

# Greenbrook Gator Newsletter

*September 11, 2020*



**From Mr. G's Office:** School is in full swing for this year. All of our Greenbrook teachers are working hard to make learning engaging and are giving the students time to complete work and tasks independently from time to time. Teachers are aware we all need a break from the screen, so when time is given by the teachers, have students take a few minutes and step away from the computer and take a brain break. As the year continues, I want to encourage you to reach out to your child's teacher when you have concerns.

Even though we are remote, we are going to be having some spirit days throughout the school year.

- Every Friday is wear your green or Greenbrook Gear. Let's see if we can fill a whole screen with Greenbrook Green.
- Please look at the flyer on the next page for special, monthly spirit days.

As always please feel free to reach out to me if you have any questions.

# ***Greenbrook Material Pick-up***

*Material pick-up is very important. Each week teachers will be giving out materials to help their students succeed. If the set times do not work for you, please contact the Greenbrook School office.*

***Material Pick-up***

**Monday, September 14**

**ALL GRADE LEVELS**

**from 11:15-5:30 at Greenbrook.**



# Greenbrook School Zoom Class Expectations

## STAY FOCUSED

- Eat & drink only during snack time, breaks & lunch
- Turn off TV, phones, games etc.

## BE IN A QUIET PLACE

- Find a quiet place to work
- Avoid distractions

## BE PREPARED

- Computer charged
- Camera on
- Materials ready

## FOLLOW DIRECTIONS

- Raise your hand to speak
- Listen to your teacher

## PRESENTATION

- Be dressed appropriately
- Be ready to learn

## PARTICIPATION

- Be focused
- Eyes on your teacher
- Mute yourself when not speaking

## BE RESPECTFUL

- Be kind
- Use polite words

## BE AWARE

*When your camera or microphone is on, everyone can see and hear everything in the room you are in.*

### Other helpful hints:

- Remember to use your 5 nonverbal signals
- Say "please" & "thank you"
- Be patient
- Have fun!

### Parent Tips:

- We know this is not easy, we appreciate your patience and support while working with teachers.
- Remember when your children are on Zoom, everything around them could possibly be seen or heard (even from a distance).
- Please give your children the opportunity to try and complete tasks on their own, before assisting them. Our goal is to build student's problem-solving skills and lead to independence.

# Important Dates



**Monday, September 14, 2020** - Material Pick-up

**Friday, September 18, 2020** - Green/Gator Wear

**Saturday, September 19, 2020 @ 10:00AM** -

Walk with Mayor Craig at Greenbrook School

**Friday, September 18, 2020** - Green/Gator Wear

**\*Material pick up on Sept. 14 for ALL GRADE LEVELS.**

*Food Pick-up & Delivery is every Monday, Wednesday & Friday.*

UPDATED  
8/31

## FREE SCHOOL BREAKFAST & LUNCH FOR ALL KIDS UNDER 18

Students & families can pick-up meals at each school during scheduled hours or from one of the bus stops below. Distribution of multiple days of meals will be available on:

### MONDAYS, WEDNESDAYS + FRIDAYS

LOCATION		SPRING WOOD	GREENBROOK	WATERBURY
At School Building		7:15 to 7:45am	7:15 to 1:00pm	8:00 - 8:30 am
BUS #1	STOP 1: Bear Flag @ Freemont	10:00 - 11:30	10:00 - 11:30	N/A
	STOP 2: Windfield Way @ Ashley	N/A	N/A	11:45 to 12:45
BUS #2	STOP 1: Spring Wood MS	10:00 to 11:15	10:00 to 11:15	N/A
	STOP 2: Catalina @ Arlington	11:20 to 12:30	11:20 to 12:30	N/A
BUS #3	STOP 1: Andover @ Beverly Dr	10:00 to 10:45	10:00 to 10:45	N/A
	STOP 2: Celebrity Cir @ Turner Lane	10:55 to 11:30	10:55 to 11:30	N/A
	STOP 3: Webster Ave @ Cloverdale	N/A	N/A	11:45 to 12:45
BUS #4	STOP 1: Waterbury Elementary	N/A	N/A	11:15 to 11:45
	STOP 2: Bryn Mawr @ Middleton	N/A	N/A	11:50 to 12:45

**FOOD SERVICES**  
KEENEYVILLE SCHOOL DISTRICT 20

### School Menus

<https://www.esd20.org/for-parents/food-services>



# *Remote Learning Tools for Students and Parents*

Please click on the links below to find some helpful technology videos & information. These are very helpful if you are struggling to support your students in their remote learning!

