



LITTLE BEARS' WEEKLY NEWSLETTER

The vision of Dolores Elementary School is to provide an educational foundation that fosters personal success through an innovative and positive learning environment.

In the news...



A free breakfast and lunch are available at the end of each day for next day use for hybrid students. Please let our Secretary, Ms. Hite, know if you would like these meals sent home with your child if they are not already receiving them.

The counseling team of Dolores schools is hosting a virtual Parent Night

What: Drug Abuse and Mental Health of your child

When: December 17th at 6:00

Where: Virtual meeting via this

link: <https://us02web.zoom.us/j/82455867379>.

Who: All Dolores RE-4A parents.

From our School Nurse: MAKE HEALTH YOUR RESOLUTION



Healthy You: Make healthy food choices. Be active. Wash your hands often, keep your distance, wear a mask out in public as much as able and stay away from ill people. Get enough sleep. Make a new friend.

Healthy Family: Plan to eat more meals together as a family. Encourage and support physical activity. Spend more time together. Be courteous and practice good manners.

Healthy Home: Go green. Reduce, reuse, and recycle. Install smoke alarms, and carbon monoxide alarms on every level. Keep cleaning products, unattended hand sanitizer and medications away from children.

Healthy Community: Stay home if you are feeling ill. Volunteer at your church, school, or one of the many community centers needing an extra hand. If you have received help from others, try to repeat the gesture. Extend a common courtesy wherever you are – they are always appreciated and hopefully duplicated.

Enjoy a new year of healthy possibilities!

Thank you, Denese Brisbin, Dolores schools RN

Principal's Corner

Dear Little Bear Families,

I hope you all enjoyed the snow show today! I loved watching our students giggle and play as it fell on the playground. I felt like I was in a beautiful little snow-globe!

Our first week of Hybrid learning seems to have gone well. Thank you for your patience as we ironed out a few wrinkles, and we hope to keep improving! Please continue to reach out to teachers, support staff, or myself if we can assist you in any way!

I will add lots of photos to this edition because I am getting lots of calls asking what this hybrid model really looks like in practice. What I am most proud of is that our team is still offering top-notch engaging learning that our students are enjoying! Every classroom I visit has students eager to show me their models, projects, and/or activities. Their enthusiasm is contagious, and I hope you enjoy seeing the photos below.

We will not be having the normal style of holiday events with our health safety restrictions this year, but that will not stop us from having fun, festive days full of cheer next week! Please help your students enjoy the celebration by helping them participate in our four days of silliness...Dec. 14th – Wear funny Holiday Sweaters, Dec. 15th – Wear Funny Holiday Hats, Dec. 16th – Dress up as a Holiday Character, and Dec. 17th – Dress up as a Tree Skirt! Teachers will be contacting families with details of individual classroom celebrations, too!

Please know that we are humbled by and grateful for the support and generosity of our Board Members, District Leadership, and community during this time. Thank you for the love and for the opportunity to serve and love our amazing students! It's a great day to be a Little Bear!

Warmly,
Lurleen McCormick





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Upcoming events:

Next week (December 14 th thru the 17 th) we are going to have a dress up week for the staff AND students. Each day will be a different dress up theme which is mentioned in our events below:

- **Dec. 14th** – Wear funny Holiday Sweaters
- **Dec. 15th** – Wear Funny Holiday Hats
- **Dec. 16th** – Dress up as a Holiday Character
- **Dec. 16th** – Last in-person day with Hybrid A group students
- **Dec. 17th** – Dress up as a Tree Skirt
- **Dec. 17th** – Last in-person day with Hybrid B group students
- **Dec. 17th** – at 6:00 to 7:00 pm – **Virtual Parent Meeting** for Drug Abuse Awareness and Prevention. Presented by Susan Miller, Denese Brisbin, and Officer Kaylee Green. Here's the zoom link to the Parent night:
<https://us02web.zoom.us/j/82455867379#success>
It's also on the district home page, third bar down
- **Jan. 11th** – Students in hybrid A group return for in-person learning.
- **Jan. 12th**–Students in hybrid B group return for in-person learning.
- **Jan. 15** – No School- Martin Luther King Day
- **Jan. 18th** – No School
- **Jan. 29th** – No School

IMPORTANT UPDATES:

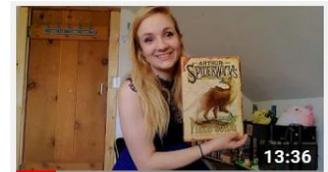
Technology Reminder:

If you do not have consistent internet availability, remember that our students' Chromebooks will connect for free internet anywhere outside of the school's campus, or at the preschool, or the district office.

