

GRETCHKO NEWSLETTER

JANUARY 7, 2021



MESSAGE FROM DR. HILL

Dear West Bloomfield families,

We, like many of you, were consumed by the coverage of yesterday's events in Washington D.C. We recognize the significant impact this has on all of us especially our students and staff. As a school community, our primary responsibility is to care for the safety and well-being of our learners. Following yesterday's events, we remain committed to that responsibility as the needs of our students evolve.

Last night, members of our Teaching and Learning team shared a communication with staff regarding the events of the day and how we as a district can support our learners. Rest assured, our staff has undergone significant social and emotional learning training over the summer and we are in a strong position to be able to address the needs of our students and community as they relate to yesterday's events.

In that communication, staff received a link to the following resource and we'd like to share that with you to assist in any conversations you are having in your home related to yesterday's

events.

- [When Bad Things Are Happening, Teaching Tolerance](#)

If your student(s) have questions or concerns for their teachers related to what they witnessed on social media and television yesterday, encourage them to raise those items with their teachers and classmates in a respectful manner. The importance of our students' safety is paramount and this safety includes the ability to share feelings, questions, and concerns without being recorded, judged, or ridiculed.

We look forward to another day of dynamic and engaging learning in our school district. If you feel your student would benefit from additional support, please contact your building principal. In the past year, we have faced unprecedented challenges on a daily basis. We are continually encouraged by the resiliency of our students, parents and educators in the face of these challenges and remain steadfast in our commitment to supporting each of you.

Please take care of yourselves and one another,

Dr. Gerald Hill

Superintendent

West Bloomfield School District

PRINCIPAL'S MESSAGE

Happy New Year!

I hope you and your family had a fun, relaxing time over our two week break. I've seen a lot of pictures of snowmen, sledding and family activities that have been shared in the classrooms Facebook sites.

We continue to work hard and have made tremendous progress in helping students feel comfortable with a virtual learning environment. As we resume our efforts, we encourage you to assist in helping us create a lasting positive attitude in our students. Praise them for their persistence, positive attitude and improvements. Help them recognize hard work and dedication really does pay off.

A phrase that has been used this year does come to mind. "We are all in this together." That phrase really does fit educational circumstances right now. Children rely on everyone in their life to teach, model, encourage and mold them for their future successes.

We appreciate your care, assistance and concern for your child's educational progress. We have worked together to provide a variety of opportunities for all students to learn new things and make educational progress. It is with a proactive approach by all that will allow your student to continue to grow and learn. Please take time to review the following information to assist your child's concentration and feeling of importance of their education.

- * Support your child with positive feedback
- * Have your child at class on time and ready to learn.
- * Student's should be dressed just like a normal school day.
- * Prepare early, check technology, screen background, etc.
- * Supplies -pencils, eraser, paper, workbooks available at your child's workstation.
- * Students should not be eating during Zoom sessions.

- * Remove other distractions from the student's work area. (Toys, pets, siblings)
- * Headphones may be helpful, especially if your student is distracted easily.
- * Help your child understand their workstation is their school.
- * Provide support, not the answers. Student need to learn to be able to "do" assignments for themselves.

All of the above learning requirements provide an environment of value to your student's education. Students need to see, hear and understand just how important you view their education. To assist your student's classmates, please use the mute option and remember everyone in the class sees what is happening behind your student's screen.

KINDERGARTEN ROUND UP- LOOKING FOR STUDENTS FOR FALL OF 2021

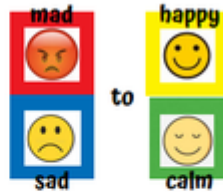
If you have a student that will be 5 on or before September 1 2021 or a student that will be 5 on or before December 1 2020 (with waiver) your student is eligible to attend kindergarten. West Bloomfield School District is in the planning process for next year and are asking parents to go to the link below and fill out the required information to be invited to the district's Round Up! The zoom Kindergarten Round Up will be Held on January 20th.

If you have neighbors or friends that have upcoming kindergarten students, please share this information with them.

https://docs.google.com/forms/d/e/1FAIpQLSe2wpYzjibIBjYo0BmRS3LRjWv_Cl6rMHogt9QYhe_-_Pvcdw/viewform?usp=sf_link

Fun with Feelings and Mrs. DeSana

During the months of December and January, students will be learning strategies to help their feelings go from:



Students will learn about taking deep breaths, using mindfulness, and doing things that they enjoy in order to feel calm and happy.



You can help your child build a "feelings toolbox" by:

- Helping to practice deep breathing when feeling mad
- Have your child identify enjoyable activities
- Create your own toolbox or strategy wall/poster
- Choose a strategy from the toolbox to use when having a red or blue feeling
- Choose a feeling on the **Mood Meter** before and after a strategy to see how feelings change!



