

January 2021

# WESTAR ELEMENTARY

"Make it a great day or not, the choice is yours."

-Mr. Bogart

## Helpful Tips for Distance Learning

We know that Distance Learning can be difficult for all parties involved, students, parents, and teachers. Here are six useful tips to help make your students more successful.

### **1 – Create an area dedicated to studying.**

Where you study is important. It should be quiet, with good light to read by. You want enough room to spread out your books and notes. A table or desk works well. Be comfortable, but not too comfortable. Joining an online class from bed may be tempting, but it's important for your brain's rhythms to study and learn somewhere other than where you sleep. Even a beanbag or pillows on the floor is a better choice than your bed.

### **2 – Get dressed for school.**

Even though classes are online, step out of those pajamas or other loungewear and into your normal, everyday wear for classes. Just as you would on any other school day, the act of getting ready for the day will help you feel more alert and present.

### **3 – Give yourself a break from the computer screen and social media.**

Put your phone away. Turn off the television. These things pull you away from what you are trying to learn. It's also okay to tell the people you live with that you are studying and need time alone to work.

### **4 – Take scheduled breaks.**

Treat yourself to a 10-15 minute break between classes. Get up, step away from your workstation, and move your body. Go outside for a few minutes and get some fresh air, just remember to keep your distance from others.

### **5 – Eat Healthy Snacks and Meals.**

Foods like nuts, seeds, yogurt, berries, and fish help keep your mind sharp and body strong. Sugar may be appealing — especially chocolate — but too much sugar will give you an energy "crash." And, don't forget to drink plenty of water. Bonus Tip: Avoid eating during your classes, as it can be distracting to others. Utilize your break times for snacks.

### **6 – Give Gratitude and Think Positive Thoughts!**

At the start or end of the day, write down three things for which you're grateful, or something you might have taken for granted in the past. Know that your teachers want to support you in the best way that they can, even from a distance. If you are struggling or need help reach out to us. We are here for you!

If you start practicing the above you can have a more positive learning experience while learning from home.



# Westar Library Renovation Project

At Westar we believe that reading, more importantly, a love of reading, is one of the most important skills that a child can develop. Learning to read is about listening and understanding as well as working out what's printed on the page. Through hearing stories, children are exposed to a wide range of words. This helps them build their own vocabulary and improve their understanding when they listen, which is vital as they start to read. It's important for them to understand how stories work too. Even if your child doesn't understand every word, they'll hear new sounds, words, and phrases which they can then try out, copying what they have heard. This is just one reason why libraries are important and why we at Westar want to bring our library into the 21st Century.

We are partnering with the Westar PTO to raise funds to re-imagine our library and make it a more inviting space for students to find books that will open them to numerous worlds, adventures, and knowledge. If this is a project that interests you, you can make a tax credit donation of up to \$200 for individuals and up to \$400 for married couples and direct the funds to this project. Look out for updates and more information in coming newsletters.

**Donations made through April 15, 2021 can be applied to the 2020 Tax Year!**

**Online Donations:** <https://libertyk12.revtrak.net/tax-credit-donations>

**Cash or Check Donations:** (Print and submit with donation)

[http://liberty25.org/UserFiles/Servers/Server\\_55135/File/Business%20Services/FY2021/FY21%20Tax%20Credit%20Donation%20Form.pdf](http://liberty25.org/UserFiles/Servers/Server_55135/File/Business%20Services/FY2021/FY21%20Tax%20Credit%20Donation%20Form.pdf)

## Who can help me?

**Wes@liberty25.org:**

General questions, password resets for Google Accounts, Student Vue, and Parent Vue, and On-Site Service questions.

**Front Desk - 623-327-2840 :**

General questions, trouble with google meets, tech trouble shooting, Chromebook requests.

**Attendance Line -**

**623-327-2848:**

To excuse your student any time they will not be attending class.

**Nurse - 623-327-2845:**

Any health or Covid-19 related questions.

**Chromebooks - 623-474-6685**

Chromebook repair, hardware problems, tech troubleshooting

## Did you know...

- Westar Elementary has a school counselor this year? Mrs. Lorie Toole splits her time between Estrella Mountain Elementary School and Westar Elementary School. She is currently doing 3 "Lunch Bunch" groups for Junior High students.

6TH GRADERS: Monday from 11:15 AM to 11:45 AM

7TH GRADERS: Tuesday from 11:15 AM to 11:45 AM

8TH GRADERS: Thursday 11:15 AM to 11:45 AM

Check with your homeroom teacher or the front office for the meet code.

She is also available to meet with your student individually if they need some extra support. You can reach her at [ltoole@liberty25.org](mailto:ltoole@liberty25.org).

- Breakfast and lunch are available at no cost for all children under the age of 18. Westar has daily pick up between 10:30 AM and 12:30 PM for both meals. You can drive through the gym side parking lot and pick them up!
- You can check out Library books while we are Distance Learning. Talk to your student's homeroom teacher or email [dyslava@liberty25.org](mailto:dyslava@liberty25.org) to find out how!
- Parent-Teacher Conferences are on January 13th and 14th. Contact your student's Homeroom Teacher to get yours scheduled. We will be following the Wednesday Schedule for January 13th, 14th and 15th.
- No School on January 18th for Martin Luther King Jr. Day