

PARENT NEWSLETTER

JANUARY 2021

GOOD HABITS TO SUPPORT LEARNING

Welcome back and happy new year! As we transition from a long break and continue learning from a distance, it is important for our students to keep their mind sharp and their body active. Please talk with your child and have a plan for healthy habits every distance learning student should make time for. Some helpful tips are below.

1. Make sure students get enough sleep. Sleep is an essential part of a daily routine. Make sure your child gets the recommended 6 to 8 hours of sleep each night. A lack of sleep each night is not healthy — and sufficient sleep plays an important role in allowing our brains to assimilate the knowledge that we acquired during the day.

2. Eat well. When you eat healthy food, you nourish your body — including your brain cells. Have small, healthy snacks that you can nibble on throughout the day, instead of overdoing it with the portion sizes at mealtimes. This will curb your hunger, keep your blood **sugar** stable, and keep your mind active for longer. Remember that you don't have to cut out all the foods that you love — as long as you don't overdo it with the portion sizes.

3. Stay hydrated. Make sure you drink enough water, as this will keep your energy levels up. Not only is it healthy and inexpensive, but drinking water is also a great health booster. Keep a water bottle nearby throughout the day.

4. Stretch and take a walk. It is good to stretch your muscles, especially if you are sitting for long periods. All the sitting and concentrating can be detrimental to your health — your body needs a break. Stretching or taking a walk will help strengthen your muscles, reduce stress, relieve tension, and help you refocus on your work.

STUDENT ATTENDANCE:

Please call the school office right away if your child is going to be absent from their virtual class on Zoom.

FOOD DISTRIBUTION CONTINUES

EVERY WEDNESDAY, 11:00 A.M. - 12:30 P.M. BOXES INCLUDE A WEEK'S WORTH OF FOOD FOR EACH STUDENT.



MONTHLY NEWSLETTER

Expectations for Distance Learning

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|--------------------------|---|
| R. RESPECTFUL | <ul style="list-style-type: none"> • Mute microphone when others are speaking • Respect other's perspectives • Use kind words • Use proper text etiquette (i.e. ALL CAPS, jokes, etc.) • Help each other during group assignments and in designated meeting rooms • Treat others with respect verbally and non-verbally |
| O. ON-TASK | <ul style="list-style-type: none"> • Log in on time • Be present/actively engaged • Organize your materials • Set daily goals • Make yourself visible • Have a backup plan if you get disconnected |
| A. ALWAYS SAFE | <ul style="list-style-type: none"> • Utilize chat features appropriately • Create a schedule/space to complete assignments • Reach out to the teacher for help • Treat members of the class with the care they deserve |
| R. RESPONSIBLE | <ul style="list-style-type: none"> • Follow instructions • Wait for your turn to speak or contribute • Use the raise your hand feature • Minimize distractions |

Washington Elementary follows the Positive Behavioral Interventions and Supports (PBIS) framework to promote a safe, positive school culture and classrooms. Teachers review these expectations with our students on a regular basis to promote positive engagement and behavior during distance learning.

UPCOMING EVENTS

• **Tuesday, Jan. 12**
CLASSES RESUME

• **Friday, Jan. 15**
2ND QUARTER GRADES IN
AERIES PARENT PORTAL

• **Monday, Jan. 18**
MARTIN LUTHER KING JR.
DAY - NO SCHOOL

• **Week of Jan. 19-22**
REPORT CARDS MAILED HOME

• **Tuesday, Jan. 19**
VIRTUAL ELAC MEETING
8:15-9:15 AM

• **Monday, Jan. 25**
SCHOOL SITE COUNCIL (SSC)
VIRTUAL MEETING, 5:30 PM

• **Mon., Jan. 25 - Fri., Feb. 5**
VIRTUAL PARENT-TEACHER
CONFERENCES (ZOOM)
***BEFORE & AFTER CLASS AND ON**
WEDNESDAYS

TIGERS ARE
RESILIENT!

TIGERS STAY
THE COURSE!

TIGERS DO
EVERYTHING
CON GANAS!