Contact Lindsey DeSana, School Social Worker, for more information

BOXTOPS FOR EDUCATION - GRETCHKO STILL PARTICIPATES

Earning money for your school has never been easier. Simply download the app, choose your school and snap a picture of your receipts! Encourage your friends and family to download the app as well! Grandparents, Aunts & Uncles, Cousins, literally anyone who grocery shops and has a receipt can help Gretchko earn and it adds up quickly!

https://www.boxtops4education.com/-/media/GMI/boxtops4youreducation/CRC-Downloads/June_19/BTFE_Overview.ashx?la=en We still accept boxtops cut from products you purchase. We have a boxtop container in the front lobby.

COMMUNITY EDUCATION CORNER

WBSD COMMUNITY EDUCATION
YOUTH MOVEMENT & ENRICHMENT ONLINE CLASSES



Kids Karate
Instructor: True Martial Arts
Fridays 1/8-2/5
[More Info Here](#)



LINKS TO DRAMA KIDS AND TUMBLE BUNNIES

Chess Wizards

K-6th

[More Info Here](#)

Drawing

On-Demand & Live

[More Info Here](#)

Tumble Bunnies

Video class link will be emailed, [click here](#) to register

Ballet, Music, Zumba, Cheer, Gymnastics and Hip Hop

West Bloomfield School District

[Community Education Department](#)

(248) 865-6467



Drawing
On-Demand & Live
[More Info Here](#)



Chess Wizards
K-6th
[More Info Here](#)



Tumble Bunnies

HEALTHY HINTS FROM MS. HUBBARD OUR PHYSICAL EDUCATION TEACHER

Here are five suggestions that can make all the difference when it comes to setting everyone on a healthier path:

1. *Eat one more family meal a week.*

Family meals (seated at a table with no technology or screens) have lots of benefits! From lowering obesity, to increasing your child's vocabulary, to being able to check in on school and weekly activities.

2. *Have everyone eat one more serving of fruits or vegetables a day.*

The recommended servings a day for fruits and vegetables is 5. Most people don't actually eat 5 day. Challenge your family to eat more fruits and veggies :)

3. *Find one more way a week to be active.*

The daily recommendation for children is 1 hour of activity a day. Most children do not meet that goal. As a family, find fun ways to be active together. Take the stairs instead of the elevator, go on a family walk, or have a dance party in the living room!

4. *Create a device-free zone or time.*

Devices, as fun and necessary as they may be, are increasingly inserting themselves between us, and getting in the way of sleep and quality time we spend together. Try and set a time frame where no devices are on. Try playing a board game as a family, reading aloud, or doing a craft together.

5. *Make sure everyone has time to goof off.*

Both parents and children are way too scheduled, and that's not good for us. Not only does it lead to stress, it can actually get in the way of learning and creativity. So be sure that every single member of the family has some unscheduled time to just, well, play. If you can play together, even better.

Recommendations from:

<https://www.health.harvard.edu/blog/5-relatively-easy-new-years-resolutions-to-help-your-child-and-family-be-healthier-and-happier-2016122010902>

FOLLOW UP FOR MEDIA LESSON FROM MRS. HAMMERICK

Pause & Think Online



There are lots of things to think about when it comes to being a responsible digital citizen. At school your kid is learning all about it, and now they can show you what they know! They're learning to ...

- Pause and think before searching, clicking, or sharing.
- Be kind online.
- Find balance using media and tech.
- Pay attention to their feelings to make sure they feel safe and know when to stop.
- Stand up to online bullies.
- Carefully choose the digital footprints — like posts, pictures, and comments — they leave behind.



Check out the music video featuring our favorite digital citizenship friends!

Watch it together (turn on captions so you can see the lyrics), and sing along!

<https://www.common sense.org/education/videos/pause-think-online>

Now talk about this together:

1. What was your favorite part of the song? Why?
2. What's your favorite character? Why?
3. What are some ways you can do what your favorite character does?
4. What could be hard about it, and how would you keep going anyway?



