

# Park Village Weekly Newsletter

November 14, 2021

## Upcoming Events

**November 15-19 Parent/Teacher Conferences - 12:20pm TK Dismissal**

**12:30pm K-5 Dismissal**

**November 18 Board of Education Meeting**

**November 18 Rubio's Restaurant Fundraiser**

**November 22-26 Thanksgiving Break - NO SCHOOL**

Penguins **Wednesday, November 17th** is Mustache Day in honor of Movember for men's health month. Show your support and school spirit by wearing a mustache under your mask and sticking a mustache ON your mask! Happy Movember! We can't wait to see your creative mustaches.

[See below for more information about upcoming events and programs!](#)

# Support Park Village Elementary

Receive fresh, organic produce conveniently delivered right to your home or office while earning 10% for Park Village Elementary! Farm Fresh To You, a family farm growing organically since 1976, is proud to partner with Park Village Elementary to offer our members a healthy way to fundraise.



EAT LOCAL • EAT FRESH • EAT BETTER TOGETHER

## Start Receiving Deliveries!

[www.farmfreshtoyou.com](http://www.farmfreshtoyou.com)

Promo Code: **PVE10**

10% of every delivery you receive will benefit  
Park Village Elementary!

### CUSTOMIZE YOUR SERVICE

No Commitment. You can change your box type or delivery frequency to fit your needs. Every delivery can be customized with your favorite produce and artisan farm products.

### ALREADY A CUSTOMER?

Start earning 10% for Park Village Elementary, call us at 800.796.6009 to apply the promo code **PVE10** to your account.



[WWW.FARMFRESHTOYOU.COM](http://WWW.FARMFRESHTOYOU.COM)  
800.796.6009  
[CONTACTUS@FARMFRESHTOYOU.COM](mailto:CONTACTUS@FARMFRESHTOYOU.COM)



A big *thank you* to our  
**FRIENDS OF THE FOUNDATION**  
for supporting our students



CARMEL MOUNTAIN  
— dental care —



TORREY HIGHLANDS  
OPTOMETRY

For information on becoming a Friend of the Foundation,  
please contact Jim Buchmiller, [jcbuchmiller@san.rr.com](mailto:jcbuchmiller@san.rr.com)



# JOIN US FOR A GOOD CAUSE WITH A SIDE OF TACOS

Come in and enjoy our coastal-inspired tacos, burritos, bowls and salads made with responsibly-sourced seafood, all-natural chicken or USDA Choice steak.



*Salsa Verde  
Shrimp Tacos*

*Order online at [rubios.com](https://rubios.com) and use coupon code "DONATE" at checkout.*

## FUNDRAISER IN SUPPORT OF PARK VILLAGE ELEMENTARY EDUCATIONAL FOUNDATION

Date:  
11/18/2021

Time:  
4:00 PM - 8:00 PM

Location:  
7836 Highlands Village Place  
San Diego, CA



Scan QR code at register.

For restaurant use only.

Order online at [rubios.com](https://rubios.com) or through our mobile app, and enter coupon code "DONATE" at checkout or present this flyer for orders placed in the restaurant.

We will donate 30% of the proceeds from your meal to the cause (alcohol & gift cards excluded).  
24 hours' notice requested for Catering orders. Third party delivery orders or orders placed at a different time/location than your scheduled event will not count towards your fundraiser.

# 30 Ways to Respond to Your Perfectionist Child

Big Life Journal

1. *Practice makes progress.*
2. Perfect is a perspective.
3. All that matters is that you're doing your best.
4. There is no perfect! What's important is that you give it your all!
5. *You're doing your best and your best is good enough!*
6. Perfect is a myth. Effort and growing your brain is the real deal.
7. No one is perfect. We're all imperfect and that makes us all unique.
8. The purpose is not to make it perfect but to try, experience, and learn.
9. What would "perfect" look like to you?
10. Amazing things come from accidents and imperfections.
11. There is no such thing as perfection.
12. *I'm so proud of you for working hard. You are learning so much!*
13. It doesn't need to be perfect, but if you want it to be better we can practice that.
14. Mistakes allow us embrace imperfection, while still nurturing effort, practice, and skill development.
15. All you can do is your best. That's all anyone is asking for.
16. Remember we learn from mistakes!
17. *You are trying hard. You can be proud of that.*
18. What is your vision? What can you do next? Can I do anything to help?
19. I can tell you tried hard and it shows!
20. Imperfections are what makes things unique and special.
21. You are perfecting the practice.
22. *Perfection isn't the goal. Learning and practice are.*
23. Practice makes it better. Improvement is the goal, not perfection.
24. It's okay to be disappointed when it's not as good as you hoped, that's what spurs you to improve!
25. We all can feel good inside knowing that we are doing our best.
26. If something is worth doing it's worth doing badly.
27. The strive for perfection is an imperfect objective in and of itself.
28. *Hard work creates progress.*
29. Practice makes it easier.
30. Perfect is for dreaming, progress is for doing.





## EPISODE 25 GUIDE

### IN THIS EPISODE, CHILDREN WILL

- learn to celebrate **imperfection**
- travel to **Japan**
- be inspired by **Mio Heki**, a kintsugi artist

### DISCUSSION QUESTIONS

- What did Leo & Zara do when their peace garden got ruined?
- How would you kintsugi to your friend who has never heard of it?
- When things don't go how you wanted or as planned, what can you do to feel calm?

### TRY THESE ACTIVITIES

1. Read Chapter 2 "**Mistakes Help You Grow**" in [Big Life Journal - Second Edition](#) and do the fun activities. The science part of this chapter explains to kids that mistakes actually grow their brains!
2. Use the **Take Chances Keep Going** printable (in the [Resilience Kit](#)) to help children stay motivated as they put effort into their tasks. When they keep going and don't give up, they will see great results from their work. Print enough copies to complete the drawings together. As you're drawing, talk about times when your children didn't give up on something difficult.
3. Create a **Jar of Awesome** (in the [Podcast Activity Kit](#)) to celebrate the small wins that move your child closer to their dream. It can make all the difference in how they feel about their progress and will help them stay motivated. Every time they feel unmotivated or discouraged, re-read the wins from their jar.
4. Use the printable **My Power of YET** (in our [Growth Mindset Printables Kit](#)) to practice this concept with your children. It helps children believe they can improve and achieve their goals and dreams with the right strategies and effort.
5. Use our **Success Iceberg** poster to explain "the power of yet" concept to children. Accomplishing big things requires time, effort, mistakes, setbacks, and lots of practice.
6. Complete the **Build Your Own Robot Challenge** (in the [Podcast Activity Kit](#)). Have your child use their imagination to create something amazing and unique. Don't worry if they making a mistake, they can turn it into a new one.

The Big Life Kids Podcast is produced by Big Life Journal and is available FREE on Apple Podcasts, Spotify, Google Play, and other platforms. Listen to [Episode 25](#) on Apple Podcast (also available on other platforms). All kits can be found on [biglifejournal.com](#).

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