Elementary School Library Reminder:

Don't forget that I will be continuing my videos of story times. The 4th and 5th graders were reading "The Spiderwick Chronicles" with me, so I will be uploading chapters at a time of that book. Also, I will be posting picture books for the younger grades/preschool. Here's the YouTube channel:
<https://www.youtube.com/channel/UCNVqQVtmOcryd8AAYzuAAgw>

All the best,
Ms. Bridget



Spiderwick Chronicles Book 1: The Field Guide by Tony...

Counselor's Corner

Hello Little Bear Families!

PARENT NIGHT THIS THURSDAY 12-17-20 6-7 PM
<https://us02web.zoom.us/j/82455867379>.

First of all I don't want you to forget the parent night we have this Thursday. It is virtual only. You can also access the link from the third black bar on the district website's "updates." We will be discussing the ins and outs of addictions: how they happen, how to prevent them, as well as the consequences, both legal and physiological. Join me, our school nurse denese Brisbin, and our school resource officer Kaylee Green.

GUIDANCE LESSON:

This month's lesson is on exercising empathy. It's true that

Other Announcements

A peek at what hybrid classrooms look like:

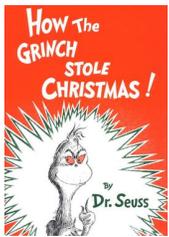




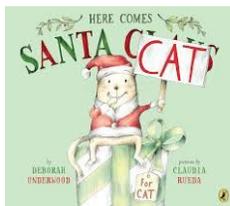
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there are neurological empathy deficits in true "bullies" i.e. abusive people. And make no mistake, they will need professional help. But for most of us, empathy is innate. Powerful mirror neurons make us yawn when another person yawns, or assume the same stance they take. It's much easier to laugh when another person laughs and we become sad when others are sad. Still, with children, empathy is like a muscle. It needs to be modeled and then exercised. Just like "muscle memory" . . . and our heart is a muscle . . . we build "heart memory" when we see the empathy in others and practice it ourselves.

The important question to ask that helps your child exercise empathy is "How would I feel if I were them?" Abraham Lincoln was once told that blacks liked being slaves. That they were being taken care of and not having to worry about where their next meal or shelter was coming from. His quick retort was, "Well then you won't at all mind switching places with them!" One of my favorite parts of the Christmas season is all the heartwarming Christmas stories that bring a tear to our eye in empathic response. It is good to read these stories to our children and to let them see your response to the misfortunes of others. Once the empathic response is triggered, it is good to take it to the next level and to do something about it by showing "compassion." Compassion is empathy in action, it's service, which as was mentioned last week, is one of the most powerful ways to increase our happiness. Have fun letting your children help you do service this holiday season. I am including a few of my favorite holiday children's stories that model empathy. Enjoy:

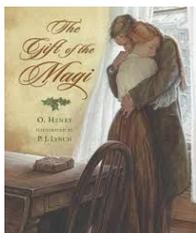


How the Grinch Stole Christmas, by Dr. Suess

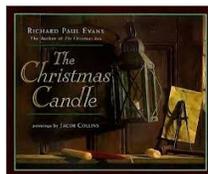


Here Comes Santa Cat, by Deborah Underwood

The Gift of the Magi by O. Henry Illustrations by PJ Lynch



Disney's latest version of a Christmas Carol with Jim Carrey comes in book form



The Christmas Candle by Richard Paul Evans.



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For the older children and adults, I recommend a story based on true events – but there is no book version, it's a movie with Loretta Swit: *Miracle at Moreaux*. I know there are lots more and many of course that are not holiday related. It's good to read and watch these together to develop stronger empathy and compassion in our kids.