Text the word **kids** to the phone number **21555** to get free weekly tips on healthy media habits.



common sense education

[common sense.org/education](https://www.common sense.org/education)

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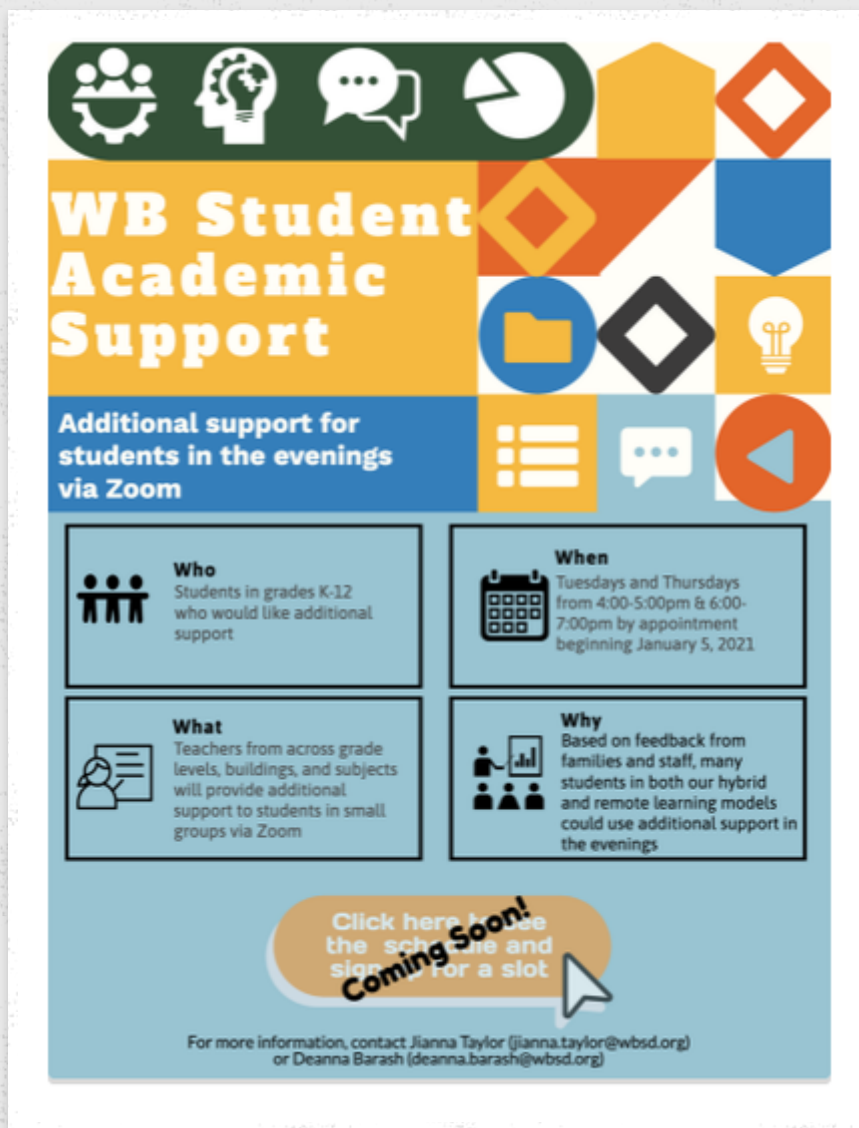
WBSD SMS TEXT ALERTS - SIGN UP TODAY!

As you may already know, our district utilizes the SchoolMessenger system to deliver text messages, straight to your mobile phone with important information about events, school closings, safety alerts and more. This resource is on top of the emails and phone messages you already receive from SchoolMessenger.

You can participate in this service just by sending a text message of **"Y"** or **"Yes"** to our district's short code number, **67587**.

You can also opt-out of these messages at any time by simply replying to one of our messages with **"Stop"**.

SchoolMessenger is compliant with the Student Privacy Pledge™, so you can rest assured that your information is safe and will never be given or sold to anyone.



The poster features a header with icons representing various academic and social concepts: a group of people, a lightbulb, a speech bubble, a pie chart, a hexagon, and a diamond. Below the header, the title "WB Student Academic Support" is prominently displayed in a large, bold, sans-serif font. Underneath the title, a subtitle reads "Additional support for students in the evenings via Zoom". The main body of the poster is divided into four quadrants, each with an icon and a heading: "Who" (people icon), "When" (calendar icon), "What" (document icon), and "Why" (lightbulb icon). Each quadrant contains descriptive text. At the bottom, there is a call-to-action button that says "Click here to use the sign-up sheet and sign up for a slot" with a mouse cursor icon. Below the button, contact information for Jianna Taylor and Deanna Barash is provided. The entire poster is set against a background of colorful geometric shapes and patterns.

WB Student Academic Support

Additional support for students in the evenings via Zoom

<p>Who</p> <p>Students in grades K-12 who would like additional support</p>	<p>When</p> <p>Tuesdays and Thursdays from 4:00-5:00pm & 6:00-7:00pm by appointment beginning January 5, 2021</p>
<p>What</p> <p>Teachers from across grade levels, buildings, and subjects will provide additional support to students in small groups via Zoom</p>	<p>Why</p> <p>Based on feedback from families and staff, many students in both our hybrid and remote learning models could use additional support in the evenings</p>

Click here to use the sign-up sheet and sign up for a slot

Coming Soon!

