pictures. Zariah is kind, helpful and we love having her in our preschool class.

Connect4learning

Unit One: Connect with School and Friends:

Builds the most important school connections: among the children and peers, teachers, and the school. They engage in hands-on science exploration in the senses and hear and perhaps even use rich vocabulary in context. They explore high-quality children's literature as they learn how print is used and begins to understand how to work with books. Children learn classroom routines, how to use materials, and social-emotional skills, including how to be with a group, make friends, and work together. They explore mathematics manipulatives, learning foundations ideas and skills through play.

What You Can Do:

- Talk about the 5 senses with your child: hearing, seeing, smelling, touching, and tasting
- Read books and have conversations daily.
- Ask your child what he or she is learning about being safe, be kind, and being a team player.
- With Family and Friends, encourage your child to make connections about safety about safety, kindness, and being a team player.
- Ask about new friends.
- Log in to the online parent portal:
<https://platform.connect4learning.com/parent>

2025



Kindergarten October Newsletter

Dear families,
2nd quarter is so close! It is so crazy how fast it has gone by. Continue to bring your student to school because we are learning so much every day!

In our class we are currently learning the letter names and sounds through "The Letter Club." The whole class is working hard to know their letter names and sounds by Halloween! We are also currently working on know numbers 1-10, more, fewer, and same. Please read to your student every day to help them fill up their reading calendar!

-Mrs. Pugh

Important Dates

Oct 2nd: Picture Re-takes

Oct 9th: End of 1st Quarter

Oct 10th: Fall Break - NO SCHOOL

Oct 13th: Teacher Day - NO SCHOOL

Oct 30th: School Halloween Parade

Oct 31st: Halloween

1ST GRADE OCTOBER NEWSLETTER 2025

FIRST GRADE FAMILIES.

JUST LIKE THAT WE ARE COMING TO THE END OF FIRST QUARTER.

CONTINUE TO HAVE YOUR STUDENTS READ AT HOME. WE WILL BE HAVING OUR END OF QUARTER ONE ICE CREAM PARTY SOON. YOUR STUDENT NEEDS TO TURN IN 30 DAYS WORTH OF READING LOG.

WE ARE FOCUSING ON SHORT VOWEL CVC WORDS, DIGRAPHS, DOUBLE LETTER SPELLINGS IN READING. WE ARE ALSO FOCUSING ON THE HUMAN BODY IN OUR KNOWLEDGE SECTION.

WE ARE ALSO FOCUSING ON ADDITION AND SUBTRACTION STRATEGIES IN MATH.

IF YOU HAVE ANY QUESTIONS PLEASE FEEL FREE TO CONTACT ME.

-MS. BEGAY

IMPORTANT DATES:

BOOK FAIR - SEPT. 29/OCT. 3RD

FALL BREAK (NO SCHOOL) - 10/10

TEACHER DAY (NO SCHOOL) - 10/13

2ND TERM BEGINS - 14TH

HALLOWEEN PARTY - 31ST

OCTOBER BIRTHDAYS

MA'LYN 10-27

MYKELTI 10-31

October Newsletter



2nd Grade 2025

2nd Grade Families,

I can't believe we are almost done with the 1st quarter! Students are working hard and learning lots! Make sure they are here daily so they don't miss anything.

Please have your students read at home. Make sure they are getting their reading calendars signed and bringing them back at least once a week.

In math, we are finishing counting money. Then we will work on adding and subtracting within 100 and solving word problems. Please watch for practice pages to come home. Work with your student to complete the pages.

Thank you for coming to CCR day. Your support at home is so important for your child's learning and growth.

If you ever have any questions, please reach out to me!
—Mrs. Brown



October Birthdays

No Birthdays



IMPORTANT DATES

October 9th

Last Day of 1st Term

October 10th

Fall Break / No School

October 13th

Teacher Work Day / No School

October 14th

2nd Term Starts

October 31st

Halloween Party





Mrs. Richmond's 3rd, 4th, and 5th Grades

Dear Families and Students,

I am enjoying getting to know the students. They are all talented and amazing in their own way!

In 3rd grade this month we will finish our animal research and then start learning about systems in the human body while we work on understanding informational texts.

In 4th grade we will be reading and learning about Empires in the Middle Ages while we work on understanding informational texts.

In 5th grade we will finish up our study of the Inca, Aztec, and Mayan civilizations, and then start a unit on poetry.

Please make sure your child is reading 20 minutes every day! Bring the reading log back for a prize!

Mrs. Richmond



October



- 10th and 13th Fall Break
- 11th - Happy Birthday **Logan!**
- 14th - Happy Birthday **Lyroydin!**
- 23rd - Happy Birthday **Kony!**
- 26th- Happy Birthday **Mi'Lyiah!**
- 29th - Happy Birthday **Matthew!**
- 31st - Halloween Party



3rd, 4th and 5th Math/Science-Mrs. Wallis

3rd Graders,

In science, we are learning about how weather is a minute-by-minute, day-by-day variation of the atmosphere's condition on a local scale. Also, how scientists record patterns of weather across different times and areas so that they can make weather forecasts. In math we are learning about multiplying and using models to help solve problems.

4th Graders,

In science, we are learning about plants and animals have both internal and external structures that serve various functions for growth, survival, behavior, and reproduction. will help up on our upcoming field trips. In math we are going to learn how to add, subtract, multiply and divide decimal numbers. They we will multiply larger numbers.

