



# E. E. Knight News

October 2020

Greetings E. E. Knight Families,

Over the past couple of weeks, we have been busy assessing students in the areas of math and reading. Our district has elected to give the NWEA benchmark assessment. This assessment will be given three times throughout the school year, and will help us to measure our student growth and progress in the areas of math and reading. If you have an MVP student that has not yet taken this assessment, please contact the front office or your child's teacher to make arrangements. These assessments are extremely important this year.

As we continue to navigate through this year of uncertainty and change, please continue to keep us informed if your student would like to make a change in their instructional delivery. We are happy to work with you.

Thank you for all you are doing to support your student. Our staff would like to continue to make this a partnership in your child's education and are happy to help in any way we can!

Sincerely,

Alicia Ormsbee, Principal



## Halloween



- Due to limiting our students and families from congregating, and wanting to keep our community safe, there will not be a Halloween Parade this year.
- Students can wear their costume to school on Friday, October 30. If your child's costume does not follow the criteria, students are welcome to wear a Halloween spirit shirt.
- Face paint and masks that cover the entire face (other than those worn daily around the mouth and nose) will not be permitted.
- Please keep in mind when sending students in their costumes that students will be participating in PE and recess, just as in a regular school day. Please be prepared with proper shoes and a costume that allows for students to participate accordingly.
- Classroom teachers will send home information regarding classroom parties. In following our building protocols this year, visitors will not be able to attend.
- Any classroom treats donated must be prepackaged and factory packaged.

## Elementary Handbooks

As a reminder, you can view the Elementary Handbook for the 2020-2021 School Year [here](#), and the O-E Technology Handbook [here](#).

If you have any questions, please let us know!

## Breakfast and Lunch

As a reminder, breakfast and lunch is free this year for E. E. Knight students.

MVP students may pick up a lunch between 12:30-1:00pm and E. E. Knight or Leonard Elementaries.

## Picture Days



- **October 20 , 2020**  
**(Face to Face Students at EEK)**
- **October 21, 2020 9:00am - 12:00pm**  
**(for all K-5 MVP students at EEK)**

ALL ORDERS MUST BE SUBMITTED ONLINE.

There will be no order forms sent home. If you would rather not submit an online order please call the studio 989-227-8441 and we will take your order over the phone.

### Directions:

You will NOT need to enter a password. Simply search for your student by name. You can type either their first or last name and you will see student names pop up. If you have multiple students please submit separate orders for each child. If you do not see your students name, choose "New Person" and add their information during check out.

You DO NOT need to send the printed receipt to school. We will already have a record of your payment!

Click this link or copy this web address below and paste into address bar:

[ospgo.com/U8T](https://www.ospgo.com/U8T)

(NOTE THIS IS A LINK FOR EE KNIGHT IF YOU HAVE A STUDENT AT LEONARD YOU MUST USE A SEPARATE LINK.)

We are looking forward to photographing your children! If you have any questions please call the studio 989-227-8441 or email [Andrew@Canfieldjenkins.com](mailto:Andrew@Canfieldjenkins.com)

feeling they could have is normal and okay. We talked about changes and how resilient your students have been by adapting to the many changes that this school year brought. We talked about the power of positive thinking and how we can look forward to this year with optimism. Most recently, we discussed coping skills. Your students have learned deep breathing, progressive muscle relaxation, positive self-talk, and yoga. We will continue to learn more coping strategies to deal with sadness, frustration, anger, and uncertainty.

I encourage you to help your students remember to use coping skills when they are upset and I encourage you to practice coping skills and self-care for yourself as well. When students first begin to learn and utilize coping skills, seeing an adult model these skills is incredibly important. An example of modeling coping skills would be telling your child after something upsets you "that made me really angry, I'm going to do some deep breathing to help me feel better."

There are so many coping strategies that you can do with your child, or as a family! Examples include yoga, exercise, bike rides, meditation, the possibilities are truly endless. The students were able to name many coping strategies that they use on their own, such as going to their room for some alone time, listening to music, drawing, reading a book, etc. For more ideas about helpful strategies, students watched this short video in class:

<https://www.youtube.com/watch?v=5EXpkVw3fhoH> however, since the video was made in England, the "hotline" number does not work in the United States. In Michigan, our crisis number is 211. If you would like to know more about different types of coping strategies and how to help your child implement them, this article contains helpful information:

<https://www.verywellfamily.com/coping-skills-for-kids-4586871>

As always, if you have concerns about your student, need help gaining access to resources, or have questions pertaining to social and emotional health please reach out. My email is [amber.johnson@ovidelsie.org](mailto:amber.johnson@ovidelsie.org) and my phone number is 989-834-2271 ext. 1323.

Sincerely,

Mrs. Johnson



## Counselor Corner

Mrs. Johnson

Hello EEK Families,

In the past few weeks, I have really enjoyed working with your students! I wanted to start this year out by allowing students to share their concerns and feelings. We talked about different feelings that they may have about being back to school and how every