



Principal's Message Developments & Reflections

It has been another tough week for everyone in our state and our nation. It is tough to stay buoyant in the face of the Stay At Home orders, the fears of getting sick and the isolation that so many are facing right now. There has been lots of great advice, the Universal Precautions in particular, to help to keep you from contracting the Coronavirus but we also must keep in mind those things that help to keep us mentally or psychologically fit. Following are a few of the tips I've seen that apply to both children and adults who find themselves isolated at this time. I hope they might help you and your family to get through this time more positively:

- *Keep a regular schedule...get up and go to bed at a consistent time.*
- *Eat meals at a regular time each day, try to do it as a family, and make it a time to talk about upbeat topics...happy things.*
- *Work on your school packets, but don't get too bogged down or stressed with the work. This is not school as we've always known it and these packets are not meant to create worries.*
- *Get up and move about...limit screen or sitting time. Get outdoors as much as you can, as the fresh air helps an individual's state of mind.*
- *Get exercise...walk, run, play together, take a hike, go fishing (always keeping your 6 foot distance from anyone else).*
- *Plan a project around the house that can involve all the family members who are at home. It doesn't have to be something major, just something that everyone can contribute to.*
- *Do not immerse yourself in the news. While it is important to stay informed, the 24/7 news cycle has the potential to drag you into every minute detail of the crisis that we are in, and that does not boost one's mental state.*
- *Continue to connect to your greater family members and neighbors. This is where technology can provide a great link to them when you can't see them in person.*

The Governor's Executive Order from earlier this week has extended the time period that schools must be closed until at least May 1st. We will continue to provide school breakfast and lunch to those families who've requested them during this period. As of the first two weeks of our nutrition delivery process, RSU #12 has delivered over 6,300 meals within our district. The Continuing Learning Packets (CLPs) delivered on April 3rd will be the last until the end of the month. By then, we will have a better idea of what is going to be asked of schools (and citizens of Maine) and we'll make our plan moving forward from that point.

Please everyone, stay safe and healthy, and stay at home! I hope to see you all very soon.

Office: Remember to check our Facebook page and website regularly for updates.

We are currently accepting **Pre-K applications** and **Kindergarten registrations** for the 20/21 school year. Please contact Amy Perkins at aperkins@svrsu.org for more information. The office is rarely staffed at this time. If you need to contact the school, you may email aperkins@svrsu.org or call the school and leave a message. Those voicemails go directly to Amy Perkins' email and she will get back to you as soon as possible.

PBIS News- Happy Friday everyone!! I hope you are all staying healthy and active. It's so very important that during these times of uncertainty that we keep our bodies and brains active. I was very thankful to hear from some of you this week during check-ins and will continue to reach out to students via email, facetime, or zoom. Below I have listed some activities and links that can be helpful in decreasing stress and anxiety. Stay healthy everyone, I miss you all very much!!!

1. <https://gozen.com/50-calm-down-ideas-to-try-with-kids-of-all-ages/>

<https://drsarahallen.com/7-ways-to-calm/>

2. The 5-4-3-2-1 Grounding Technique



Grades Pre K- 2

Pre K: We miss you! Get outside and play in the mud. April showers bring May flowers!

Beck: I hope everyone is having a good week! Packets were delivered by our wonderful bus drivers and riders on Friday. Remember to check out our FaceBook page: Mrs. Beck's K Krew! I will be posting another story soon. I miss you all very much. Remember to be nice to your Mom and Dad and wash your hands often!

Lamothe: The second Learning Packets were delivered today. I hope you are spending time each day working on school work and reading!! I enjoy the videos and messages you are sending me. Thank you to all my parents for keeping in touch with me so faithfully. I will be reading more in our "Puppy Place" chapter book very soon. Look for a special Show and Tell activity and Question of the Day starting next week on our class FB page. I miss all of you so much. I will be looking for more letters next week. Stay safe and be kind to each other.

S. Brewer: I hope you enjoyed your packages that got delivered by busses today. Have your parents post pictures on our FB page of your creations. I miss you all so much and be on the lookout for Chapter 7 soon. Make a prediction where I'll be reading from this time. I've already been to that tropical beach and the moon! Keep sending videos, writing letters, emailing and calling me!! XOXO

Grades 3-5

Northrup: I hope everyone has seen the amazing video Miss Brewer (grade 5) put together for all of you on the school's FB page! I have enjoyed receiving all the phone calls, emails, and pictures. I am so proud of all of you for doing your schoolwork, helping your parents, and being positive!!! Keep washing those hands and maintaining social distancing. I miss you all VERY much!!!
"Tell me and I forget. Teach me and I remember. Involve me and I learn." Benjamin Franklin

Trask: Another round of Continued Learning Packets were sent home today. Along with the packets, you could read to a parent or other family member, practice multiplication facts, go on Moby Max, keep a journal of your days home, help your parents around the house, and go outside and be: active, play, walk, observe nature's many changes in the spring.

M. Brewer: I have been enjoying our Zoom sessions so much and seeing everyone's dogs, cats, and hamsters!! I look forward to these times to be able to see some of you, and hear how you are spending your time. Remember to check our Google Classroom for videos and other activities. Don't forget you can always email me if you have questions, or just to say hi!!

Middle School News

Capen: Hey guys, I really enjoy hearing from some of you via email. I would love it if you sent me pictures and other happy news of what you're getting to do while you're home. I genuinely hope that you're able to find some good reading while you're home. It's a good tool to relax and distract!

So, please keep up with communication and send me some good news! (kcapen@svrsu.org) I am hoping to set up a ZOOM meeting this next week so I can see your faces! I miss you all!

Resource News

Brann: I hope families are spending quality time together. It's been nice to be in contact with parents and students this week. Please reach out to me if I can be of assistance (sbrann@svru.org). Keep washing those hands!

Grady/Richards: Please work at your own pace and do not feel that you need to complete all of the work we send home. We always put extra in, just in case. If you have any questions or would like to just stay in contact with us, feel free to send us an email. We miss you all, have a good weekend!

bgrady@svrsu.org amrichards@svrsu.org

Howard: I hope all of you are doing well and staying safe. I have included in this week's packet a Student Login page that includes information so students can access some of our programs. If students have problems, please contact me at choward@svrsu.org and I will see what needs to be done. I have missed everyone's smiling faces. Take care.

Please click the following link to go to the Whitefield Town Library's homepage! <https://whitefieldlibrary.org/>

Morgan: I have tried to include some fun instrument making activities in my packets. I have also included some information about various percussion family instruments. Miss you guys and hope everybody is staying safe.

Have a great weekend!