5th Graders,

In science, we are learning about Earth Changes in science! Knowing how the Earth can change will help up on our upcoming field trips. In math we are learning about division with 1 and 2 divisors.

Keep up the good work everyone!

Families, Thank you to all the parents and family members who came to CCR day to help support your student in their learning. I appreciate how you have helped and encouraged them to complete assignments and taken the time to reach out to me on their behalf. Again, I value your support at home, I could not do this without your help. -Mrs. Wallis



Important dates:

October 9th – End of 1st Term

October 10th – Fall Break – No School

October 11th – Logan's Birthday

October 14th – Lyroydin's Birthday

October 13th – Teacher work day

no school for students this day

October 14th – 2nd term starts

October 14th – 4th Grade Field trip to
Bears Ears

October 21st – 5th Grade Field trip to
Bears Ears

October 23rd – Kony's Birthday

October 26th – Mi'Lyiah's Birthday

October 29th – Matthew's Birthday

October 31st – Halloween Party

Dinék' éjí Hane'

Wóshdégé: Time for Gathering
Vol. 23 No. 8
Leading The Way Staff

The voice is a powerful element. In some stories, elders say that nitch'ih yázhí (small wind) entered the bodies of the first humans, allowing them to move and to have a voice. Even today, this wind enters each of us when we are born. The lines in our palms and the whirli atop our heads is the trail of this wind. Elders remind us that our speech is powerful because of this wind, so we watch what we say, and we follow through on our words. It is also said that our inner voice, what some might call a conscience or intuition that influences our moral compass, is the presence of that wind. This could also be applied to our thoughts. In this way, nitch'ih yázhí is present in our intentions, in our thoughts, and in our words.

In ceremonies, after the hataali (medicine person) and their helpers have sufficiently prepared their materials and what is needed for things to get started, someone will call from the hooghan nimazi (hogán) to let everyone know they can enter the space. Elders say this calling also lets Diyin Dine'é (the Holy People) know that their presence is welcomed into the ceremony. Too. It is said that these Diyin Dine'é fill the empty spaces in the hooghan nimazi and they offer their blessings to the ceremony. By using the voice we were given by nitch'ih yázhí, we call out to our relatives and signal that the time has come to gather and to add our voices to the healing. As the ceremony progresses, we contribute

our voices to the songs and the prayers. Late into the night and into another new day, our voices rise in unison from the surface of Nihimá Nahasdzáán (Mother Earth). By our voices, we seek to live in accordance with the hopes and dreams of those that came before us. In turn, we also voice our own hopes and dreams for the next generation. Nihik'éí bí nanitín bik'ehgo náás yookkááí. Díí bée liná yá'át'ééhiigil ádoolniil.

For this issue of *Leading The Way*, the theme of Wóshdégé: Time for Gathering was inspired by the call to the hooghan nimazi. By saying "wóshdégé" from the magazine, we called out to and invited relatives, friends, medicine people, cultural knowledge holders, and others to share their voices in this through our publication. Although our staff curates the magazine, we believe *Leading The Way* is a community space for all our relatives to share their stories and to pass on knowledge to the next generation. We hope you and your families enjoy this collection of intermixed writings from Diné voices in and around nihikéyah.

"By using the voice we were given by nitch'ih yázhí, we call out to our relatives and signal that the time has come to gather and to add our voices to the healing."

The Bluff Elementary Princess and Warrior Pageant will be held on October 17, 2025 @ 3:00 PM. If your child took an application, please submit it before the deadline October 9th, t'áá shqodí.



Heritage Language

Upcoming Events:

- | | |
|---------|-----------------|
| Oct 1 | Navajo New Year |
| Oct.2-5 | Shiprock Fair |
| Oct. 9 | First qtr. ends |
| Oct. 10 | Fall Break |
| Oct. 17 | Bluff Pageant |

2025

4TH ANNUAL

SJSD

NATIVE YOUTH LEADERSHIP CONFERENCE

"Bridging the future for students with CTE & Heritage Language"

"Náásgó níhá 'óíta'í bizaad bit bééhózingo naanish bá hólógodo"

Thursday, 23th October

From 9:00 AM - 2:00 PM

USU Arts and Events Center
715 W 200 S Blanding, UT 84511

REGISTER NOW

For More Information
Contact: Wááshéé Nahasdzáán at Jadahe Berles Jaaheegóogíni

Life coach, actor, & motivational speaker.
CHANCE LEE RUSH
Keynote Speaker

SCAN FOR CONFERENCE AGENDA

2025

32ND ANNUAL

SJSD

HERITAGE LANGUAGE CONFERENCE

"Bridging the future with CTE & Heritage Language"

"Náásgó níhá 'óíta'í bizaad bit bééhózingo naanish bá hólógodo"

Friday, 24th October

From 8:30 AM - 3 PM

USU Arts and Events Center
715 W 200 S Blanding, UT 84511

REGISTER NOW

For More Information
Contact: Wááshéé Nahasdzáán at Jadahe Berles Jaaheegóogíni

Life coach, actor, & motivational speaker.
CHANCE LEE RUSH
Keynote Speaker

SCAN FOR CONFERENCE AGENDA