

# Shepherd Glen November 2020 Parent Newsletter

The month of  
Thankfulness  
..."Be Kind, Be  
Thoughtful,  
Be Thankful"



Dear Shepherd Families,

## Nurse's Corner:

1. Reinforce the great support from parents and the children to mitigate the virus with compliance in wearing masks, social distancing and handwashing. Kudos to all the students and staff keeping our school safe!!
2. Reminder it is flu season, a letter will be sent via E-mail to encourage flu vaccination by the end of October this is the strong recommendation from the State Department of Public Health.
3. Continue to communicate with the school if your child is absent, tracking must occur to know if your child is ill and what recommendations would follow if any. Thank you for your cooperation in keeping our school safe.

A Parent Distance Learning Guide went home with your child last week. Please read through this as we enter into a possible remote learning format again for ALL students. Please know the buildings will remain open if this occurs, however, student will all be remote learners from November 23<sup>rd</sup> until January 19<sup>th</sup> if the Board of Education approves this. Please check HPS website for updates.

Parents and Guardians I cannot stress enough the importance of ensuring your child/ren are getting into their google classrooms daily for live instruction and posted assignments.

Please reach out to your child's teacher through DOJO or Remind 101 with any questions and concerns.

Dismissal Safety: Please do NOT pass around cars using the left lane. This is a major safety issue during dismissal.

# Reading and Math Corner:

## Read Read Read

Please make sure your child is reading books while at home. We are sending books home on the distribution days.



**Lexia**



Lexia is a program that supports and builds on our literacy curriculum, focusing on developing reading skills in six areas: phonological awareness, phonics, structural analysis, fluency, vocabulary, and comprehension. Students in grade K-3, as well as reading resource and intervention students in grade 4-6 can access Lexia through their Clever accounts. For more information about logging in, please see your child's classroom teacher.

Feel free to reach out to Sara Boyd, Literacy Specialist, [sboyd@hamden.org](mailto:sboyd@hamden.org) with any question



## DreamBox Learning

Our New Digital Math Program

All K-6 students have DreamBox accounts for individualized math learning. This program will be used in addition to regular grade-level math instruction. The goal is for students to complete at least **60 minutes per week** and at least **5 lessons per week**.

### Here are some tips for DreamBox success...

- **Be okay with mistakes.**  
As long as students' complete lessons, DreamBox will be able to assess their understanding and adapt.
- **Work independently.**  
Helping a student through a lesson can progress them beyond their current abilities and lead to frustration.
- **Only use the manipulatives that are built into the program.**  
DreamBox lessons are designed for students to think through problems without the use of pencil and paper or any other math tools.
- **Use the help/hint button when needed.**
- **Use headphones with the volume on.**  
DreamBox will tell you what to do in order to solve the problems and give tips and tricks as you work. It is important to have the volume up so you can hear them!

Feel free to reach out to Tiffany Cofrin, Math Specialist, [tcofrin@hamden.org](mailto:tcofrin@hamden.org) with any questions.

# Attendance Requirements During a Year of Hybrid and Social/Emotional Tips Distance Learning

From Mrs. LaRose-Sousa Shepherd Glen School Psychologist

## Facts about Attendance for All:

Parents, Caregivers & Grandparents & Guardians – Are you stressed?

*It is almost a ridiculous question to ask at this time during this global pandemic and all types of other turbulent situations. There are three types of stress: 1. Eustress; 2. Acute Stress and 3. Chronic Stress. Eustress is a good stress. It is short in length and is associated with positive, yet energizing activities such as preparing for a job interview, accepting an award or anticipating an activity where you may be the center of attention (like a birthday party.) Acute Stress is also short lived and is experienced during a situation like a car accident or falling and feeling pain immediately. However, chronic stress is the kind that most of us are experiencing these days. Built up, unresolved situations, worry over finances, job security, COVID-19 – these are the toxic and chronic stressors that can really wear on our clear thinking, our health and our level of tolerance. There help however! There called the “BIG-7” and they are wellness techniques that you must find just a minute or two a day to engage in. They will make all the difference.*

They Include:

1. **Physiological Regulation** – In other words, just BREATHE! Just a couple seconds dedicated to deep breathing can make your thinking clearer and your body refreshed
2. **Self-Care** – This is not self-fish – when you phone needs to be recharged you recharge it – this is the same thing. Take time to give yourself a recharge when you can. Sleep, eating right and hydrating are essential to this. Exercise is also important. If you can't fit it in, park further away from the store, take stairs instead of elevators and walk around the block when you can.
3. **Keep Positive Relationships** – connect with friends and family, even if the conversations are short – they are important to creating oxytocin – the feel good hormone!
4. **Manage Your Thoughts** – When in doubt, tell yourself positive things. Create a mantra to tell yourself each day or reframe negative thoughts into ones that make you stronger. Introduce gratitude into your thinking also; nothing makes us truly happier than being grateful for what we have.
5. **Manage Your Life Smartly** – where you can, organize, prioritize and give yourself a break. We can't do everything for everyone.
6. **Make time to do things you enjoy** – We always say we don't have time, but there is no reason you can't do the things you enjoy with your family or even take five minutes here or there to indulge!
7. **Forgiveness** – Don't hold grudges! Research actually indicates that when we stay mad at others, or hold negative feelings in, it negatively affects our health and can shorten your life. Forgive, you don't have to forget, but let it go.

