

# The Hawk Herald

## Prairie View Elementary

Dr. Irene Gonzales, Principal  
Brenda Goehring, Asst Principal

November 2, 2020

### A Note From Our Principal



Dear Prairie View Families,

November is one of my favorite months of the year! It is always a time for reflection as we approach the end of another year and give thanks to our family and friends who support us each day.

This year has been far from normal, and I often wonder as kids look back on their school experience in 2020, what stories they will tell. As I reflect on the year, I know that I am thankful for so much. For one, I am grateful that all of you have trusted in us to continue to educate your child(ren) whether they are face to face or remote. I am thankful for our wonderful staff; from our custodians, para-educators, cooks, administrative assistants, and all our teachers to our school nurses. This school year and pandemic have brought forth challenges, that in my 35 years in education, I couldn't have imagined seeing. I am grateful every day to have the opportunity to serve our students – your children are in good hands.

PV is so fortunate to have supportive parents as well as a community who is involved with our students. We are also blessed to have a giving and engaged PTO at the forefront – even during a pandemic. To all of these, we say a big “Thank You!”

I want to thank our parents for wearing masks and social distancing when you are dropping off or picking up students. You are the best role model for your children and this helps us tremendously when we are teaching children about safety protocols.

I also want to thank you for helping the Mead School District maintain the option for in-person instruction. This will require all of us to limit large gatherings, mask up and maintain our physical distance. I realize this will be much more difficult as we approach the holidays, but it will help keep our schools open when we are all doing what we can to limit the community spread of COVID-19.

This resource, [Fewer. Shorter. Smaller. Safer: A Guide to Gatherings](#) is worth the time to read.

With gratitude,  
Irene Gonzales  
Principal, Prairie View Elementary

### Important Dates to know



- November 2** PTO Meeting (ZOOM) @ 6 pm
- November 9** School Board Meeting @ 6 pm
- November 11** No School – Veterans Day
- November 17** Picture Re-Takes
- November 23** School Board Meeting @ 6 pm
- November 25** No School – Thanksgiving Break
- November 26** No School – Thanksgiving Break
- November 27** No School – Thanksgiving Break
- November 30** Back to School

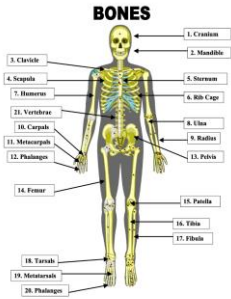


### A Video Message from Superintendent Woodward

Please take a moment to listen to Superintendent Shawn Woodward as he shares a message for the Mead School District community on the progress and challenges we faced on opening our schools and remaining open in the first six weeks of this very unique school year. Click [HERE](#) for the video.

# PE News

Health & Fitness this month kicked off with a bone breaking start. Mr. Bones has been successfully pieced back together! Over the course of the week we learned about different bones through activities that included shooting baskets for bones, fitness for bones, and juggling for bones. We spent a day testing our Cardio-respiratory System on our very own Prairie View XC Course and working on our foot skills with some Human Foosball. As the weather is changing and boots may be needed outdoors, keep in mind PE shoes are needed indoors to keep kids safe and active.



## Upcoming Events in December

- Dec 1-15** Tree of Sharing Gifts Due
- Dec 10-18** Hanukkah
- Dec 21** Winter Solstice
- Dec 21-Jan 3** Winter Vacation
- Dec 25** Christmas Day
- Dec 26-Jan 1** Kwanzaa
- Dec 31** New Year's Eve



## Mrs. Nordhagen's Library News

Hello families! We have been very busy in the library! Book check out has begun, following new safety protocols, and many overdue books from last spring have been returned. Thank you so much for your help with this! We have been learning about digital citizenship and ways to be safe, responsible, positive and kind when using technology to interact online. We also discussed the importance of finding a balance between screen time and other activities. Intermediate classes have joined their Library Google classroom, and have begun working on assignments through the learning platform. Primary classes will be checking out their Library class in Seesaw, and will practice using the tools available in the learning platform. The highlight of my fall has been getting to know each and every Prairie View student, and I want to thank you for sharing your children with me!

