



# TALK205

ELMHURST COMMUNITY UNIT SCHOOL DISTRICT 205

December 22, 2020

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- Thrive D205 Wellness and Mental Health Resources and Information
- Virtual Backpack
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- Free Internet/WiFi Services

### **New Items**

### **Important Winter Dates**

- December 23-January 5, 2021 - Winter Break. No school for all students
- January 6, 2021 - Remote Learning Professional Learning Day for staff. No school for all students.
- January 7-8, 2021 - Remote learning for all students, including those in our special education programs.
- January 11, 2021 - Hybrid learning begins for all students except those remaining fully remote
- January 15, 2021 - Teacher Institute Day. No school for all students
- January 18, 2021 - Dr. Martin Luther King Jr. Day observed. No school for all students

## **D205 Free Meal Pick Services During Winter Break**

During this time of remote learning, District 205 Food Services is helping to bring a little bit of school home to you! [Free meal kits](#) are available for ALL children, ages 1-18! Seven days of meals (breakfast and lunch) is provided with each pickup. No pre-order or ID is required.

Pickup is Mondays and Wednesdays from 3:30-5:00 PM and Tuesdays and Thursdays from 7:00-8:00 AM at the following locations:

- York High School, Main Entrance Door #3
- Bryan Middle School, East Entrance Door #13
- Churchville Middle School, Main Entrance Door #1
- Sandburg Middle School, Main Entrance Door #3

### **Winter Break & School Holiday Changes**

- December 22- Last 7-day meal pick up before Winter Break begins
- December 30 - 7-day meal pick up at Churchville Middle School along with the Mobile Food Pantry from 1-2:30 p.m. Please do not block the neighboring driveways while waiting. Thank you.
- January 4 & 5 - NO PICK UP
- January 6 - Meal pick up resumes from 3:30-5 p.m. at all four locations: York High School and Bryan, Churchville and Sandburg Middle Schools.
- January 7 - Meal pick up resumes 7:00-8:30 a.m. at all four locations: York High School and Bryan, Churchville and Sandburg Middle Schools.

Please help everyone to stay safe by wearing your mask and staying inside your car (roll down back windows or open the trunk to receive the meal kits). Thank you!

## **UCCA Hosts Mobile Food Pantry at Churchville MS - Dec. 30**

- UCCA Mobile Food Pantry  
Churchville Middle School  
155 Victory Parkway, Elmhurst  
1-2:30 p.m., Wednesday, December 30, 2020

**Note:** This Mobile Food Pantry will offer nutritious food including: meat, fresh produce, milk, and other dairy products based on availability. Food is distributed on a first-come, first-served basis while supplies last. Out of consideration of the neighbors please do not block driveways.

For the health and safety of our volunteers and your family:

- Please stay inside your car

- Make sure the trunk is empty and open
- Pre Packed box of groceries will be placed in your trunk

**The D205 Food Services Department also will be there to pass out free, 7-day meal bags!**

**District D205 Parent Engagement Series Presents “Staying Well” and “Mindframes for Students, Mindframes for Parents” - Jan. 7 and Jan. 13**

**DISTRICT 205 PARENT ENGAGEMENT  
SERIES PRESENTS**

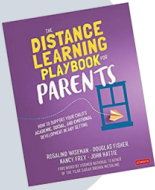

**STAYING WELL**

**January 7, 2021 at 6:30 PM**

As the pandemic has continued, it is imperative that we focus attention on our student's social and emotional development. This session will focus on understanding grief, anxiety, how to support friendships from a distance, and helping your children to be happy.

Pre-Registration is required

Copies of the Distance Learning Playbook for Parents are available at Elmhurst Public Library or for purchase on [Amazon](#).

**District 205 Parent Engagement Series Presents:  
“Staying Well” 6:30 p.m., Jan. 7, 2021 Via Zoom**

The Distance Learning Playbook for Parents, Chapter 3. [Register](#)

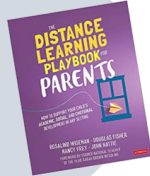
Session Description: As the pandemic has continued, it is imperative that we focus attention on our student's social and emotional development. This session will focus on understanding grief, anxiety, how to support friendships from a distance, and helping your children to be happy.

**DISTRICT 205 PARENT ENGAGEMENT  
SERIES PRESENTS**

**MINDFRAMES FOR STUDENTS,  
MINDSETS FOR PARENTS**

**January 13, 2021 at 6:30 PM**

As your students are learning at home, it offers a unique opportunity into their world of learning. This session will focus on understanding how students can monitor their own progress, how parents can challenge their students appropriately, and how to gradually release responsibility for learning during the course of the year.



Pre-Registration is required

Copies of the Distance Learning Playbook for Parents are available at Elmhurst Public Library or for purchase on **Amazon**.



**District 205 Parent Engagement Series Presents:  
"Mindframes for Students, Mindframes for Parents" 6:30 p.m., Jan.  
13, 2021 Via Zoom**

The Distance Learning Playbook for Parents, Chapter 4 [Register](#)

Session Description: As your students are learning at home, it offers a unique opportunity into their world of learning. This session will focus on understanding how students can monitor their own progress, how parents can challenge their students appropriately, and how to gradually release responsibility for learning during the course of the year.

Did you miss "That's Not How I Learned It!" - Distance Learning Playbook for Parents, Chapter 2? Catch the replay [here](#).

**City of Elmhurst Commission on Youth presents "Depression in Kids  
During COVID" - Jan. 14**

The City of Elmhurst Commission on Youth is hosting a series of "Youth Issues During Covid". The next virtual live event is: "Depression in Kids During Covid". Sponsored by Amita Health and [Dr. Jason Washburn](#).

- Thursday, January 14th, 7:00-8:30pm

When is the change of mood we are seeing in kids considered temporary stress? When is it something you need to take action on where it could be the onset of a mental health disorder? We will cover emotional/behavioral difficulties related to covid and remote/hybrid learning. Many kids are struggling. Anger outbursts, strong mood fluctuations, and isolating are some areas parents are having concern.

The free event will take place live on the Elmhurst TV YouTube channel. For the Q&A portion at the end, please email any questions to Jackie.Haddad-Tamer@elmhurst.org

### **Additional Resources:**

#### **Thrive D205 Wellness & Mental Health Resources**

Thrive D205 School & Community Wellness Partnership is a wellness and mental health initiative launched by Elmhurst Community Unit School District 205 in 2019. The effort is designed to start a community conversation and create a subsequent plan to better understand, support and reduce the stress levels among students in our school community. Click [here](#) to discover the Thrive D205 resources page.

#### **Virtual Backpack**

Looking for non-profit, community activities or information that is fun and educational for students? Check out the D205 [Virtual Backpack](#) page.

#### **ComEd Bill Assistance**

If you are aware of staff members or families that could benefit from additional support, we ask that you share this information with them and have them call ComEd immediately at 1-800-EDISON1 (1-800-334-7661), M-F, 7am-7pm. Customers can also visit [ComEd.com/Support](#) to learn more about the following payment assistance options and eligibility requirements:

- CARE Customer Hardship Grants
- COVID-19 Financial Bill Assistance
- Flexible, Extended Payment Arrangements
- Waiver of New Deposits and Fee Relief
- State and Federal Financial Energy Assistance

#### **Free Internet/WiFi Services**

In need of free or low cost internet/WiFi services? Please click [here](#)