That's it. That's the recipe for better living, loving and feeling better. Let the stress go, be grateful for what you have and take care of yourself. You can't take care of others unless you take

# REMINDERS FROM THE MAIN OFFICE

**PLEASE REMEMBER TO REPORT YOUR CHILD'S  
ABSENCE TO THE MAIN OFFICE OR SCHOOL NURSE**

**PLEASE KNOW UNDER THE COVID GUIDELINES  
AND FOR THE SAFETY OF EVERYONE, PARENTS  
ARE NOT ALLOWED INTO THE BUILDING  
PHYSICAL FORMS ARE DUE BY NOV. 1<sup>ST</sup> IF YOU  
HAVE NOT SENT YOUR CHILD'S IN YET.**

## **UPCOMING DATES:**

**DEC. 7<sup>TH</sup>- NEXT DISTRIBUTION DATE FOR  
MATERIALS 2:15-3:30**

**NOVEMBER 20<sup>TH</sup>-GRADE 5 STUDENT OF THE MONTH**

**DEC. 25<sup>TH</sup>-27<sup>TH</sup>- NO SCHOOL THANKSGIVING BREAK**

## **Marking Period 1**

**November 24: End of Marking Period**

**December 8: Report Cards Distributed**



## Monthly Highlights:

**Celebrating Shepherd Glen School  
Parents make Sure you Check Out Our Banner that  
Hangs Proudly On the Front Of Our School**



# Attendance Requirements During a Year of Hybrid and Distance Learning

## Facts about Attendance for All:

- Attendance each day is required.
- Students present less than 90% of their days enrolled are considered **Chronically Absent**.
- Students absent more than 4 Unexcused absences in one month or 10 Unexcused absences in one school year are considered **TRUANT**.
- Parents can excuse the first nine (9) absences by calling the school and providing a reason for absence.
- After 9 absences parents must have a doctor's note to excuse illness, or other documents to excuse other reasons for absence. Vacations are not considered excused.

## Facts about Attendance for Hybrid Learners:

- Hybrid Learners are present 4 days each week. (In-Person, In-School). Hybrid Learners CANNOT stay home and "distance learn" on in-person days and get credit for being present. (Even if they log into the google classroom and live-stream lessons.)
- Hybrid Learners must participate in distance learning on the Learning at Home day (one day each week). Attendance is still required for the "Learning at Home" day or it will count as an absence.
  - Students will be considered **present** for learning by logging in to classes for live-streamed lessons and complete assignments including Dreambox, Lexia, Epic and Imagine Learning. Students must log into lessons and complete work equal to at least a ½ day of school (3.25 hours).
  - Students in grades K-8 who cannot log into classes at the prescribed time may instead watch the recorded lessons **later the same day** and respond to an exit ticket, complete class assignments and computer-based Math and Literacy Programs.
- Hybrid Learners can switch to Distance Learning, after a parent/guardian emails the principal or secretary of their intent; It should go into effect the next school day.

## Facts about Attendance for Distance Learners:

- Distance Learners learn from home each day of the week and are expected to be present during the regular school hours.
- Students will be considered **present** for learning by logging in to classes for live-streamed lessons and completing assignments including, Dreambox, Epic, Lexia and Imagine Learning. Students must log into lessons and complete work equal to at least a ½ day of school (3.25 hours).
- Students in grades K-8 who cannot log into classes at the prescribed time may instead watch the recorded lessons **later the same day** and respond to an exit ticket, complete class assignments and computer-based Math and Literacy Programs.
- Parents who have opted to have their students be a Distance Learner, should continue to report absences due to illness or death in the family. In addition, if the student does not have Internet access or the Chromebook is not working properly, and the student cannot be present for learning that day, the parent/guardian should call the school to report the problem.
- Distance Learners can switch to Hybrid Learning after the parent/guardian emails the Principal or Secretary requesting to return. The school will then assign a start date. The start date will be about five school days from the date of written intent to return to school. Students will continue with Distance Learning until they start their Hybrid Learning.