**Happy Reading!**



## Ms. Martin's Music Corner

What's happening in music so far this year? A lot! The music room at Prairie View is a joyful place to be. We have spent time moving and dancing, playing music games, learning about music genres and the 3-5<sup>th</sup> graders have been practicing bal-a-vis-x. Bal-A-Vis-X is a series of Balance/Auditory/Vision exercises of varied complexity, most of which are deeply rooted in rhythm. These exercises require full-body coordination and focused attention. So far the kids love it and I'm excited to see how they progress in their skills. It's great for the brain and it helps increase concentration. And because of the rhythm component, we can bounce to balls to music while keeping the steady beat. We are all looking forward to some instrument playing in the coming weeks. We will start with drums and various percussion.

Save THE DATE

Saturday  
December  
12<sup>th</sup>

With the current social distancing/gathering restrictions in place our Vanessa Bahan Crisis Nursery project will look different this year. We need your help this year more than ever; the drive WILL go on! PV is planning to continue the tradition with a drive-up donation day! More details will be coming in the next newsletter.



Happy **Veterans Day** to all our military members and their families, who sacrifice so much to keep our country safe and strong. Not only do we thank the military this Veterans Day, but we should resolve to thank them throughout the year for everything they do to ensure our way of life and freedom. *Thank you!!!*



Smile!

Picture Re-takes are  
Tues Nov 17th



## COVID Case protocol

When a positive COVID-19 case is identified within our school, our building nurse guides us through the health and safety protocol guidelines as laid out by the Spokane Regional Health District.

As a parent you can be assured that if your child(ren) has been exposed, we will personally notify you. Our first step is to contact trace and identify the students needing to be quarantined, then reach out to those parents with a phone call. We look at all aspects of possible contact – classroom, specialists, bus, breakfast etc.

The next step is to send a letter to the parents within the classroom where the positive case has been identified. Lastly, an all school communication is sent to notify the remaining Prairie View families that we have a positive COVID case in our school. We never identify the child who has tested positive and we will not answer questions that would infringe on their privacy. Please know that if you do NOT receive a letter other than the all school communication, your child was not exposed to or in the classroom of the known case.

## No volunteers or visitors

At this time we will not host volunteers or visitors in our building—for the health and safety of our students and staff. After we find success in our practice, and after we hear from county health officials, we may amend our tight procedures.



## Stress, depression and the holidays: Tips for coping

The holiday season often brings unwelcome guests, stress and depression. And it's no wonder. The holidays often present a dizzying array of demands: cooking meals, shopping, baking, cleaning and entertaining, to name just a few. And with COVID-19 spreading in our community, you may be feeling additional stress, or you may be worrying about you and your loved ones' health. You may also feel stressed, sad or anxious because your holiday plans may look different during the COVID-19 pandemic.

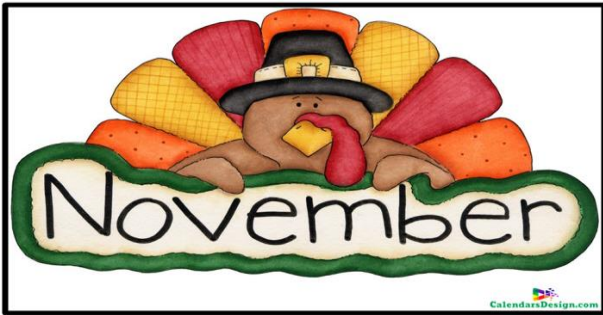
But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

- **Acknowledge your feelings.** You can't force yourself to be happy just because it's the holiday season.
- **Reach out.** Try reaching out with a text, a call or a video chat.
- **Be realistic.** The holidays don't have to be perfect or just like last year
- **Set aside differences.** Try to accept family members and friends as they are
- **Stick to a budget**
- **Plan ahead**
- **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed.
- **Don't abandon healthy habits**
- **Take a breather.** Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do.
- **Seek professional help if you need it**

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.

