

Harold Keller Elementary Newsletter

By the end of the 19-20 school year, we will increase our SPS from 79.6 to 82.6 as evidenced by student performance on the LEAP 2025 assessment.

Dear Parents and Guardians,

I hope all is well with you and your family. During this extended time off, we want to ensure that we are supporting our students with access to quality instruction, remediation, and enrichment opportunities. We are in the process of developing a virtual learning environment to minimize the long-term impact that could occur if we were to abandon our commitment to instruction. We need your support to ensure the success of our efforts and that your child(ren) have a continued learning experience. Below you will find our plan that I am asking you to review with your child.

TEACHERS:

1. Beginning Monday, March 30, 2020 instructional videos and assignments will be uploaded every Monday. by 9:00 a.m.
2. Teachers will be available to monitor and respond to student emails Monday-Friday regarding questions about assignments and instructional material between 8am-3pm.

STUDENTS:

1. Login to their teacher's Google Classroom every MONDAY by signing into their google account at **classroom.google.com**.
2. Complete all required assignments in ELA, Math, Science, and Social Studies in the Google classroom.
3. Submit these assignments by Sunday at 6p.m.
4. Ensure that you are following the rules for using the Google Classroom as a learning tool and not a social media tool to communicate with friends.

PARENTS:

1. Contact your child's teacher and provide him/her with your email address.
2. Ensure your child is checking their Google Classroom.
3. Ensure your child is completing their weekly activities in ELA, Math, Science, and Social Studies.
4. Ensure your child submitting their assignments to their teacher by the due date.
5. Encourage your child to reach out to his/her teacher if he/she has any questions or concerns or need any extra help.

As always, thank you for taking the time to stay informed.

Kindest Regards,

Jessica Smith, Principal

LEADER In Me

Our Habit of the Month is "Synergize".

Synergize is when two or more people work together for the common good that either could do alone.

Synergy is taking multiple good ideas and making them better by working together.

Parent Activities:

Work with your children to choose a problem and use the Synergy Action Plan to summarize your child's solution and your solution.

1. Define the Problem
2. Share your Views
3. Think of Solutions
4. Choose the best Solution together
5. See if you can reach a better solution as a team

Pick a project to work on at home, where everyone stops what they are doing and pitches in to work as a team. Some examples would be, cleaning the kitchen, pulling weeds in the garden, etc. Include each family member, then share and discuss how to "Synergize" on homework, chores, playing games, sports, etc.

For more information visit

<https://www.leaderinme.org/family-development/>

COUNSELOR'S CORNER

Ease Children's Anxiety About COVID-19

During this global pandemic, we have experienced changes with school and business closures and the stay at home orders which limits us to interacting with friends and family.

Abrupt changes to our daily lives can cause stress and anxiety; however, it is important that we as adults remain at ease to ensure that our child(ren) feel safe. Children take on the cues from adults who care for them so it is important that we remain calm.

Here are a few tips adapted from Dawn O'Malley, a licensed psychologist with expertise working with children and families you can follow to ease COVID-19 anxiety for yourself and your kids.

Step 1: Get the Facts

- Because the facts about COVID-19 changes quickly, choose well-respected national medical groups like the **National Institutes of Health (NIH)**, the **Centers for Disease Control and Prevention (CDC)**, or the **American Academy of Pediatrics (AAP)**.

Step 2: Establish A Routine

- Regain a new sense of normal by structuring your child's day.

Step 3: Engage in Self-Care

- Make sure your child gets enough sleep, eat healthy, and exercise.

Step 4: Stay Connected

- During this time of "social distancing," stay connected through technology like Skype, Facetime, Zoom, What's App, or other apps to set up virtual playdates or talk to other loved ones.
- Make time as a family to do a family project.

Step 5: Focus on the Positive

- Make time to talk about all the things people are doing to help each other and stay healthy.

MINDFULNESS

We can practice mindfulness wherever we are at any time of day! It doesn't require a fancy outfit or a special degree to practice mindfulness. Here's an easy exercise. Next time you are performing a chore--folding clothes, doing the dishes, watering the plants--try performing it mindfully.

- Focus on your breath.
- How is your posture?
- Be in the moment.
- Feel the work of your hands, or the weight of whatever you are holding.
- Invest yourself in the task without any thought of what came before, or what will come after. Try to breathe evenly throughout. Pay attention to the sensations of the task. Voila! That's it!