[Technology Tutorials for Students + Families](#)

[Recommendations For Remote Learning Success](#)

[Seesaw Family App info](#)

[Seesaw Tutorial for students](#)

[Zoom Login Video](#)



# Stay Healthy & Move with Mayor Craig



## Move with the Mayor Virtual Challenge

### How to Participate:

- ✓ **Sign up** for the Hanover Park Challenge Team which begins **September 1<sup>st</sup>**.
- ✓ Link your smart device or fitness tracker.
- ✓ Start walking and record your steps for the month of September.
- ✓ The app will record steps for walking, step machines and running. All are acceptable!

### Saturday Walks with Mayor Craig

Join Mayor Craig every Saturday for a walk starting at a Hanover Park School and earn an extra 1K healthy steps. Social Distancing and precautions will be adhered to.



September 5 – Albert Einstein Elementary School 10:00 am

September 12 – Ontarioville Elementary School 10:00 am

September 19 – Greenbrook Elementary School 10:00 am

September 26 – Elsie Johnson Elementary School 10:00 am

Follow your progress and watch the leaderboard!

Join us on Sept.  
19 @ 10:00 AM at  
Greenbrook  
School to walk  
with Mayor Craig!



### Move with the Mayor Photos and Selfies

- Take a socially distance photo while you "Move with Mayor Craig" on one of the Saturday Walks.
- Take a selfie of yourself while participating in Move with the Mayor and we will post it on our Move with the Mayor Photo Gallery and social media.
- Send photos to [dwebb@hpil.org](mailto:dwebb@hpil.org).

### Prizes:

\$50 Gift Card to the top Hanover Park Team Member

\$25 Gift Card for the top two Runner-Up Hanover Park Team Members

### MWTM Challenge APP:

Join Hanover Park Mayor Rodney Craig's Move with the Mayor initiative to reduce heart disease and stroke by encouraging Hanover Park residents to **"Get Up and get Movin!"** Hanover Park is challenging the communities of West Chicago, Bartlett, Glen Ellyn, and Glendale Heights to a step contest **in the month of September**.

Join Team Hanover Park by downloading MWTM Walking Challenge App:  
[www.hekahealth.com/wchicago](http://www.hekahealth.com/wchicago)

MWTM  
Challenge QR





# A Note from Mrs. Onyschak about healthy positioning while remote learning.

## Greenbrook Elementary School | Occupational Therapy- Remote Learning

### Positioning

Hi Greenbrook Families,

My name is Audrey Onyschak and I am the Occupational Therapist at Greenbrook Elementary School. During this time I thought it would be helpful to provide information on how to achieve the best optimal positioning while learning at home.

- Legs should be supported to allow 90 degrees of flexion at the knees
- Back should be supported to allow 90 degrees at the hips
- Height of the desk should allow the computer to be at eye level and arms at 90 degrees.

Need movement? Books can be put under the computer to allow students to stand and work.



COMPUTER NOT AT EYE LEVEL MEANS CHILD'S NECK IS FLEXED THE ENTIRE TIME



ELEVATE COMPUTER SO NECK IS IN NEUTRAL POSITION



CHAIR TOO BIG DOES NOT ALLOW FOR PROPER SEATING POSTURE



PILLOW BEHIND BACK STOOL FOR FOOT SUPPORT ALLOWS FOR 90/90/90 POSITION

@alinclusivetherapy

@alinclusivetherapy

### USE A PEANUT OR THERAPY BALL

GREAT FOR KIDDS WHO LIKE TO MOVE OR WHEN KIDS START TO GET RESTLESS AND TIRED OF SITTING STILL



### ALTERNATIVES TO TRADITIONAL SITTING

PRONE (TUMMY) IS A FAV. ALLOWS CHILD TO GET OUT OF THAT FLEXION PATTERN THE CHAIR CREATES. GREAT FOR PROVIDING PROPRIOCEPTIVE INPUT AND UPPER BODY STRENGTHENING



### TALL-KNEEL OR HALF-KNEEL

GREAT WAY TO ENGAGE THAT CORE!



### SEATING TIPS FOR DISTANT LEARNING



SWIPE TO SEE



NOT GOOD NO SUPPORT CHAIR TOO BIG

GETTING THERE



WE MADE IT... FEET SUPPORTED, 2 PILLOWS ENOUGH BACK SUPPORT HEAD IN NEUTRAL

@alinclusivetherapy

# *Awesome opportunity!*



A fun and socially safe group for  
Girls & Boys, grades K – 5<sup>th</sup>  
Starting September 17<sup>th</sup> - Join anytime!

Contact us at:

<https://sites.google.com/site/pack458roselle/interested>