Sincerely,
Susan Leavitt Miller

5th grade demonstrates understanding of Explorers with Bottle Biographies



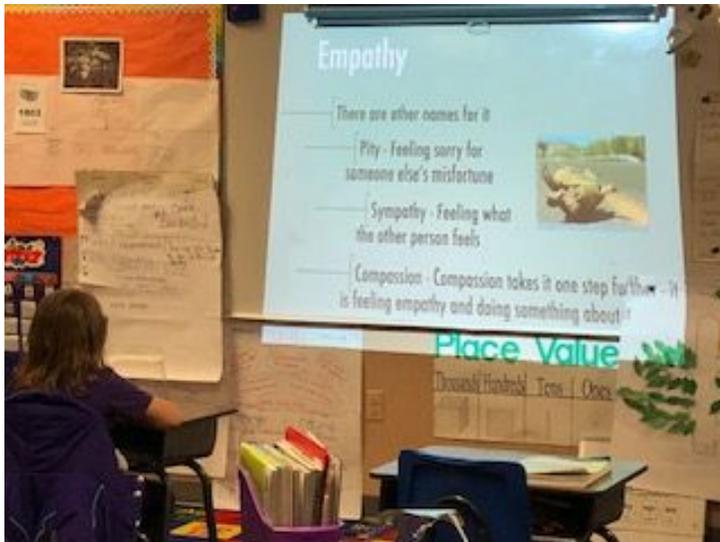


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First graders build Geometry Reindeer:



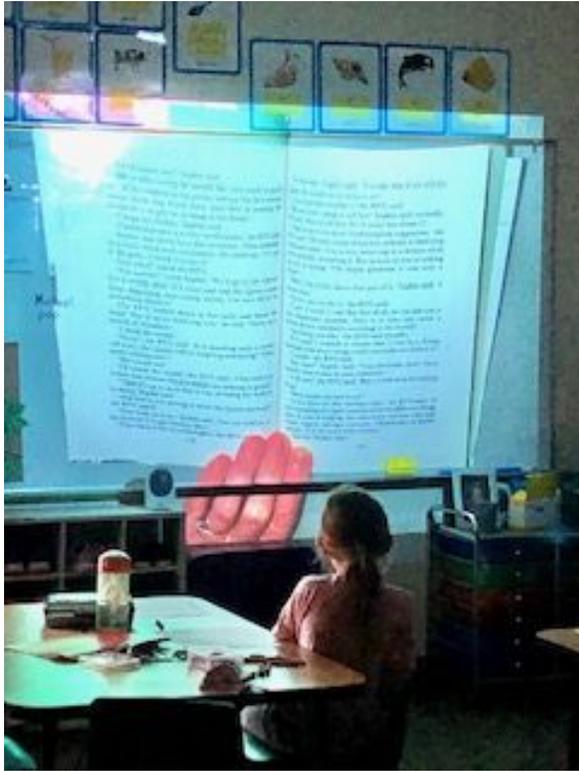
Empathy lessons with Ms. Miller:





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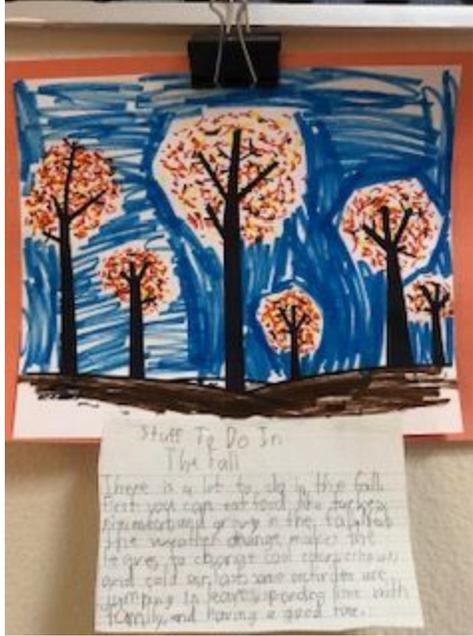
Class Read Alouds:





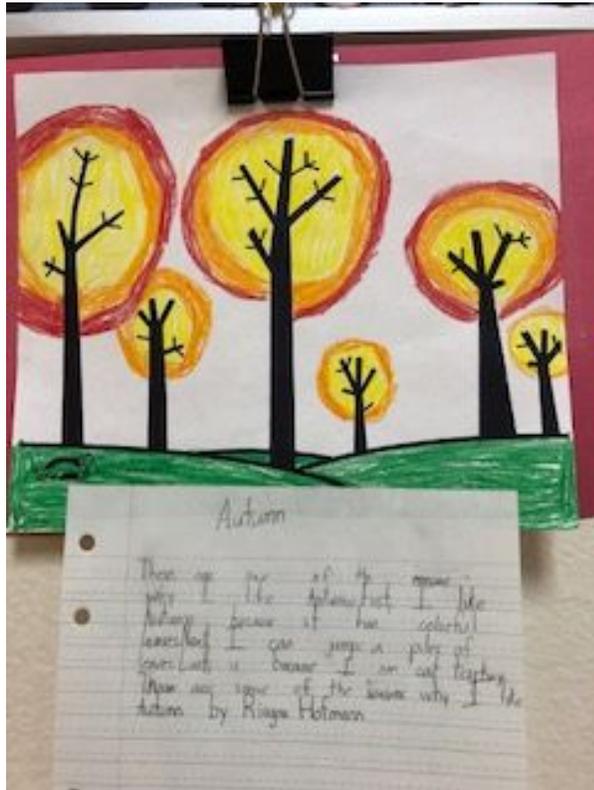
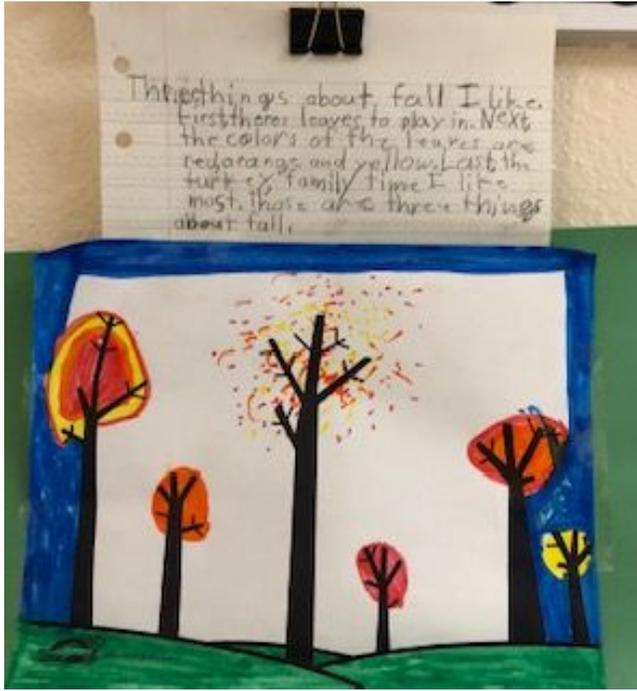
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Why do you like Autumn?



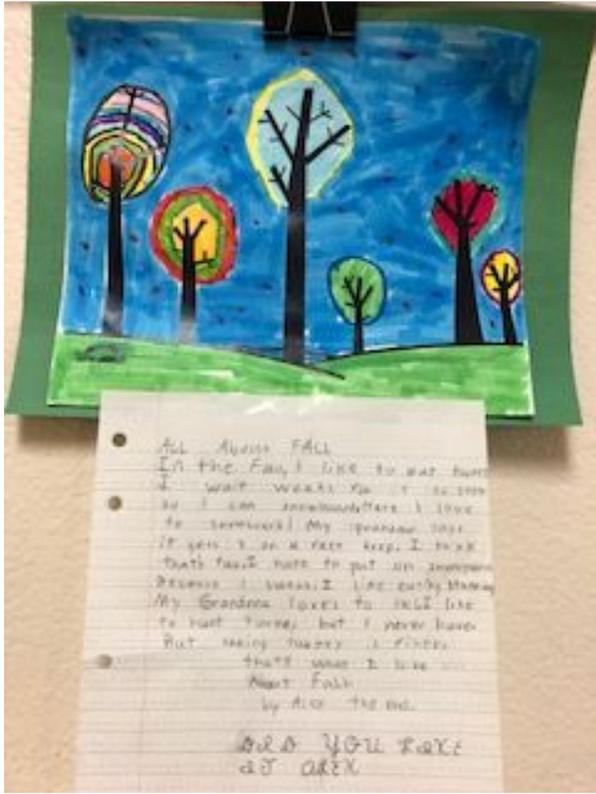


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We love you! Be Safe!