Taken from an Article written by the Mayo Clinic Staff on their website. To read the article in its entirety, please visit [their website here.](#)



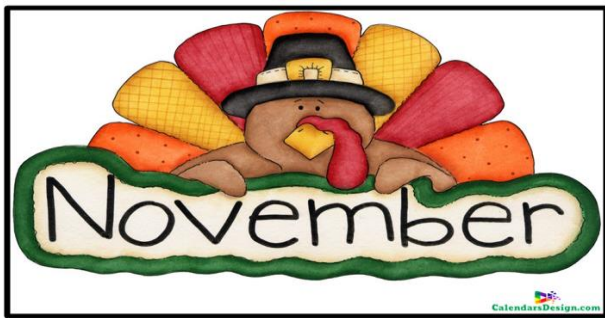
Prairie View Elementary  
Elementary Breakfast

02	03	04	05	06
Warm Bagel with Cream Cheese Juice Variety Milk	Dutch Waffle Juice Variety Milk	Cinnamon Toast Crunch Filled Bar Juice Variety Milk	Egg Cheese English Muffin Juice Variety Milk	Pancake and Sausage Wrap Juice Variety Milk
09	10	11	12	13
Warm Bagel with Cream Cheese Juice Variety Milk	Dutch Waffle Juice Variety Milk	Veteran's Day	Egg Cheese English Muffin Juice Variety Milk	Pancake and Sausage Wrap Juice Variety Milk
16	17	18	19	20
Warm Bagel with Cream Cheese Juice Variety Milk	Dutch Waffle Juice Variety Milk	Cinnamon Toast Crunch Filled Bar Juice Variety Milk	Egg Cheese English Muffin Juice Variety Milk	Pancake and Sausage Wrap Juice Variety Milk
23	24	25	26	27
Warm Bagel with Cream Cheese Juice Variety Milk	Dutch Waffle Juice Variety Milk	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break
30				
Warm Bagel with Cream Cheese Juice Variety Milk				

This institution is an equal opportunity provider.

Menu subject to change.





Prairie View Elementary  
Elementary Lunch

	02	03	04	05	06
	Beef Teriyaki Dippers Or WG bar, Yogurt, and Cheese Stick Vegetable Variety Selection of Fruits Milk	Cheese Pizza Or WG bar, Yogurt, and Cheese Stick Vegetable Variety Selection of Fruits Milk	Cheeseburger Hamburger Veggie Burger Or WG bar, Yogurt, and Cheese Stick Oven Baked Fries Selection of Fruits Milk	Apple Cinnamon Texas Toast & Cheese Omelet Or WG bar, Yogurt, and Cheese Stick Vegetable Variety Selection of Fruits Milk	Chicken Patty Or WG bar, Yogurt, and Cheese Stick Vegetable Variety Selection of Fruits Milk
	09	10	11	12	13
	Chicken Nuggets Dinner Roll Or WG bar, Yogurt, and Cheese Stick Vegetable Variety Selection of Fruits Milk	Cheeseburger Hamburger Veggie Burger Or WG bar, Yogurt, and Cheese Stick Oven Baked Fries Selection of Fruits Milk	Veteran's Day	Mini Corn Dogs Or WG bar, Yogurt, and Cheese Stick Vegetable Variety Selection of Fruits Milk	Cheese Pizza Or WG bar, Yogurt, and Cheese Stick Vegetable Variety Selection of Fruits Milk
	16	17	18	19	20
Or WG bar, Yogurt, and Cheese Stick Selection of Fruits Milk	Cheese Pizza Or WG bar, Yogurt, and Cheese Stick Vegetable Variety Selection of Fruits Milk	Turkey Gravy Mashed Potatoes Dinner Roll Or WG bar, Yogurt, and Cheese Stick Selection of Fruits Milk	Apple Cinnamon Texas Toast & Cheese Omelet Or WG bar, Yogurt, and Cheese Stick Vegetable Variety Selection of Fruits Milk	Chicken Patty Or WG bar, Yogurt, and Cheese Stick Vegetable Variety Selection of Fruits Milk	
	23	24	25	26	27
Chicken Nuggets Dinner Roll Or WG bar, Yogurt, and Cheese Stick Vegetable Variety Selection of Fruits Milk	Cheeseburger Hamburger Veggie Burger Or WG bar, Yogurt, and Cheese Stick Oven Baked Fries Selection of Fruits Milk	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	
	30				
Beef Teriyaki Dippers Or WG bar, Yogurt, and Cheese Stick Vegetable Variety Selection of Fruits Milk					

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