

MAIN EVENTS

MAIN ELEMENTARY / April 2020

Principal Post

Hello Main Families!

I hope you and your families are staying healthy during this time. We know there have been a lot of changes taking place. We are still here to help support you and your family however we can.



We are trying to have some fun along the way with a virtual spirit week. Be on the lookout each Sunday for a message from Main with the schedule for the upcoming week. It has been great to see the pictures of the students participating while working from home. We gather pictures throughout the day and post them on our website around 9pm. Please keep sharing.

We are in this together!

Sharma Nachlinger

Helpful links to online information:

Beavercreek City Schools Coronavirus Information:
<https://www.gocreek.org/>

Online Learning For Families
https://www.gocreek.org/apps/pages/index.jsp?uREC_ID=1716063&type=d&pREC_ID=1881349

Wednesday Meal Service
https://www.gocreek.org/apps/pages/index.jsp?uREC_ID=1687456&type=d&pREC_ID=1887869

Feed the Creek
<https://feedthecreek.org/>

Main Elementary News and Events
<https://gocreek-main.edlioschool.com/>

Highlights

Student Spotlight
pg 2

Kindness Campaign
Review
pg 3 & 4

PTO Information
pg 5

Adapted Physical
Education Activity Ideas
pg 6-8

Special Notes

April Events -
Information will be sent
out soon regarding an
online BOGO Book
Fair Event

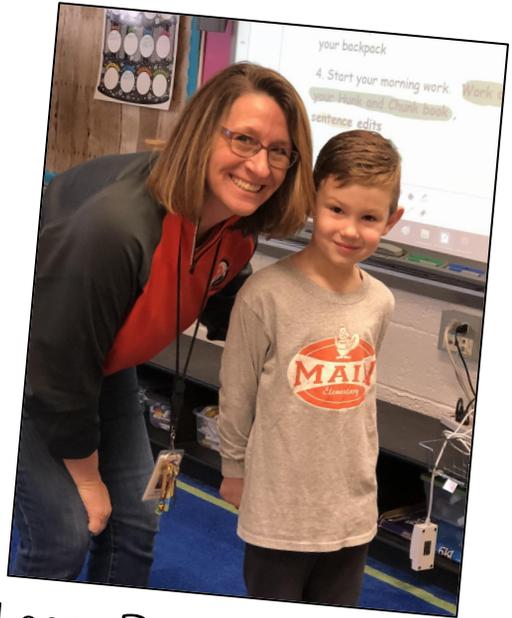
May Events - TBD





SHINE Award

Logan shows **respect**, **responsibility**, **trustworthiness**, and he's **caring** everyday. Every morning he is **responsible** when he unpacks and gets started on his morning work without being asked. Logan is very **caring** to all of his classmates. If he notices that someone needs help, he is often the first one to help them. Logan is also very **respectful** to his peers and teachers. When someone is presenting in front of the classroom, he is always sure to give them his full attention.

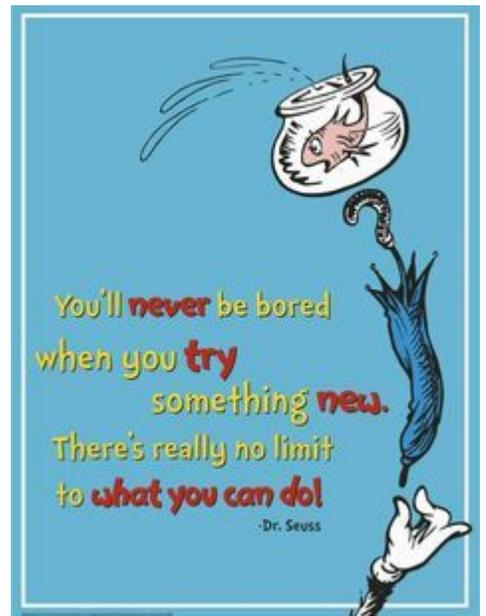


Logan Bayer- 1st Grade
Nominated by Miss Previsch

Congratulations!

5th Grade student
ETHAN AVEY
was one of 75 runners-up for
Storyworks'
"Create a Character" contest!

His character was selected as it stood out as being especially creative, imaginative, or original.

