

December 2020



# SOARING NEWS

## Hawthorne Park Elementary

Mr. Burgess, Principal



### Virtual School (Option 2) Will Continue Through February

On October 26, 2020, the Board of Education accepted the recommendation of the Superintendent to submit a request to the NJDOE to allow the Willingboro Public School District to remain all-remote instruction through the end of the second marking period (February 4, 2021).

### Report and Conferences

The end of the 1st marking period was November 18th. Report cards are available via Genesis on November 30th. Please encourage your child(ren) to complete all missing assignments. Also, encourage them to try their very best on all assignments and assessments. Parent-teacher conferences will be scheduled on Dec. 1st-4th. All meetings will be scheduled through Google Meet. The link and directions was emailed to families. The link is also available on the district's website.

### Tips for Staying Healthy During COVID-19 Outbreak

**WASH YOUR HANDS CORRECTLY.** The right way to wash your hands is to use clean water, rub hands together to create a lather with soap, clean under your nails, wash for at least 20 seconds (sing the happy birthday song twice), and then rinse with clean water.

**AVOID SICK PEOPLE.** If you notice a friend, significant other, or colleague seems like they're sick, stay away from them. If you do have to interact with them, don't stand too close. Make sure to wash your hands before and after spending time with them...and especially steer clear if they're sneezing or coughing.

**STEER CLEAR OF CROWDED AREAS.** The COVID virus spreads more easily in places with heavy traffic like schools, public transportation, and offices. If possible, avoid spending too much time in these places.

**AVOID TOUCHING YOUR FACE.** According to the Center for Disease Control, germs are most often spread when you touch something contaminated with germs and then touch your face, like your eyes, nose, or mouth.

**EAT A HEALTHY DIET.** While there is no magic COVID-fighting food, a healthy diet can help boost immunity and keep you healthy. You should also be focusing on a balanced diet of whole foods like fruits, veggies, healthy fats, carbs, and protein instead of processed foods.

**EXERCISE REGULARLY.** Take the time to work out about three to four times a week. Studies from 2006 show that moderate amounts of aerobic exercise can help boost your body's defenses against viruses and bacteria. This includes things like brisk walking, jogging, and cycling.

(This Information was Retrieved from <http://communitycounselingsolutions.org/tips-staying-healthy-covid-19-outbreak/>)

### NJ SNAP Program

New Jersey's Supplemental Nutrition Assistance Program, NJ SNAP, provides food assistance to families with low incomes to help them buy groceries through a benefits card accepted in most food retail stores and some farmers markets. Eligibility is set by several factors such as income and resources. You can use SNAP benefits to stretch your food budget and buy nutritious foods that can keep you and your family healthy. For more information visit click the following links

⇒ **SNAP Brochure (English)**- <https://drive.google.com/file/d/17jB2EmM1HEnPEIvfaiMIJGHSoXlt01Kh/view?usp=sharing>

⇒ **Snap Brochure (Spanish)**- [https://drive.google.com/file/d/1nYm2a80wc\\_N8-FDYwSF760HtHrgTEN71/view?usp=sharing](https://drive.google.com/file/d/1nYm2a80wc_N8-FDYwSF760HtHrgTEN71/view?usp=sharing)

### Please Join HPE PTA!

For additional information email our PTA representatives at  
[hawthorneparkpta@yahoo.com](mailto:hawthorneparkpta@yahoo.com)

### PTA Coat Drive

Click the Link for More Information -

<https://drive.google.com/file/d/17XtnMfG1gvbVqGrw13uSdSNti0tJ4qCX/view?usp=sharing>



## Restorative Practices are Coming to HPE

Over the past several years Hawthorne Park Elementary School has focused on implementing programs that specifically focus on students social and emotional development. Some of the programs being include PBSIS (Positive Behavior Support in School), Brag Tags, and mindfulness. This school year, we will be adding Restorative Practices to our program. You may ask yourself, "What is Restorative Practices?" Restorative practices is a social science that focuses on building relationships. It takes incidents that might otherwise result in punishment and creates opportunities for students to become aware of the impact of their behavior, understand the obligation to take responsibility for their actions and take steps toward making things right. Recently, we have begin to introduce the program to our staff. We are going to continue to train and educate our staff on Restorative Practices that include community building circles in classrooms and using restorative questioning. We are looking forward to continuing to develop our Restorative Practice program and we will even try to use them in our virtual learning space.

To learn about Restorative Practices visit <https://www.restorativeresources.org> for more information. Thank you for your continued support in seeing our students S.O.A.R. on Purpose!

C.Carter, Climate and Culture Specialist

## Counselor's Corner– Ms. Garvey

### Tips for Managing Stress during the Holidays

The holiday season is a wonderful time of the year, but parents with young children can experience stress and anxiety. In addition to regular stressors, this year COVID-19 has added even more pressure on families. Experts suggests the best way to mitigate the negative impact of stress is be aware of your emotional state and proactively work to reduce stress and anxiety. Here are some tips from the MAYO Clinic.



- ◆ Acknowledge your feelings. If someone close to you has died recently or you can't be with loved ones for other reasons, realize that it is normal to feel sadness and grief. It is okay to take time to cry or express your feelings.
- ◆ Reach out. If you feel lonely, seek out community, religious or other social events. Many may have websites, online support groups, social media sites or virtual events.
- ◆ Take a breather. Make some time for yourself. Find an activity you enjoy. Take a break by yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do.
- ◆ Seek professional help if you need it. Despite your best efforts, you may find yourself sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

### Important School Numbers

#### Main Office

(609) 835-8960

#### School Nurse

Mrs. Berrouet: 835-8960 Ext. 6003

#### School Counselor/HIB Specialist

Ms. Gravey: 835-8600 Ext. 6014

#### Culture & Climate Specialist

Ms. Carter: (609) 835-8960 Ext. 1060

#### Reminders:

- ⇒ Do not forget to update Genesis if phone numbers, addresses, etc. change. Genesis can be updated via the Genesis Parent Portal.
- ⇒ Visit the WPS website to get up-to-date information on district's reopening plan.
- ⇒ Parents and guardians required to schedule appointments prior to visiting the school. Please call 609-835-8600 ext. 6000 or you can email Ms. Grady, School Secretary, at [kgrady@wboe.net](mailto:kgrady@wboe.net).
- ⇒ Student Chromebook Support
  - Need a device? Email a request to [chromebook@wboe.net](mailto:chromebook@wboe.net).
  - Technological issues email the request for support to [techsupport@wboe.net](mailto:techsupport@wboe.net).

#### Important Dates:

- PTA Book Fair
- ◆ 11/23-12/6
- Parent-Teacher Conferences
- ◆ 12/1-12/4
- Synchronous Learning
- ◆ 12/9
- Early Dismissal
- 12/1-12/4, & 12/23
- Winter Break
- ◆ 12/24-1/4