For more information, contact Jianna Taylor (jianna.taylor@wbsd.org) or Deanna Barash (deanna.barash@wbsd.org)

WBSD SCHOOL NUTRITION

WBSD SCHOOL NUTRITION UPDATE

Since the start of this very unusual school year our Food Service Department has done an outstanding job continuing meal distribution to all of our West Bloomfield families. We have set up a meal distribution system to safely and effectively provide those meals from two main locations, the **West Bloomfield High School** and **Roosevelt Elementary**.

Each Wednesday, seven days worth of breakfasts and lunches are available for pick up. For those families who have difficulty making it to our distribution times we have set up special delivery accommodations to better serve our community.

Since the start of this school year, our Food Service Department has served nearly **100,000 meals** and will continue to provide this valuable service as this school year continues.


We'd like to take this opportunity to recognize the efforts of our dedicated food service staff members, without whom, this would not be possible.

United	We	Walk
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27th Annual United We Walk

Everyone Can Be Great Because Anyone Can Serve

**Sunday,
January 17, 2021**



Do you like to create or write?
Here's a CONTEST just for you!

**UWW
Expression
Contest**

Topic: What does "Everyone Can Be Great Because Anyone Can Serve" mean to you?
Poetry Speech

Submission: Video MP4 format
Deadline: Wednesday, January 6, 2021
Send to: Jennifer.Graham@wbsd.org
Subject: Expression Contest
Length: Max. 3 minutes
Eligibility: K — 12 grades

You will be judged on your tone, articulation, presentation, and originality.

If selected, your entry will be presented during our virtual event on Sunday, January 17.

Contact Jennifer.Graham@wbsd.org for more information.

GRETCHKO'S MISSION

"Our Mission at Gretchko Elementary, in cooperation with our community, is to foster curiosity, creativity, and the joy of learning. By providing opportunities and challenges, we will expand children's knowledge and enable them to be resilient, lifelong learners within an ever-changing global society."

ZOOM MEETING HELP GETTING IN

Parents if you are struggling to get your student onto zoom meetings, please make sure they follow these steps.

<https://docs.google.com/document/d/1gx2jrtILw0d4Ns2Bv40YxdCyzHLoZfF1k2i2WHsbwp8/edit>

DO YOU NEED TECHNOLOGY ASSISTANCE

We are sharing some good resources below that may assist parents resolving common technology issues.

Help with Canvas: www.wbsd.org/academics/classroom-to-cloud/canvas or canvashelp@wbsd.org

Help with Chromebook: www.wbsd.org/departments/technology

Help with PowerSchool: www.wbsd.org/parents/powerschool

WBSD CHROMEBOOK ACCIDENT AND LOSS PROTECTION

Please click [HERE](#) for information on accident and loss protection for district issued Chromebooks. Please contact Allyson Dewar at allyson.dewar@oakland.k12.mi.us for more information or if you have questions.

BLESSINGS IN A BACKPACK

West Bloomfield School District

WEST BLOOMFIELD/KEEGO HARBOR

Dear Parents of Doherty, Gretchko, Roosevelt, Scotch, and Sheiko Elementary,

If your child qualified for the Free and Reduced Meal Program last year or this year, s/he can also participate in the **Blessings in a Backpack** program. This program sends six non-perishable meals home each Friday of the school year in your child's backpack. Its goal is to make sure that no child goes hungry on the weekend. Run by volunteers, there is **NO cost** to you.

To enroll in this program, please fill out the two sections below. The first section gives the West Bloomfield School District's Nutrition Department permission to release your name to **Blessings in a Backpack**, so that they can add your child/ren to their roster. The second section registers your child/ren in the Blessings program and alerts them to any allergies they might have.

Please return this to your school office as soon as possible, or email it to kathernesheiko@hotmail.com. The first backpack of food will be sent home the first week of October. If your child is enrolled in Lakers On Line, you can pick up your child's bag at WBHS from 6:30-7:30 am, 11:30 am-12:30 pm or from 4:00-5:00 pm on Wednesday of each week.

Yes, my child's/children's name may be released by the Nutrition Department to the **Blessings in a Backpack** Program.

Yes, I would like my child/children to participate in the **Blessings in a Backpack** program.

Child's

Name_____Grade_____Teacher_____School_____

Child's

Name_____Grade_____Teacher_____School_____

Parent's Signature_____

Food Allergies_____

If you have any questions, please contact Kathy Sheiko at katherinesheiko@hotmail.com or at 248 521 0074. For more information on Blessings in a Backpack go to blessingsinabackpackmi.org.