



The Hawk Herald

Prairie View Elementary



Dr. Irene Gonzales, Principal

November 1, 2021

A Note From the Office



Dear Parents and Guardians:

It's difficult to believe we are already in November, which for many starts off the holiday season and we often think of what we are grateful for. As a staff we are grateful that our families trust us with their precious children and I am grateful to the hard-working staff that serve your children. We have a wonderful, caring staff from our custodians, our cooks, our counselor, our nurses, our para-educators, our administrative assistants, to all of our teachers. I am grateful every day for the opportunity to work with all of them and I know your children are in good hands. We are blessed to have both supportive parents and an involved community, with a giving and engaged PTO at the forefront, to which we all say thank you for all that you do to make Prairie View a special learning place. We are so thankful to have such wonderful support. Two events recently reinforced our gratitude that you make time to be our partners. Our PTO sponsored "Donuts for Grown-ups" huge turn-out and our high parent/teacher conference attendance, whether in person or virtual at 95% demonstrates this support. We love our incredible students, who challenge themselves every day to learn and be engaged and make us better people. They are why we are here every day!

I am wishing you a wonderful and Happy Thanksgiving. May you embrace the extra time to be with your loved ones as you celebrate all that you are thankful for.

Dr. Irene Gonzales

Important dates in November

- November 1** PTO Meeting @ 6 pm
- November 3** Vision & hearing Screening
- November 7** Daylight Savings Ends ("Fall Back")
- November 11** No School - Veteran's Day
- November 16** Picture Re-takes
- November 24** No School – Thanksgiving Break
- November 25** No School – Thanksgiving Break
- November 26** Thanksgiving Day
- November 28** Hanukkah Begins
- November 29** Back to School



Happy **Veterans Day** to all our men and women in uniform and the families who support them. Today, and every day, we thank you for the service and sacrifice you gave to ensure we all have a better life and a free country to call home. You are in our hearts and our best wishes. With respect and gratitude...*Thank you!!!*



Giving Thanks



It is time to start thinking about the holidays and taking care of our family, friends and those in need. More of our families may be facing hardships this year and we want you to know that Prairie View is here for you. If your family could use a little help this Thanksgiving with a nice meal, please reach out directly to our counselor, Mrs. Toth at 465-7849 or by email linsey.toth@mead354.org. She is friendly, discreet and here to help you!

Illness Guidelines and Advice

Class A Symptoms	Class B Symptoms
<ul style="list-style-type: none"> Fever (defined as subjective or 100.4 °F or higher) Cough Loss of sense of taste and/or smell Shortness of breath 	<ul style="list-style-type: none"> Fatigue Headache Muscle or body aches Diarrhea (defined as two or more loose stools in 24 hours) Sore throat Congestion or runny nose Nausea or vomiting

Students must always stay home to quarantine if they have one Class A symptom or more than one Class B symptom. Please keep this child home from school or they will be sent home due to those symptoms. You will need to obtain a negative COVID-19 test for the symptomatic child. To meet testing requirements, one negative PCR test OR two negative rapid antigen tests at least 24 hours apart is required. Home Tests are not accepted as a negative result. If you are not wanting to have your symptomatic child tested, do either of the following: Obtain a doctor's note explaining the diagnosis or keep your child home for 10 days. In any event, please notify the school office so we can excuse the absence accordingly and help clear up any questions you may have. Thank you for your help!

We Need Your Help!

We have had positive cases in our building from students who have come to school unknowingly positive for COVID-19. In some cases it has been very minor symptoms -- even just a runny nose, scratchy throat or headache -- and through testing, we have seen them turn positive. Please monitor these symptoms, **no matter how minor**, and help us keep our schools open.

Want to know what is happening around School?

The best ways to stay in touch and find out what Prairie View is planning:

*Your child's classroom teacher! Did you know every teacher has a blog, dojo or google classroom



*Our school website. Visit us with this [LINK](#). You can read all the news or take a look at the school and district calendar.



*Follow us on Facebook for all the latest news! Join us [HERE](#).



Smile!



*Picture Retakes
will be
Tues, Nov 16th*

Lunch Menu

Supply and shipping issues are making it difficult for the schools to plan meals. Our staff do their very best to have accurate menus for you and your children to count on. Please check [HERE](#) each week to make sure you know what will be served for breakfast and lunch.

Upcoming Events in December

- Dec 1-13** Tree of Sharing Tags available (Take a tag, write your contact info, shop)
- December 6** Hanukkah Ends
- December 6** PTO Meeting @ 6 pm
- December 14** Tree of Sharing Gifts DUE (In office, wrapped with the tag)
- Dec 20-31** Winter vacation
- December 21** Winter Solstice
- December 25** Christmas Day
- December 26** Kwanzaa Begins
- December 31** New Year's Eve



TREE OF SHARING

The tradition of giving continues at Prairie View with our annual "Tree of Sharing"! If you are a family in need of help this holiday season, please contact Mrs. Toth at 465-7849 or by email linsey.toth@mead354.org. If you are a family who would like to reach out and help another Mead family in need, our Tree of Sharing will be up in our lobby November 29th thru December 10th. Just take a tag, write down your contact information and return the gift to our office by December 14th, wrapped and with the tag on it. Thank you for helping make the holidays special for everyone!



