

FRIDAY



FLASH

EDMUNDS
ELEMENTARY SCHOOL

299 Main St, Burlington, VT 05401 • 864-1791

Date and Volume Number

From the Principal's Desk

March 27, 2020

Greetings all,

(con't)

I imagine that many of you are reeling with the news that your children will not be going back to school this spring. I hoped that Vermont's efforts to contain the spread would work and we'd be back by mid-May. As I watched the world news reports, that hope became increasingly unlikely.

I realize that this is uncharted waters for everyone. It helps me to put this experience in perspective when I consider what others around the country and globe are facing. I heard someone from Australia and thought about those whose towns were burned just a couple of months ago facing COVID-19, or the refugees in Syria. It's hard for everyone, but we are lucky to be here in Vermont. We will get through this and if we follow the instructions about social distancing, and washing hands and really going out only when necessary, we will keep our families and our neighbors safe.

Being disconnected from our students is difficult for all of the adults at EES. Please let your children know that we miss seeing them and working with them every day. I know that it can be frustrating as a parent to teach your child. Those who choose to teach, teach because they love it. I've participated in some circles with faculty and the common theme was how much they are thinking about their children.

The instructions from the State through April 6th were to provide materials to maintain what the students had been studying while in school. That charge has been changed and we are now tasked to continue adding new learning. Please know that we recognize that each and every family has unique circumstances. We realize that this is a very stressful time for everyone. It is not our intention to add to that stress. We do, however, want to provide learning opportunities to all students. We do not expect you to assume the role of teacher, nor should anyone expect that their children will be doing new learning and schoolwork 4-6 hours a day. That is unrealistic. We as a district will be sending out suggested schedules that will be consistent across the district. Those will help you determine what will work in your home. It may change from one day to the next,

within your home, **and that's OK.** We are all doing the best we can. We will get through this. There will be a light at the end of the tunnel, and this will be a remarkable story that your children will tell their children.

Please be safe, and be well.

Dr. Mathias



Each day during morning announcements, we state the names of our students celebrating their birthdays; here are the birthday announcements for last week and this week! Happy Birthday to:

George in Ms. Weidman's Kindergarten Class

Robby in Ms. Quinn's 1st Grade ClassHeidi in Ms. Fitzpatrick's 1st Grade ClassMavis & Aftina in Ms. McMorris's 2nd Grade ClassBawmu & Kellan in Ms. Goldsmith's 3rd Grade ClassIsla in Ms. Flaherty's 3rd Grade ClassLucy in Ms. Flynn's 4th Grade ClassEllis in Mr. Houchen's 4th Grade ClassAurora in Ms. Bonanni's 5th Grade Class

FUN NOTES FROM MS. SESSIONS PE CLASS!

While we are learning from home, it is important for everyone to stay healthy and active. Try to keep your heart rate up for at least 60 minutes per day.

Here are some suggested activities to try from home: (You can also create an activity log to keep track of your progress.)

Go for a jog/run or a walk
 Do some gardening
 Create an active game for your family to play
 Create an obstacle course using pillows, toys and stuffed animals
 Play a game, outside, with your family
 Dance party or freeze dance
 Go to Fitness Gram, online, and practice some fitness skills (curl-ups, push-ups)
 Toss an object (soft ball or stuffed animal) around in a safe space
 Go Noodle movement activities <https://www.gonoodle.com/>

Be creative and keep it fun! :)

**MUSIC IN THE HOME CLASSROOM**

I hope you are weathering this unusual turn of events well. I thought I'd put out some resources to help get your kids make music. These are totally optional and intended to be fun for the whole family. All of these resources are also available on [my website](#).

K-2 Here's a document with easy and fun things that will support your child's musical growth and create fun ways to pass the time during social distancing.

Grade 3 Tired of hearing "Hot Crossed Buns" on the recorder? Here's a [resource page](#) I created for kids to continue their growth on the recorder.

Grades 4 and 5 Students can log-in to their [musicfirst](#) accounts to access music composition and music appreciation lessons. Just a reminder that their username is the same as they use to log-in to the computer at school and their password is music123. Also, just sing whatever and whenever. It's fun, and good for your body, mind and soul.

Chorus: Sing your heads off at every opportunity and for every audience (including stuffies) or no audience at all. Preferred spots are the bathroom and basement for acoustics and the outside of your house or apartment for safety from the rest of your family.

Stay healthy, Stay safe, Stay sane!
 Betsy Nolan - EES Music Educator



A NOTE FROM OUR GUIDANCE DEPARTMENT

Dear Edmunds Elementary Students and Families,

I hope this note finds you and your families healthy. Although we are staying distant in our learning we can still be in touch. Just like when we are in school, my job is to work with you and the trusted adults in your life to help you to feel safe and happy. This may feel like a confusing or sad time, since we are not able to connect in person with our friends, teachers and neighbors. Here are some things you can try to help keep calm, stay busy and have fun:

- Make a schedule- include academic times and fun breaks.
- On weekdays, go to bed early, as you would during a normal school week.
- Eat healthy foods and drink lots of water.
- Talk with trusted adults about your feelings.
- Find ways to unwind, *off-line*. Read a book, try zentangle, practice yoga, take deep belly breaths. I would love to hear your favorite ways to relax.
- Move your body and get fresh air every day

Over the coming weeks, I will be providing some tools and activities to help you manage big feelings and feel good about yourself. I am also available to talk with you. I will be checking my email every day Monday-Friday and can make a plan to connect. You can reach me at mhathawa@bsdvt.org.

Your School Counselor,
Ms. Hathaway

