

December 4, 2020

Hello, Sunrise Families!

We've had a great first week with all students in Distance Learning!

Feedback from Students

We'd love to hear from your children about how we can make school even better. Please encourage them to respond to the Thought Exchange invitation that has been sent to their school email. We are asking the question, "What can we do to make your school experience even better?" Students have the opportunity to respond anonymously to the question, and also to rate the responses of others. Only school officials will have access to the results.

Opt in to Receive Texts from School - see attached [SMS_Text_Opt-In_Flyer_67587.pdf](#)

If you don't already receive text messages from school, see attachment for steps to activate.

"Make Distance Learning Easier with 8 Teacher-Approved Tips."

Cornwall, Gail. "Make Distance Learning Easier With 8 Teacher-Approved Tips." Virtual Learning Tips for Parents, Good Housekeeping, 28 Aug. 2020.

"Tips for Parents of Struggling Readers" 11/24/2020 IMSE Journal

Simank, Ginny. "Tips for Parents of Struggling Readers - IMSE - Journal." IMSE, Institute of Multi-Sensory Education, 24 Nov. 2020.

WBLAHS Food Drive - see attached [Digital Flyer \(2020 Food Drive\).pdf](#)

Help support White Bear Lake High School's food drive by bringing food to the food shelf.

Lifetouch Coupon 10% Off

Lifetouch has provided a special limited-time offer to ensure each family at our school gets the opportunity to preserve this school years' memories. To order school pictures visit mylifetouch.com. To get 10% off, use code: HOLIDAY20. This offer ends Friday, December 11, 2020.

U Got This

University of Minnesota Extension, Center for Family Development is offering a free text messaging program that supports parents and caregivers of children birth to 18 years of age, called U Got This. Parents and caregivers are invited to sign up to receive two text messages a week throughout the school year on topics of health and nutrition, developmental affirmations, parenting and school engagement, mental health and well-being and financial capability. These text messages are designed to support you and your family as you are faced with making many and varied daily parenting decisions. You can choose to receive messages in English or Spanish. To sign up to receive U Got This text messages, go to <https://z.umn.edu/ugotthis> This program is free, but be aware some fees may apply depending on your cell phone service provider.