



Dolores Elementary School Newsletter-
"The Galloping Goose"

April 16, 2020

Issue: **27**

Dear Dolores Families,

Congratulations on making it through week three of online learning. It sounds like most of you have settled into a routine and are feeling more comfortable with the technology. This community has done a great job of pulling together to support our kids. I am so thankful that we have been able to connect with our students, but it will be a joyful day we can be together again.

I wanted to let you know that the 4 Corners School Health Clinic is still open on Tuesdays and Thursdays from 8am - 4 pm. Please call 970-560-4890 to make an appointment. The clinic in Cortez is open on Mondays and Wednesdays and their number is 970-560-5056.

Earlier this week, some information was sent to the 5th and 6th grade parents about registering for next year. Mr. Schmitt wanted to let you know if you still need any help with the registration process to please use the link below. This will enable you to set a personal appointment with him and he can provide any assistance needed.

<https://calendly.com/jschmitt-3/30min?month=2020-04>

Stay strong, stay healthy, and stay connected,
Kelly Howerton

Hi Everyone! My name is Stephanie Armentano and I am the Elementary School Counselor. This time has been difficult for all of us but luckily we are all here to support one another as we learn this new (and temporary) way of life. Social distancing itself can leave one to feel increased levels of depression and anxiety. Then we add homeschooling our little ones to the mix and that is enough to make us feel that we just aren't on top of things. Well, I am here to tell you that none of you are alone and as your counselor, I want to support all of us in learning how to feel more in control (and sane) in this most uncontrollable situation. There are ways to feel that we are thriving and succeeding, even amidst the chaos. Each week, I will be adding some tips and tricks to improve the quality of homeschooling.

1. I recommend that your family keep the same sleep/wake schedule that you did when our lives were "normal." I also suggest that you work on creating structure in a fun way that involves your little one(s). For example, work with your child to create a workspace that your child feels comfortable working in and ask them what would help them to feel motivated and less distracted.
2. Work with your child to create a schedule that works for them based on their ability to focus. I offer an example schedule below but if your child can focus better with shorter/more frequent breaks, feel free to adapt the schedule. Let your child take some ownership over this process as it will empower them to follow it. Being a parent/teacher can be straining on a relationship so the less we have to constantly remind our children to do their work, the better it is for everyone. Lastly, I recommend writing the schedule somewhere visible near the child's workspace.

I will be adding more to this topic each week but please reach out if you would like to create something more personal to meet your specific challenges at home. If your child struggles with ADD/ADHD, there are some more specific ideas that I have so please reach out!

A few tips for success during Homeschooling

Wake up at the same time every day. Go to bed at the same time.	Create daily structure	Schedule breaks throughout course work time	Work as a family to come up with daily fun activities
Chunk Assignments down for kids	Let kids do their work!!	Create a simple reward system for completing assignments/chores	Track assignments/rewards on a board
Take some deep breaths	Slow down!	Have reasonable expectations	Seek support from the Counselor!

This may seem like a lot up front but will make **each day a little easier**. Pick one thing to work on at a time and try not to do everything for your child, this is still their school work after all!!

Most importantly, try to **have fun** with the process! This does not need to be perfect and trust that your child has ideas on how to do this!

Example of a schedule:

7:30am-8:30am: Wake up, get dressed and eat breakfast

8:30am-9:00am: Get organized/create goals for the day

9:00am-9:45am: Complete first session (this length of time can be altered to fit different focus needs)

9:45am-10:00am: Break! Run outside or play a game inside but GET MOVING & Have fun!

10:00am-10:45am: Return for second session of course work

10:45am-11:00am: Snack time and free play for 15 minutes

11:00am-11:45am: Third session of course work

11:45am-12:45pm: Lunch and play time. Again, get moving.

This schedule can continue in these blocks for as long as needed to complete coursework. I strongly recommend taking the afternoon to capitalize on this time that we have together, because as hard as it is, we may never have this kind of time together again. Maybe each Sunday, you think of fun ways to spend afternoons together when the course work is finished. Go for a hike, build a fort, have a movie night, play games, work on puzzles, craft, color etc.



For April 4th - April 16th, 2020

- 1st Place - Emmett M. (4th grade) 82 Points
- 2nd Place - Kadence B. (4th Grade) 35.3 Points
- 3rd Place - Henry P. (4th Grade) 23.8 Points
- 4th Place - Brynley N. (5th Grade) 18 Points
- 5th Place - Kyah C. (5th Grade) 15 Points

Classes With the highest Percentage of Participation

- 1st Place - Mrs. Russell's Class with 25%
- 2nd Place - Miss Hanson's Class with 21%
- 3rd Place - Mr. Werner's Class with 15%

Congratulations to this week's readers! Keep enjoying those books.



From the Nurse's Office

I know during this difficult time there is not a lot we have control over. We are staying home as much as possible, not touching our face, washing our hands and possibly wearing masks when we go out in public. Something else that we should be doing is trying to increase our natural immunity. If we do come in contact with COVID- 19 we want to be in our best shape to fight it off. #1 lets eat the rainbow- concentrate on fruits and vegetables of every color, nuts and seeds are good also. #2 get plenty of sleep, that is when your body repairs itself. #3 Try to keep your stress level down, visit the counselor's corner on the school website, play with a pet, laugh with friends or family from a distance or try Gov, Polis's decorate a mask contest at coloradomaskcontest.org. #4 Make sure you are getting exercise- at least 30 minutes per day. We are allowed to go outside in our towns and neighborhoods for exercise, just keep that 6 foot distance.

Be sure to limit sugary foods and drink, refined carbohydrates and highly processed foods.

Studies show that spikes in sugar intake can suppress your immune system.

Stay well my friends and see you soon.



GT with Mrs. Coppenhaver

<https://www.smore.com/c3fwu>

If you live in/or near Cortez and need wifi access see the information below...

Internet Access (i.e. FREE Wifi Hotspots)

- Two WiFi hotspots have been installed and they are currently working on two more.
- Current locations are the trailer park south of Manaugh and the trailer park West of Napa.
- The name of the WiFi network is: FarmersTelephoneEdu
- There is NO password to join this network
- Access is available 8:00am - 8:00pm
- Once they have all the WiFi Hotspots installed they will be sharing out a local map highlighting all of the locations

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