

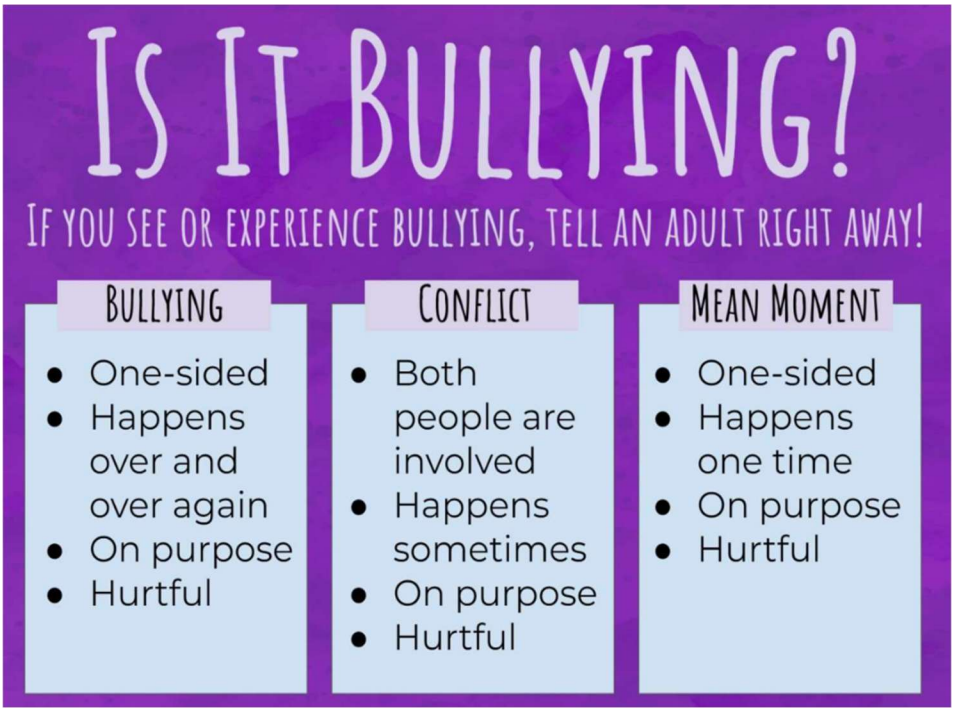
October 2026
Lake Ann Elementary
Newsletter

The word “bullying” gets used a lot by both children and adults. When I have conversations with students and with adults, I find that the word means different things to different people. That is why I thought it would be helpful to share how we use, categorize, and intervene when aggressive behavior is experienced in the school.

We categorize some behaviors as bullying, some as peer conflict, and some things are mean moments. All three of these behaviors are unexpected, unacceptable, and must be addressed. This is where proactive and restorative circles, and problem-solving conversations can be used to determine what type of behavior we are addressing and what the appropriate intervention might be.

Schools have many interventions that support our students so they can ask for what they need, take responsibility for their actions, and maintain belonging in the community. Some examples are:

1. Check in check out - a student works toward daily goals around responsibility, empathy, perseverance, and self-discipline with their classroom teacher and a trusted adult.
2. Social stories - picture books tailored to individual student needs and used to teach and reinforce behavioral expectations.
3. Calming corners and zones of regulation - tools students use to self-assess and manage big feelings.
3. Social Emotional curriculum, Butterfly Foundation – classroom supports to teach and support pro social behaviors and emotional regulation.





Miranda Buist

I am so excited and grateful for the opportunity to become part of the school community as school nurse at Betsie Valley and Lake Ann Elementary schools. I was raised in Benzie County and am a proud Benzie Central graduate. After high school, I attended Central Michigan University, where I earned my Bachelor of Science in Biology. I then returned home to Benzie County to attend Baker College, earning my Bachelor of Science in Nursing, followed by my Master of Science in Nursing from Spring Arbor University.

I live in Thompsonville with my husband and three children on a small farm. Outside of work, I enjoy spending time with my family, hiking with my dogs, horseback riding, and reading.

My life revolves around children, and caring for children and supporting their growth and wellness has always been a passion and priority of mine. I feel especially fortunate to have the opportunity to serve the community where I grew up. I look forward to building meaningful relationships with students and their families. I am excited to work alongside teachers and school staff to support the health, well-being and needs of each child!

PTO news

- October 2-November 6 – Wreath Fundraiser
  - $30 undecorated, $40 decorated with pinecones and a bow
  - Orders collected every Friday to allow time for the creation of the wreathes
  - Reach out to your child's classroom teacher with questions
- October 7 – Kindergarten and 1st grade bake sale in the afternoon. Each item $1.00!
- October 12 – PTO meeting in the cafeteria at 4:15
- October 30- 5:30-7:30 Monster Mash!!! More details with participation and volunteer opportunity to come!

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Vision/Hearing screening	2 Wreath Fundraiser begins! Fire drill	3
4	5 Picture Day	6	7 Character Cafe 9-9:30 am Kindergarten/1st grade bake sale pm	8 Early Release PT Conferences	9 Early Release PT Conferences	10
11	12 Vision/Hearing Screening 4:15 PTO meeting in the cafeteria	13	14	15	16	17
18	19	20	21 Fire Drill Vision/Hearing screening	22	23	24
25	26	27	28	29	30 End of 1st marking period Monster Mash 5:30-7:30	31

