

FRIDAY



FLASH

EDMUNDS
ELEMENTARY SCHOOL

From the Principal's Desk

Date and Volume Number

Greetings all,

Whew, for a time when we are socially isolated, I've never felt busier! We are really working hard to adjust to this on the educational front. Over the many years and organizations I've worked with, it has become abundantly clear that no organization will ever satisfy 100% of the people 100% of the time. That's just as true for education and I know that we will disappoint some, because there is a sense that we are not doing enough, and others are protesting that we are asking for too much.

In considering the demand that we switch for online learning, I've taken some time to consider the many conditions required in order to make remote learning successful. I looked at technology access, capacity within every home, and faculty capacity. The list of conditions is extensive. I want you all to know that we recognize the impact that this is having on families. Our reality is that none of us are able to control any of the necessary conditions. We are simply doing the best we can. I am sure that you are doing the best you can too.

I would like to alert you to a little statistic that we gathered after issuing Chromebooks last week to roughly 300 students. There was a jump in YouTube viewing of 10,000 hours. That's a lot of YouTube! It's important to consider that the number is based only on the BSD Chromebooks which our IT department can monitor for acceptable use. The good news is, that the YouTube videos watched were nothing alarming. It was the amount of screen time devoted to fairly mindless activity that we found troubling.

I would encourage that all families establish expectations regarding the maximum use of technology each day. It will be different according to age as older students in the district are getting more schoolwork. Younger students will simply have to accept time constraints. The whole "It's not fair" complaint that they may try is not applicable to this situation. Older siblings are expected to do more work. Fair isn't about being equal. It's about what makes sense for each age. Your student's teacher should be providing times when there is work that needs to be done or group meetings. If your child is spending time well

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beyond that which their teacher indicates, please check on what they are doing. Even if they are going gangbusters on Kahn Academy or another app, doing activities that do not require screen time, are important to their physical and mental health. As a parent, you have every right to take the Chromebook and put it where you have control. I once heard a great comeback to a child arguing with his parent. "Dear, I love you too much to argue." It ended the discussion.

We will be taking a break during the scheduled April break starting on April 18th. That will give everyone a chance to breathe and take a step back. I'm pretty sure that we all need it.

For those of you celebrating Passover or Easter, I wish you all peace.





Each day during morning announcements, we state the names of our students celebrating their birthdays; here are the birthday announcements for this week.

Happy Birthday to:

- Angus in Ms. Kilburn's Kindergarten Class
- Madrid in Ms. Fitzpatrick's 1st Grade Class
- Luke in Ms. Norman's 2nd Grade Class
- Wesley in Ms. McMorris's 2^d Grade Class
- Noble & Norbert in Ms. Palmer's 4th Grade Class
- Michael in Mr. Houchen's 4th Grade Class
- Ramsey in Ms. Flynn's 4th Grade Class
- Austen & Poppy in Ms. Bonanni's 5th Grade Class

VERMONT PBS CONTENT FOR STUDENTS:

Beginning Monday, April 6, Vermont PBS will modify its regular broadcast schedule to offer curated programming and digital resources that will be broadcast as follows:



Vermont PBS Main Channel:

7:00-9:00 a.m. — Grades PreK-3

9:00-3:00 p.m. — Grades 4-8

Vermont PBS Plus Channel:

12:00-5:00 p.m. — Grades 6-12

Please note that times are subject to change, and weekly schedules will be published online at www.vermontpbs.org/at-home-learning.

MORE POETRY FROM THE LIBRARY

Hello again! Hope you had a chance to visit the poetry sites I shared with you last week. Maybe you have even tried to write some poetry of your own! If you have some poems you would like to share with me, you can send them to your teacher on SeeSaw or, for those using Google Classroom, you can post them there for me to see. This week I would like to share two links from the same poet:

Ken Nesbitt's video on Awesome Acrostics:

<https://youtu.be/eTQLJSaAepE> Watch as Ken gives you step-by-step directions on how to write an Acrostic poem of your own! You'll be an expert in no time.

How to Write a Haiku:

<https://www.poetry4kids.com/lessons/how-to-write-a-haiku/>

Ken gives you how-to information and examples of what a Haiku is so you can write your very own!

And if you haven't seen my latest Red Clover Book Award Nominee video of the poetry book **Friends and Foes: Poems About Us All** by Douglas Florian here is the link: <https://www.wevideo.com/view/1638724726>

Keep reading and creating! Mrs. Neil, EES Librarian



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Dear Edmunds Elementary Families,

Greetings.

As we prepare to start our fourth full week of school closure, and as we head into the continuation of learning phase of our distance learning, I want to take a moment to remind you of the importance of prioritizing your child's (and your own) emotional health and well-being. We are in a global crisis. It has become clear that we will all need to shift our normal routines drastically in order to help stop the spread of COVID-19. With this ongoing stress and uncertainty in our daily lives, it is critical that we have a collective focus on well-being.

Myself, along with other school counselors in our District, have put together some suggestions and resources for you to use to support the mental health of yourself and your child. In addition to the information below, please know that you can always reach out to me with any concerns or questions mhathawa@bsdvt.org. In the case of a mental health emergency please contact Howard Center's 24 hour crisis line, First Call, at (802)488-7777.

Ways to make social distancing and the stay home order more manageable.

- Keep routines- regular bedtime, wake-up time, school work time, mealtimes, etc. to help create some normalcy.
- Create a daily schedule for predictability.
- Make time for daily exercise and fresh air. Be sure to do so in a safe manner that includes keeping at least 6 feet between your family and others. Regular exercise and fresh air are known protective factors for mental well-being.
- Limit exposure to media/ news coverage. This is an important practice for both the adults and children in your family. It is easy to lose focus and get stuck in the anxiety of all the information that is presented, much of which not helpful in keeping families calm and guiding them through this pandemic in good health.
- Use technology for social interaction. Stay connected to your people. Regular phone and video conferencing connections with friends and family is important. Tighten your inner circle and expand your outer circle.

Know that this will end.

Although the state of the global pandemic feels endless, remind your child that the current life changes we are experiencing are not permanent. We all must do our part to help with this, including continuing with our current plan of school closure allowing for social/ physical distancing.

[Calming Strategies](#)[NPR article children and anxiety](#)[Common Sense Media apps for mental health](#)

Being a parent has never been easy, right now is it especially challenging. Be kind to yourself.

With heartfelt gratitude,

Melissa Hathaway
School Counselor
Edmunds Elementary

MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

BlessingManifesting