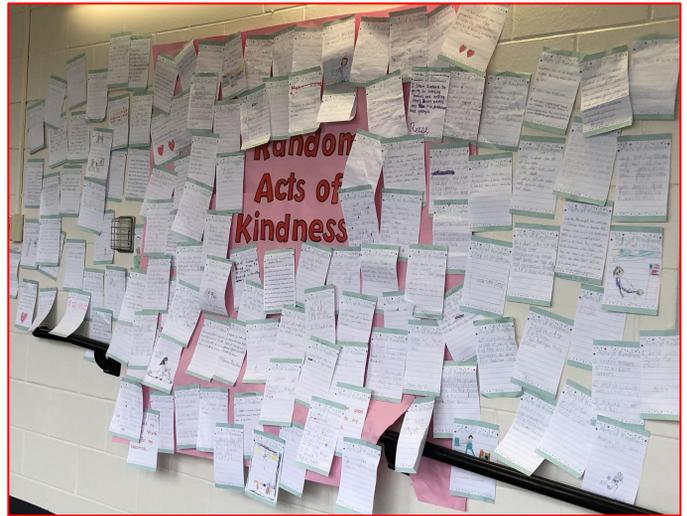


Kindness Campaign - Summary

February was the month of **Love** at Main Elementary and we had several events to prove it! At the beginning of the month all students were given a paper to record their Random Acts of **Kindness**. We had well over 100 students return their papers that recorded the **kindness** they performed. Those papers were on display throughout the month of February for all to enjoy.

Main Elementary also hosted a Saturday morning event inviting families to come together to do something for others. Thank you to parent Lindsay Tate, this event was a big success. We had a small number of families participate but we sure did accomplish a lot. The families made cards for residents in nursing homes, hospitals and relatives. Some of them also made coupon books to promise to do acts of **kindness** in the future. A fun time was had by all and we look forward to doing it again in the future.

COUNSELOR'S CORNER

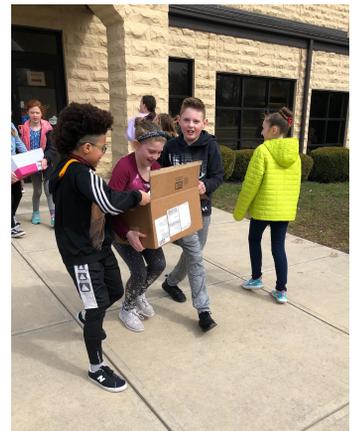


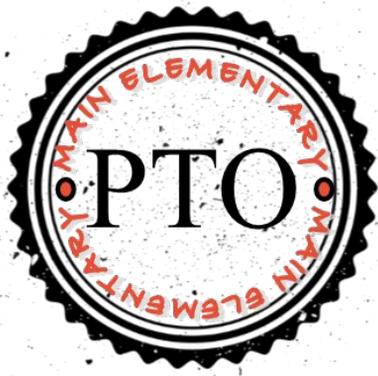
Kindness Campaign - Summary continued

MAIN ELEMENTARY FEBRUARY FOOD DRIVE

Our final event for the month of February was our massive food drive. It was an amazing success thanks to all of you and our Main Ambassadors. I do not have the exact statistics at home with me but we collected over 3,000 food items that were donated to Feed the Creek and our local FISH agency. There was a friendly competition between the grade levels and the 4th graders snuck up from behind and won the entire thing. For their hard work, they earned an extra 20 minutes of free recess. However, due to the overwhelming success of the food drive, each grade level was rewarded with a smaller amount of extra recess time. It was truly a food drive to remember. Also, with the change in our world right now, donating all that food in February has surely helped our community as we face extra food needs during this unprecedented time.

So, once again, **thank you, thank you, thank you!**





Highlights

OVER the past 3 weeks we have been able to work on some of the projects planned for this school year. First, all of the posts for the sun shades have been installed. Once we return to school we will attach the shades to the poles. Please see the pictures of the areas ready for shade. We also were able to work with the district to install our outdoor water fountain. The bushes have been removed, new plumbing has been run outside and the concrete slab has been poured.

We are so excited for these awesome additions to our playground! It is because of your continued support that we were able to make these items happen for our kiddos. Thank you!!!!



Looking Ahead

IF school is not open then a scheduled PTO event will not happen either. At this time we have cancelled the Father/Daughter Dance and the City BBQ spirit event. We are working out the details about offering the BOGO Book Fair online. More information will be sent out once we have it. All May events are TBD at this time.

We hope that everyone stays healthy and enjoys this time with their loved ones. We will get through this!

Adapted Physical Education – “Activities for Family Fun”

With just a small amount of craftiness, the following projects can be a fun way to spend time with the whole family, and can be created out of common materials found around the home.

