

# *Home of the Roadrunners*

# Ripperdan Newsletter

Nov. 2020



“It is the courage to continue that counts...Si Se Puede!”

## **Meal Distribution:**

Every Wednesday

At all elementary schools from

11:00am to 12:30 Pm.

Student doesn't have to be present.

## **Attendance Corner:**

Parents please remember how important attendances is. We are here to help! Any time a student is out they are missing instructional time! LEARNING TIME! Please give us a call if a absents needs to be cleared. Thank you parents for all your support during this difficult times.

**559-674-0059.**

## **Principals Corner**

*Dear Parents,*

*At Ripperdan School we are working to ensure all students have the best possible education during distance learning. Many of our students are doing excellent! They are displaying the characteristics of Adaptability and Resilience which did result in outstanding grades during the first quarter.*

*They are moving forward with their educational goals making us all very proud of them. However, we do recognize that some of our students are still having difficulty accessing their education online. We have made sure that technical issues including internet service and good working chromebooks are not the problem. It is difficult for some students for a variety of reasons and we have resources to help. If you believe your student is struggling in their learning please contact us so we can be a partner with you to make sure your student is learning and growing. We are available at any time and are always excited to work with you! Together, I'm sure we can develop a plan so that every Ripperdan student is successful!*

**-Mr. Ara Keledjian**

**Visit our school website for more information roadrunners**

26133 Ave 7, Madera CA 93637

# LET'S STAY INFORM WITH OUR NURSE

## Using Digital Screen Devices In An Eye-Friendly Way

Students are spending more time than ever looking at screens. This makes it especially important to take steps that can help prevent tired and sore eyes.

Staring at a screen for long stretches without taking breaks can cause symptoms such as:

- ☒ Eye fatigue. Muscles around the eye, like any others, can get tired from continued use.
- Using screen devices where lighting is less than ideal can lead to fatigue from squinting.
- ☒ Blurry vision. Gazing at the same distance for an extended time can cause a child's vision to blur when he or she looks away from the screen.
- ☒ Dry eyes. Studies show that people blink significantly less often when concentrating on a digital screen, which can leave eyes dry and irritated.

You can help by:

- ☒ Encouraging your student to take frequent breaks. The American Optometric Association recommends the 20/20/20 rule: look away from the screen every 20 minutes, focus on an object at least 20 feet away, for at least 20 seconds.
- ☒ Reminding your student to blink. Staring at a computer may cut blinking rates by half and cause dry eyes. Encourage your student to try to blink extra, especially when they take breaks.
- ☒ Help with screen positioning. Make sure the screen on your student's desktop or laptop computer is slightly below eye level.
- ☒ Watching room lighting. To cut down on glare and eye fatigue with computer use, try reducing the level of lighting in a room roughly in half what it would be for other activities such as writing on paper or working on crafts.
- ☒ Take your student for regular vision screenings.

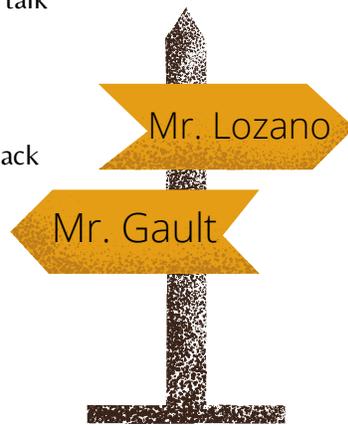


Hi everyone,

My name is Brandon Gault and I am the School Psychologist at Ripperdan: As we continue to deal with stress related to the COVID-19 pandemic, wildfires, and normal day-to-day challenges, it is very important that we take care of ourselves physically and mentally.

Research shows that reducing stress increases an adolescent's ability to learn and improves their overall health. Some common activities to help reduce stress include, mindful breathing, exercising, going on walks, and talking with others. I know it is hard to stay connected during distance learning, but I would like to let all Ripperdan students know I am available to meet for individualized counseling sessions if you are struggling with depression, anxiety, or just need to talk to someone. You can reach me at 662-2662 on Mondays and Tuesdays or by email at [brandongault@maderausd.org](mailto:brandongault@maderausd.org). I hope everyone is staying safe and look forward to seeing everyone back on campus soon.

Brandon Gault  
School Psychologist  
Madera Unified School District  
<https://brandongault.youcanbook.me/>



NOVEMBER'S FOCUS ON SOCIAL EMOTIONAL LEARNING AND CHARACTER TRAIT IS RESILIENCE. RESILIENCE IS THE PROCESS OF BEING ABLE TO ADAPT WELL AND BOUNCE BACK QUICKLY IN TIMES OF STRESS. THE CAPACITY TO RECOVER QUICKLY FROM DIFFICULTIES; TOUGHNESS. DEVELOPING RESILIENCE CAN HELP YOU COPE ADAPTIVELY AND BOUNCE BACK AFTER CHANGES, CHALLENGES, SETBACKS, AND DISAPPOINTMENTS. RESILIENCE IS DEFINED AS THE PROCESS OF ADAPTING WELL IN THE FACE OF TRAUMA OR TRAGEDY, THREATS OR OTHER SIGNIFICANT SOURCES OF STRESS. IT INVOLVES DEVELOPING THOUGHTS, BEHAVIORS, AND ACTIONS THAT ALLOW YOU TO RECOVER FROM TRAUMATIC OR STRESSFUL EVENTS IN LIFE. IN ESSENCE, RESILIENCE HELPS YOU HANDLE STRESS MORE POSITIVELY. WHATEVER YOU RESIST PERSISTS, SO LEARNING HOW TO LET GO AND ADAPT TO CHANGE AND ADVERSITY CAN REALLY HELP YOU MOVE INTO A NEW MINDSET, AND DEVELOP MORE RESILIENCE ALONG THE WAY.

COUNSELING IS OFFERED IN GROUP AND INDIVIDUAL SESSIONS: GROUPS ARE HELD DAILY DURING LUNCH FROM 12:35 TO 1:20PM, AND DURING CHECK-OUT ADVISORY FROM 2:50-3:30PM. INDIVIDUAL SESSIONS ARE HELD MOSTLY ON WEDNESDAYS BUT ALSO INCLUDE CLASSROOM BREAKOUT SESSIONS DURING THE WEEK. DRUG AND ALCOHOL COUNSELING IS ALSO HELD IN GROUPS ON WEDNESDAYS FROM 1:00PM-3:30PM THAT ALL STUDENTS CAN ACCESS.

