

THE “WHOLE” IN ONE

Campbell Elementary School
Distance Learning Edition
April 3-17, 2020

Edward C. Porowski, Principal
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Dear Campbell Families,

I hope that all is well with you and your loved ones.

As we begin our Spring Break, I want to send out well wishes to each of you. I hope that this break can assist you in heeding the message in the photo below, created on (and shared from) my front sidewalk today:



We will be returning to our virtual schoolwork on April 14th. Upon our return, please note the following:

- From the School Counselor: Mrs. Erica Hsu has officially returned from her family leave. Please feel free to contact her beginning on April 14th if there is something that she can do to support your child(ren). She is available via email at ehsu@metboe.k12.nj.us.
- From the Health Office: Please remember to eat a well-balanced diet, drink plenty of water, be physically active, unplug daily, do something fun, and get a good night's sleep. This will help to keep you healthy. Nurse Decker is available during remote learning via email at jdecker@metboe.k12.nj.us.

Dr. Caputo has sent out his weekly broadcast with some additional school district information. Please take some time to read through his correspondence, as you may find more helpful guidance through his communication.

I cannot believe that we have been accomplishing distance learning for fifteen days now. Are there still improvements to be made? Of course! However, we're figuring this out and revising as we go along. Thank you for your continued patience, support, and teamwork throughout this time – to quote *High School Musical*, "We're all in this...together!"

Be well, stay safe, and know that we miss every single one of you! We'll see you on April 14th!

As always,

😊 Mr. Porowski



CAMPBELL ELEMENTARY SCHOOL WEEKLY CALENDAR APRIL 13-17, 2020

April 13		National Scrabble Day On your day off from school, it might be fun to play a game of Scrabble.	SCHOOL CLOSED Distance Learning Continues Tomorrow
April 14		National Gardening Day Today might be a great day to go outdoors. See if you can plant some flowers, water your plants, or even clean up your yard.	School Spirit Wear Green to celebrate all gardeners and their 'green thumbs'
April 15		National Rubber Eraser Day Everybody makes mistakes. Sometimes mistakes can be fixed by using an eraser, sometimes the way to erase a mistake is by apologizing. If you make a mistake today, own up to it and apologize.	School Spirit Wear something pink to remind yourself that it's okay to make a mistake!
April 16		National Wear Your Pajamas to Work Day Can you believe that there's an actual DAY to celebrate and wear pajamas to WORK? We thought it was only a School Spirit Day 'Thing'! Well, since we're home, wear your pajamas today; but still make sure to get your work accomplished!	School Spirit Pajama Day
April 17		National Haiku Poetry Day Haiku is a poem All students should learn this style Poetry is fun! Write your own Haiku following a syllable pattern of 5-7-5. Perform your haiku at a poetry cafe session in your home.	School Spirit Wear Sunglasses and All Black (or as much as possible) for your poetry cafe session.



CHILDREN WILL LISTEN

One of my all-time favorite songs is from the musical *Into the Woods*. The song, “Children Will Listen” has an important message for everyone:

*Careful the things you say, children will listen.
Careful the things you do, children will see and learn.
Children may not obey, but children will listen.
Children will look to you
for which way to turn to learn how to be.*

These lyrics speak to me both as a principal and a dad. Our children listen to everything that we say and watch everything that we do. The day-to-day uncertainty of our current situation impacts all of us but it can have a larger impact on our children. Our worries become their worries. Our anxiety can become their anxiety. How can we help them through this?

If you need help figuring out how to manage the worries, how to help your child cope, and how to talk to your child about the situation, I encourage you to click this [recommended link](#) from Dr. Oz. There is thoughtful, practical advice on how to guide your child through this time and help your child minimize their fear.

A Little Self-Care Advice for Our Campbell Parents...

STAY SANE
While Working From Home



- Designate a specific work area**
If possible, away from your family and other distractions
- Take walking conference calls**
Stretch your legs and up your step count
- Stand when you can**
Sitting all day isn't good for any one
- Set-up tech assets**
ZOOM / Slack / Google Suite
- Have virtual happy hour or coffee break**
Keep engaged with your co-workers
- Keep regular work hours**
Set definitive start and stop times
- Listen to yourself**
If you need a break, take one

ACTIVE COPING CALENDAR: APRIL 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl			1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system
5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help	8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you
12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger	15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity
19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with	22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths
26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year	29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time		

ACTION FOR HAPPINESS

www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Campbell Baking Corner – Chocolate-Covered Cherry Cake

Sometimes a little chocolate cake can make you smile. This recipe is one of my favorites to make. I don't make it often, but when I do my friends and family members pounce at it. I bring it into the Campbell Faculty Room at least once or twice a year and it's gone by the end of the day. It's quick, easy, and is a 'doctored' box-cake recipe. Enjoy! 😊 Mr. Porowski

Ingredients

Cake

Vegetable oil spray for misting the pan
 1 package (18.25 oz) plain devil's food cake mix or devil's food mix with pudding.
 1 can (21 oz) cherry pie filling
 2 large eggs
 1 tsp pure almond extract (I use imitation due to allergies)

Chocolate Glaze

1 cup sugar
 1/3 cup butter
 1/3 cup whole milk
 1 package (6 oz; 1 cup) semisweet chocolate chips

Method

1. Place a rack in the center of the oven and preheat to 350 degrees. Lightly mist a 9- x13-inch baking pan with vegetable oil spray, set the pan aside.
2. Place the cake mix, cherry pie filling, eggs, and almond extract in a large mixing bowl and blend with an electric mixer on low speed for 1 minute. Stop and scrape down the sides of the bowl. Increase mixer speed to medium and mix for two more minutes. The batter should be thick and well blended. Pour batter in the prepared pan, smooth the top with a rubber spatula.
3. Place the pan in the oven and bake the cake until it springs back when lightly pressed with your finger and starts to pull away from the sides of the pan (approximately 30-35 minutes). Remove from oven and let it cool.
4. While the cake is cooling, place the sugar, butter, and milk in a small saucepan over medium-low heat, stirring constantly until the mixture comes to a boil. Remove the pan from the heat and stir in the chocolate chips. When the chips have melted and the glaze is smooth, pour it over the warm cake so that it covers the entire surface. The glaze will be thin but will firm up.
5. Cool the cake before cutting and serving.

Stuffed Animal Hide and Seek

Looking for something else to do to pass the time and engage your child? What about a round of Stuffed Animal Hide and Seek? Here are some helpful hints for playing this game:

- ♥ Have your child select a total of five stuffed animals.
- ♥ DON'T include the stuffed animal that your child needs in order to go to sleep!
- ♥ While you hide the stuffed animals, take a picture of the location on your phone. I know that I've had difficulty remembering where I had hidden things, so this is helpful for me! You don't want to raise your child's anxiety if they can't find it and become frustrated because you don't know where you hid that pesky stuffed animal.
- ♥ Another idea is to create 'photo clues' of something in the room for the child to examine carefully to use their deductive reasoning to figure out a possible hiding location. This is the "I Spy way" to engage the child who may be overwhelmed with all the hiding place possibilities.
- ♥ Your child might want to hide the stuffed animals *for you to find* in another round. Humor them or they might decide take your phone and make you play hide and seek for that!



“A GREAT PLACE TO LEARN”

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Regardless of how you decide to play, make sure that you have fun – playtime is all about cultivating positive meaningful memories with your child that will last a lifetime!