



Dolores Elementary School Newsletter- "The Galloping Goose"

April 2, 2020

Issue: 25

Dear Dolores Families,

Congratulations everyone, you have made it through your first week of online learning! I have been meeting with grade level teams this week to check-in and the feedback that I received has been positive. Teachers are reporting that everyone is so excited to see each other and reconnect. This has been quite a change for all of us and I have been so impressed with how everyone has pulled together to help one another support our families. We are still learning how to navigate these new challenges and I just want to really thank our parents for being so patient and understanding. Things are not perfect but they are improving each day.

Our main objective with online learning is to keep our students strong with their foundational skills in core subjects. The maximum time students should be spending on screens for grades K-3 is 2 hours and for grades 4-6, no more than 3 hours a day. Next week, students will have access to Specials. These classes will not be taking grades in the 4th quarter. The activities and lessons they are providing are optional for students who may want something to do for fun. Please read below for messages from the specials teachers.

Finally, I wanted to let you know that Stephanie Armentano, our part-time elementary counselor, will continue to be available for families. She will be

reaching out to you either by phone or through an email. If you have questions or concerns, she can be reached at sarmentano@dolores.k12.co.us.

Thank you for partnering with us and supporting your child's education,
Mrs. Howerton



The PTA hopes that all of our BEAR community members are enjoying family time together and staying healthy.

Due to the shelter in place order being extended until April 30th, the PTA regrets to inform you the Spring Bear Wear Sale is canceled. All money will be returned to whomever turned in orders as soon as we get access to the school buildings. We are very sorry for this and appreciate your understanding.

The PTA is hoping to have a digital PTA meeting in May. More information will come at a later date.



Technology with Mr. Vega

Welcome back, everyone! I hope your start to online learning has been smooth.

As we face the new challenges of teaching and learning remotely, we are discovering additional challenges related to our new normal. Although temporary, it is currently very real. I would like to address the three most common issues that I am hearing about on a daily basis.

1. How do I know my child is safe online.
2. Poor internet connection
3. Too much screen time

Whether at school or at home or anywhere else, when students sign in with a school-issued email account, the school firewall, filters, and other protections follow them. The protections our school has in place are designed to protect the account while your child is signed in. Please be aware that there is always an effort to get around security measures which makes it extremely difficult for even the best filters, firewalls, antiviruses and other protective measures to stop everything. With this in mind, please communicate any issues with the homeroom teacher.

Quality, fast internet access is a challenge for many in our area. You are usually limited by where you live (DSL or cable), or if something is in the way of your line of sight (wireless). In addition, many households have more than one of our students trying to participate in live sessions at the same time while mom or dad work from home or an older sibling attends college classes online. Throw in someone streaming a movie or jumping on to their game console in multiplayer mode and lower bandwidth home networks are brought to a screeching halt.

If your network connection is “slow” or unreliable, you should plan on using these tips to go lean during learning sessions:

1. Delay any streaming until live school sessions are complete. These services and more all use bandwidth:
 - a. Music - Amazon, iTunes, Pandora, Internet radio, etc...
 - b. Movies - Netflix, Amazon, Hulu, Disney +, etc...
 - c. Online videos - Youtube videos, TikTok videos, etc...
2. Delay Online gaming - PS4, Xbox, Switch, and gaming on tablets and phones using wifi
3. Turn off any devices that are connected to wifi. Gaming consoles, Laptops, PC's, can all download software updates when the device is not in use or is in sleep mode.

While this is not a bandwidth issue, having the same active video session on 2 different tabs can cause a lot of problems.

In this day and age, screentime is always a concern but not all screen time is created equal. Schoolwork, class sessions and even assigned YouTube videos are all considered quality screen time. Teachers have carefully designed lessons with screen time in mind. Online learning IS school and we will need parent support to keep our students moving forward.

Following schedules, using a calendar, tracking assignments and time management are all great opportunities to develop lifelong real-world skills.

Knowing when to unplug and get rest is also incredibly important. Here are some tips to help your child or children develop good habits.

1. Prioritize the “must do’s” ahead of the “want to do’s”.
2. Set expectations and boundaries for screen time.
 - a. “Unplug” - Stop using tech devices after a specified time...even gaming consoles.
 - b. Physically place all portable devices in a designated area to be sure students are “unplugged”. These devices include:
 - i. Chromebooks
 - ii. tablets
 - iii. phones
 - iv. iPods
 - v. portable gaming devices (Nintendo Switch and 3DS)
3. Take the time to learn about parental controls and screen time settings on different devices.
4. If you are more comfortable with home networking some modems and routers offer home wide options for limiting connectivity.

Together, we will learn how to navigate this new way of doing things. Thank you for your involvement and support in your child’s education.