Play for hours of family fun, and take a much-needed break!

Families that play together, stay together.

Match Mania: If you have paper plates and a printer, then you're well on your way to playing match mania. Choose a theme that your children can enjoy (*Avengers theme displayed*), print some pictures (2 of each), cut them out and glue them to the bottom of paper plates. Combine the fine motor skills of scissor cutting and use of glue sticks to some gross motor movement. You can then use your living room floor and your memory to play a simple matching game. Change it up each round using various loco-motor skills to go flip the plates to find a match (*jump, hop, crawl, crabwalk, etc...*). *Who has the best memory in your family?*



Target Golf: A box, some markers and a putter and you are ready to challenge anyone in the family to a round of Target Golf. Great for working on a striking skill, eye/hand coordination and math skills (score keeping) at the same time. *Who is the Putting Champ in your home?*

Balloon Volleyball / Badminton: Simply put up a string up in the house for a net and play balloon volleyball or badminton. Use fly swatters or spatulas for rackets. Work on eye/hand coordination and striking skills. *It's not overblown fun.*



Skee Ball: If you have some laundry baskets or boxes laying around home, and some small balls, then you are ready to play in just a few minutes. Combine rolling skills and math (scoring) for loads of family fun (and I don't mean laundry).



Speed Stacking: All you need for this activity is nine disposable cups. Drill a large hole or several small holes in the bottom of each cup so they do not stick together. Practice making three stacks of three cups (2 on bottom and 1 on top) in a row as fast as you can. Then practice unstacking them into three separate stacks (3 cups placed together). Develop your eye/hand coordination and fine motor skill, then challenge others to see who can stack and unstack in the quickest time.



Hot Shot: If you have a nerf dart gun or nerf ball gun, a box, some small balls, and some toilet paper or paper towel tubes, then you have what it takes to make a fun game. Simply tape or glue the tubes on the top of a box, decorate with markers, crayons or even cover with construction paper. Assign points for each target or simply time how long it takes to knock off all the balls. Combine eye/hand coordination with math (*scoring*) to find the HOT SHOT in your home.



Flight School: Make a cardboard wall with feet to hold it up, and cut some different sized holes large enough for paper planes to fly through. Decorate and assign points to the various holes using markers or crayons. Make paper planes until your hearts content. Combine working on the fine motor skill of folding paper, while practicing throwing skills (*stepping with the opposite foot*), and Math skills (*by scoring*). *Who gets the pilot's license in your family?*



Ring Toss: Using paper plates and a paper towel tube, create your own ring toss game. Mark a large circle on the back of paper plates to be cut out. Tape the tube in an upright position on the back of a plate to make the ring post (weight it). Have each person playing cut out and decorate 3 rings of their own. Combine the fine motor skill of cutting with the skill of tossing at a target to crown a ring toss champion in your family.

Fitness Bingo: If you have an old bingo game laying around collecting dust in your closet, try playing fitness bingo with it. Anytime you have a letter/number called, relax and mark your card. If you do not have the letter/number called, you must perform 3 to 5 repetitions of a predetermined exercise (*crunch, cocoon, modified pushup, wall pushup, cross crawl, jumping jack, toe touch, arm circle, squat, star jump, lunge, etc...*). When someone wins with a BINGO, they can choose the exercise for the next round. **Feel free to change the exercise mid game if tiring.*



Hot Potato Fitness: All you need for this activity is your cell phone timer, and a soft ball or stuffed animal. The game starts by setting the timer (*for humor mine is set for a classic boing when it goes off*). Various times selected between 15 and 30 seconds work well. Pass the ball or stuffed animal quickly to other members in the group. Ask students to watch the object into their hands, and to try to catch with their hands only. Get rid of it quickly by passing it away. If the timer sounds, then the last person having possession **gets burned** and must do 5 repetitions of a predetermined exercise (*crunch, cocoon, modified pushup, wall pushup, cross crawl, jumping jack, toe touch, arm circle, squat, star jump, lunge, etc...*).



Now more than ever safety and active calming have become mission-critical for families everywhere. Regardless of how many years we've been developing our own social emotional toolset, it's difficult to help a child co-regulate when we feel anxious ourselves! It's important to remember:

- Our calm increases children's calm.
- You are the most important Safe Place for your child.
- The brain requires safety and connection. Be intentional about cultivating both.
- Create a "new normal" together using routines and **play**.
- Provide helpful ways for children to contribute every day.
- Consciously choose to see the best in others and circumstances.