



THE GIVING SEASON



We are incredibly grateful to all the teachers, campus leaders, students, families, and community members who continue to make David Lubin a magical place. From our abundance, we give back. Read on to discover all that's happening on campus, and how you can give & receive this Season!

- Your Parent Teacher Group

Runnin' for Rhett

By The Buehler Family



In October, forty Lubin students set out to move. By joining the Runnin' for Rhett program, they committed to training their bodies and minds in the spirit of those who unfortunately are not able. The goal was to inspire, uplift and encourage ALL to move into life with a new outlook. They absolutely accomplished their goal! Their commitment will pay off having logged a cumulative 547 miles run already and participating in a final 5K this Saturday, Dec 2. Way to go Lubin students, you rock!

LET'S TALK ABOUT MENTAL HEALTH

with Mr. Jon!



"The holidays are so relaxing and stress free" ...said no one ever! Here are some coping skills you can teach your student when they are feeling the weight of that stress, too!

Self Soothing - Take some structured deep breaths, run a warm bath, stretch, or write out feelings.

Distraction - Go for a walk, listen to music, play with a fidget, or craft.

Mindfulness - Being mindful helps center us as humans, helps us focus on the present, and pauses some of those racing thoughts.

Mindfulness comes in the form of meditation, controlled and centered breathing, and the 5-4-3-2-1 technique.

What Am I?

I always have a president on me and I'm used as a birthday gift sometimes.

Some people have a secret spot for me. By Ella Blankenship, Grade 6



ASL Seasonal Sign "Kwanza"



CAMPUS EVENTS

Dine & Donate:
Shake Shack on 12/6

DL Futbol Club Fundraiser:
12/10 at Sac Yard


Spring Musical Parent Meeting:
12/11 @ 6:30 p.m.

David Lubin Holiday Assistance
Program: Thru 12/13

1,000 Sock Drive:
Thru 12/15

More details at davidlubinptg.org

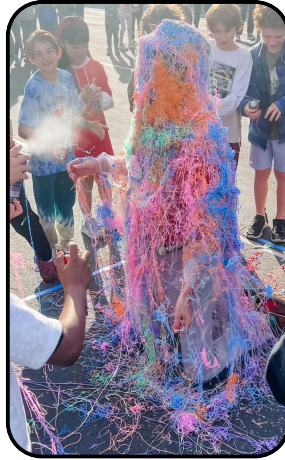
On November 14th our community joined schools across the county to celebrate Ruby Bridges Walk to School day for the second year! Students, families, and teachers wore purple and gathered in two locations, East Portal Park and Oak Park, marching to campus to end racism in all forms and end bullying. We are so proud, and grateful to our DEI Committee for bringing this movement to our school!



What Am I?

I can be fluffy, I can be many different colors, I can have extra toes, and I can be hairless, but overall I can be cute. Sometimes I want to cuddle and other times I want to be alone. People get mad at me for just being me. If you get me I might scratch you, but I can also love you.

By Sevilla Marrs, Grade 6



Jog-A-Thon

By Briony Adsetts, Grade 6

This year's Jog-A-Thon went great. We raised over \$41,000 towards our school to pay for many things like art, music, and more. It was fun and I think most kids enjoyed it this year. My favorite thing was getting to run with my Kindergarten buddy.

This Jog-A-Thon, Ms. Saldana's 4th graders won the year's most coveted reward: spraying Principal Dixon with silly string!



"Some people are worth melting for." - Olaf the Snowman

David Lubin Honors Ruby Bridges



S K I I N G S N O W B O O T
S F I R E P L A C E I N G E O
L I E A R M U F F S C N Y T S
E W S B C O L T R A E S T A C
D I M L R O W S N O U G H E A
D N U I A U L O W P S H T O R
I T F Z E S A D E H A T A O F
N R B Z B A E R O W P L Y I I
G C O A T O T L Y D M W L C R
I T O R H A F R O T A S U I E
P O T D E C E M B E R I L C L L
L A S N C R O V I N C L O L R
O A D H J K T C E S H O V E L
W J A N U A R Y O E S A H S T
M I T T E N S W E A T E R E L

BLIZZARD	FIREPLACE	PLOW
BOOTS	FROSTY	SCARF
COAT	HAT	SHOVEL
COCOA	ICE	SKING
COLD	ICICLES	SLEDDING
DECEMBER	JANUARY	SNOW
EARMUFFS	MARCH	SWEATER




What Am I?

I'm something you can buy at almost any store, I come in tons of different flavors. I'm banned in a lot of places, including schools, martial arts classes, and roller-skating rinks, and I'm usually stuck under desks

By Sienna Lowman, Grade 6

Happy holidays