



TALK205

ELMHURST COMMUNITY UNIT SCHOOL DISTRICT 205

January 4, 2021

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New Items

Important Winter Dates

- January 5, 2021 - Winter Break. No school for all students.
- January 6, 2021 - Remote Learning Professional 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 - Martin Luther King Jr. Day observed. No school for all students.

D205 Free Meal Pick-Up Services Resume

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) provided with each pick-up day. No pre-order or ID is required.

Pick up 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

Updates:

- **January 5 - No Meal Pick Up**
- January 6 - Meal pick up resumes from 3:30-5 p.m. at all four locations
- January 7 - Meal pick up resumes from 7:00-8:30 a.m. at all four locations

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!

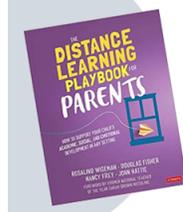
District 205 Parent Engagement Series Presents: "Staying Well" 6:30 p.m., Jan. 7, 2021, Via Zoom

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**.



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, Mindframes for Parents" 6:30 p.m., Jan. 13, 2021, Via Zoom**

**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**.

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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](#).