P.E. with Mrs. Elder

Hi there everyone! I wanted to give you an update on how my online P.E. classes would work starting April 6 th . All of the ideas, lessons, links, and activities that I post on Google

Classroom will be OPTIONAL. No grades or participation will be taken for this last quarter

of P.E. There are many families that have contacted me asking for creative ways to keep moving and stay in shape from home, so I am excited to offer some fun ideas for any students and families that are interested. Every Monday I will send new movement ideas to the student's Google Classroom email to use when and if you are able to or want to! Students are welcome to post comments to me or each other in response to these activities if they want to so that we all stay connected! Please keep comments positive so that we don't get in the way of others enjoying themselves.

Exercise reduces levels of the body's stress hormones, such as adrenaline and cortisol. It

also stimulates the production of endorphins, chemicals in the brain that are the body's

natural painkillers and mood elevators. We all could use some of this magic now during this time I'll bet. So let's keep moving in whatever way works best for you right now!

My Google Hangout (live office hours) will be from 4:00-5:00 every Tuesday! I will post the

link for this in "Materials" in student's Google Classroom that can be used each week at this time if they want to "Hang Out." Join in to say hello or share ideas if you'd like to!

Missing you and hoping to connect with you soon. Remember...No Gwouchies!



From the Artist's Palette:

Students, Parents and Guardians, I hope this "Goose" letter finds you well and getting comfortable with the new routines of "Distance Learning". I know here at the Vaughn household, with two teachers and three students all trying to navigate schooling through a computer, we've had our ups and downs this week.

So, as Art classes are scheduled to start April 6th, let me set your minds at ease. If you're struggling in any way keeping up with your classroom work, keep at it; you'll get

it! Make sure you're focused on learning how to meet with your classroom teacher, how to do your assignments using your Chromebook, how to navigate Google Classroom and Hangouts. **If you can't make it to Art class, that's fine.** There is always the week after, and the week after that as well. When you're comfortable with this on-line learning, come pop in and see what we're working on in the "Art Room".

I will be preparing art "classes" in the same format as I present at school. There will be a Slide presentation to view, a lesson plan outline, and I will be posting a video of myself modeling what we'll be creating. Imagine that, me, a movie star. HA! For some of you, this will all be easy to navigate, for others, especially primary students, maybe Mom, Dad, or brother or sister can help you a bit the first few times.

Which brings us to materials. Yes, I'm planning on mixing up the mediums as I normally would, and many of you may not have these supplies at home (Shhhh, don't tell Isla, Gus or Callie, but I've been sneaking into their rooms for extra supplies myself). **Once again, if you don't have the materials I'm using, no need to worry. Do the best you can with what you have.** Make substitutions and try new things. This is a great time to experiment. Take the lesson in any direction you want.

As for turning in assignments. It isn't necessary at all. I would LOVE to see what you've created. And, I will provide directions on how to submit work once you've finished. However, if you can't take that picture and send it, hang it on the refrigerator, and don't forget to bring it when school starts for me to see what you've produced.

I will have a "Hangout" time for each grade level and my office hours as well. I'll have those times posted in your Classrooms so you can get in touch with me if you need.

I've been missing you all, and I look forward to seeing as many of you as I can as the year progresses. Stay well, stay healthy, stay learning!

Mr. Vaughn



Music with Mrs. Bean

Hello from Mrs. Bean!

I hope that you are all doing well and enjoying our new learning adventure!

I will be providing a short music lesson once a week starting Monday April 6th. My lessons will be a recording of myself. These will be available in Google Classroom and will also contain one or two related websites that your boys and girls can participate in. The lessons will be geared to three sections of students: K-1, 2-3, and 4-6.

My expectations are that these lessons are only for the enjoyment of your boys and girls to participate in if they have time to do so. They are not required and will not be graded. They are to just supplement your children's musical learning experiences.

I will schedule a weekly Google Hangout for each section of students: K-1, 2-3, and 4-6. This will be so that your boys and girls can make contact with me if they would like to. The schedule for that will be as follows:

K-1st Mondays at 12:30-1:30

2-3rd Wednesdays at **1:00 -2:30**

4-6th Tuesdays at **1:00 -3:00**

I look forward to meeting with your boys and girls again! 😊

Until then.....

Mrs. Bean , Dolores Elementary Music Teacher 🎵



GT Newsletter Week of March 30

A message from the Dolores Public Library:

COVID-19 Coronavirus

-April Procedures-

Dolores Public Library

Beginning April 1st (really!)

>>> Patrons will be able to pick up their items from a cart located outside the main door. You can contact a staff member by phone to request those items, or you can log on to your own account and place items in the Holds queue. A Library staff member is available by phone Mon-Thur from 10 - 4 to fill these requests and to answer any questions you may have. Please call 970-882-4127 to reach us.