

Estelle Newsletter

One Band, One Sound, One School, One Score

*"To become a high performing "A school"
To create an environment in which all teachers, staff members, and community stakeholders work collaboratively to ensure all students achieve success to become positive contributors in our society.*



December 1, 2020

Administrative Message

Welcome back from the Thanksgiving Break! We hope you enjoyed the extra time with family and friends! It's hard to believe that half of the school year is already over. The second nine weeks Interims will be issued on Dec. 8th. The second nine weeks ends on January 15th. Even though our students will be anxious to begin another time off, please continue to encourage your children to put forth their best effort both in class and during home-work. This is a great time to concentrate on bringing up any grade(s) that were less than perfect on interims. We look forward to finishing this half of the school year on a positive note.

November Recap.....

November was off to a rocky start. A lot of our school families were without power due to the recent hurricane. On November 3rd students were off for elections. Everyone returned on November 4th ready get back to school. Fall pictures were taken on November 6th for students attending traditionally. Students received their report cards on November 11th. Parent teacher conferences were held on November 11th, 12th, and 13th. We would like to thank all parents who participated in Parent/Teacher Conferences. On November 23rd students, faculty and staff were able to enjoy time with their families for the Thanksgiving break. Students returned on November 30th. Our students are working hard and doing what they need to

Reminder.....

Parents, please be sure to turn your heater off and have masks on when dropping off students at rider's gate

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Congratulations!

Estelle School is
December
School of
The Month!

Estelle is being recognized
for Teaching and Learning in
the month of December.

Thank you for your support!

December 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	Holiday Pictures 4	5
6	7	Interim Reports Issued 8	9	10	Fall Retakes and Virtual Student Pictures 7:20am-11:00am 11	12
13	14	15	16	17	Full Dress Down \$1 For Athletics 18	19
20	21	22	23	24	25	26
	<i>Winter Break</i>					
27	28	29	30	31	<i>Winter Break Return January 4th</i>	

Social Worker Minute by Ms. Rankins.....

Holiday planning during COVID-19

Since the beginning of the COVID-19 pandemic, holidays, special events, picnics and celebrations have changed dramatically. For many people, this is the first time they have been confronted with empty chairs at the table because loved ones cannot or are unwilling to attend family gatherings. Cherished traditions and religious events may have been canceled due to the virus, with no clear end in sight to social distancing restrictions. People who live alone or far from family, or who have lost loved ones, may find holidays especially difficult. These changes can trigger a variety of emotions, from grief to guilt or anger. Holidays may not be the same, however, there are various ways to find peace and moments of joy in the midst of the sadness and sense of loss that we may sometimes feel. **Here are some suggestions for handling holiday planning during the pandemic:**

- Think about changing your family traditions to adapt to social distancing. If hosting a big dinner, meeting up with friends and attending holiday parties are no longer possible, consider virtual alternatives to keep in touch with important people in your life.
- Follow the CDC's recommendations when organizing a gathering at your home. If possible, hold outdoor events with a small group of local friends and family members, make sure everyone wears a mask, maintain social distance and do not share food or drinks.
- If you have lost a loved one, honor their memory with a special ornament, wreath or centerpiece, or perhaps a candle lit during a holiday. If you can, take part in a voluntary activity that your loved one used to do.
- If in-person religious services or events have changed see if you can still participate via televised services, video chats and online prayer meetings. Most importantly, take care of your mental health. The pandemic has increased stress and anxiety levels for many people. If you feel overwhelmed, try to replace negative thoughts by focusing on the things you can control. Building your resilience skills can help protect your mental health. **Try these tips to use your strengths and build resilience:**
- Keep connected by staying in touch with positive and supportive people, even if you cannot see them in person.
- Recharge your batteries by allowing yourself time every day to do something you like. Taking time to engage in a pleasant activity or hobby will give you a positive lift.
- Keep your sense of humor by seeking out things that make you laugh.
- Practice gratitude by focusing on the things you are grateful for every day liked loved ones and nature. For more information and tips, visit www.MagellanHealthcare.com/COVID-19.