



# SOARING NEWS

## Hawthorne Park Elementary

Mr. Burgess, Principal



### Setting Students Up for Success During Distance Learning

The following excerpts were taken from the article **Help Parents and Caregivers Keep Kids Focused, Interested, and Balanced While Learning From Home**

- **Make a space.** Create a special, personalized corner of a room dedicated to learning, creating, and reading. Use a movable box or crate if space is precious. Let your kid help prepare the space for school, even if that just means putting a decorated pencil box next to the device they'll be using. Getting the space ready will help them get ready to learn.
- **Set a routine.** Little kids need more structure, so make sure to let them know what to expect. You can create a visual schedule they can follow. Have them follow a routine as if they're going to school (getting dressed, brushing teeth, etc.) instead of lying in bed in their pajamas, which could lead to less learning. Breaks are really important, especially for kids with learning and attention issues, so make sure to build those in and break assignments into smaller pieces.
- **Review expectations.** Go over what the school and teachers expect around online learning. Set some expectations of your own as well. When can your kid expect to spend time with you? When should they avoid interrupting you? What can they do in their downtime? Come up with a list of "must dos" and "may dos" together to cover the essentials and activities of choice.
- **Keep them close.** When it's hard for your kid to focus, try to keep them close. Consider setting up nonverbal or one-word cues to help get them back on track. Depending on your circumstances, it may not be possible to keep your kid in sight all the time, but it'll definitely be harder to keep them on track if they're completely unsupervised. Try to make sure you or another family member has eyeballs on them as much as possible.
- **Encourage self-regulation.** Talk to kids about the connection between bodies and brains and what happens in their bodies when they feel frustrated, excited, or sad. This awareness helps kids recognize and manage their emotions. If you have other devices in your house, keep them out of your kid's workspace if possible. This can also mean shutting down phones, keeping phones in a designated place for the day, and putting away remotes if temptation takes over.

(Retrieved from <https://www.common sense.org/education/articles/parent-tips-and-tricks-for-distance-learning>)

### **Help Us To Stop Chronic Absenteeism**

Chronic Absenteeism is defined by the NJDOE as, "a student that is not present for 10% of the school year, for any reason." The state does not differentiate between excused and unexcused absences— all absences count towards identifying students that are chronically absent. If a student misses a total of 18 days or more for the entire school year he/she will be identified as chronically absent.

Students that are **not** chronically absent, have higher grades; are less likely to drop out of school; and are more likely to become productive citizens as adults. Please support our efforts by making sure that your child attends school each and everyday. HPE has historically had a high number of students considered to be Chronically absent. We need your help with reducing our Chronically Absenteeism rate. You can assist us by doing the following:

- Make sure that your child reports to school each day on-time and only take days off when it is absolutely necessary.
- Schedule doctors' appointments after school or on days that school is closed.
- Do not schedule family trips or vacations during school days. Consider planning those trips during winter or spring break.
- Consider getting flu vaccinations for your child.



**Please join HPE PTA!**

**For additional information email our PTA representatives at**

**[hawthorneparkpta@yahoo.com](mailto:hawthorneparkpta@yahoo.com)**

# Positive Mental Health Tips!



**Mentally healthy children are more successful in school and life.** Research demonstrates that students who receive social-emotional and mental health support achieve better academically. School climate, classroom behavior, on-task learning, and students' sense of connectedness and well-being all improve as well. Mental health is not simply the absence of mental illness but also encompasses social, emotional, and behavioral health and the ability to cope with life's challenges. Left unmet, mental health problems are linked to costly negative outcomes such as academic and behavior problems, dropping out, and delinquency. Here are some Wellness ideas to improve overall mental health.

## Wellness ideas for Students

1. **Get Moving-** Incorporate movement games into daily lesson plans. For example, have a spelling bee where students do a jumping jack after each letter or play catch during a review game.
2. **Integrate Nutrition Education-** Give students age appropriate recipes they can make or share with their family members. Encourage students to drink more water and to try something new and healthy.
3. **Practice guided breathing exercises-** Benefits of guided breathing (or meditation) for kids include increased focus, improved coping mechanisms, increased self-esteem, and better overall mental health. Try a short-guided breathing exercise before a test or after recess.
4. **Implement weekly wellness challenges-** Examples include "eat 3 servings of fruits and vegetables a day" or "get 30 minutes of physical activity after school." Have students track and record their progress throughout the week.
5. **Take care of the earth-** Encourage students to plant a tree or vegetable and watch it grow.

(Retrieved From: <http://healthactionleague.org/general/studentwellness>)

## **Counselor's Corner– Ms. Garvey**

I look forward to another fantastic year with our students, staff and parents. Please do not hesitate to contact me for any needs you may have regarding your child. The counseling services I provide include:

- ♦ Individual academic and social counseling (Long term and short term)
- ♦ Bullying concern meetings (via phone, conference or email)
- ♦ 504 ADA accommodation plan update meetings (Americans with Disabilities Act)
- ♦ Intervention and Referral Services (I&RS) meeting coordinator and facilitator
- ♦ Supporting student crisis concern meetings



### **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. 6004

#### **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:**

- ♦ 10/5-10/9  
Week of Respect
- ♦ 10/8  
Progress Reports
- ♦ 10/12–  
School Closed for Staff PD
- ♦ 10/23-10/31  
Red Ribbon Week
- ♦ 10/30  
Breast Cancer Awareness Go Pink Day



Hawthorne Goes Pink for

# BREAST CANCER AWARENESS MONTH



Friday October 30, 2020

Did you know that 1 in 8 women will be diagnosed with breast cancer in her lifetime? Let's show our support to those who are fighting and their families who fight with them! On October 30, 2020 Hawthorne Park Elementary School will go Pink! WE are ENCOURAGING all STUDENTS and STAFF to wear Pink on that day!