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 can present a dizzying array of demands: cooking meals, shopping, baking, cleaning and entertaining, to name just a few. And with COVID-19 still 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 these steps: acknowledge your feelings; reach out; be realistic; set aside differences; stick to a budget and plan ahead; learn to say no; don't abandon healthy habits; take a breather; and seek professional help if you need it.

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](#).

Helping Children Learn[®]

Tips Families Can Use to Help Children Do Better in School
Mead School District



November 2021

Foster self-respect to help your child behave respectfully to others

In order to interact in positive ways with others in school, students need to have a sense of self-respect. When children don't value themselves, they find it hard to value other people and treat them with respect.

Several factors contribute to your child's sense of self-respect. Here are some ways to bolster.

- **Competence.** It feels great to be able to do things well. Give your child lots of chances to learn and practice skills—everything from reading to playing sports to doing chores.
- **Accomplishments.** Notice your child's progress and successes. "You worked hard to make your report great. That should make you feel proud."
- **Confidence.** Encourage your child to stay positive in challenging situations. Help him see mistakes as opportunities to learn, and show your confidence in him by displaying a "you can do it" attitude.
- **Independence.** Allow your child to make age-appropriate choices. For example, "Would you rather organize your binder now or this evening?"
- **Support.** Show your child that you accept, appreciate and love him for who he is. Ask about his day and listen attentively to his answers.
- **Imitation.** If you have self-respect, your child is more likely to have it, too. Stick to your principles. Take care of yourself and believe in your worth.



Avoid activity overload

Concerns about what your child missed during the pandemic may make it tempting to sign her up for every enrichment activity available. Keep in mind that your child also needs time—not in the car—to concentrate on her schoolwork, as well as some time to relax and avoid stress. If too many activities have her overwhelmed, ask her to choose one or two that she truly enjoys.

Asking questions improves reading comprehension

Your child will get more out of reading if he asks and answers some questions along the way. Help him consider questions such as:

- **Does the title** of the book, chapter or unit offer clues to the content?
- **Are there words** he doesn't know? He can jot them down to look up later.
- **Is this topic** similar to anything else he knows? What ideas are familiar? What new things did he learn?



Promote scientific discovery

An understanding of science is vital in today's world. To encourage your child to learn and enjoy the subject:

- **Investigate nature.** Observe the moon and stars together. Compare the weights of cups of snow, ice and water.
- **Ask questions.** "Why do you think ...?" "What might happen if ...?" "How could we find out ...?"
- **Discuss** science happening in your home. Why do old apples shrink and get wrinkly?
- **Give your child** something to take apart to figure out how it works. Try a ballpoint pen, a candle or an old toy.



Post a problem-solving guide to math

There is usually more than one way to solve a problem. This is definitely true when students are struggling with a math assignment.

To help your child remember the strategies to use if she gets confused while doing math, have her create a visual reminder to hang in her work area. Give her some posterboard, and help her list everything she can try to get herself back on track. Her list might include:

- **Reread the instructions.**
- **Restate the problem** in my own words.
- **Draw a diagram.**

- **Look for a similar sample** problem in my book or handout.
- **Think about how I solved** other problems like this one.
- **Estimate an answer** and then check it out.

The next time your child is stuck on a math problem, she can refer to her poster to find several ways to approach it.

Source: D. Ronis, *Brain-Compatible Mathematics*, Skyhorse Publishing.



Q&A My child loves screens and hates rules. What can I do?

Q: Mornings at our house are hectic. In order to get everyone ready on time, I've established a rule: No screen time before school. My nine-year-old constantly tries to break it. Aside from taking away her games and videos forever, what can I do?

A: All kids break the rules once in a while. When your child does, calmly enforce the consequence you have established (banning screen time for a few days, for example). Then remind her that she's responsible for her choices. To help her avoid making the same poor choice again:



- 1. Have your child name the problem.** "I want to watch videos and play games after breakfast, but Mom says that slows me down and I'm not ready when it's time to get going."
- 2. Help her brainstorm solutions.** "If I do my math and reading right after school, I'll have time to watch a video after dinner." Or "If I put my game device away before bed, I won't see it lying out and be tempted to play with it in the morning."
- 3. Discuss her options** and help her decide which to try first.
- 4. Try her solution.**
- 5. Evaluate the outcome.** Did it work? Fantastic. Did it fail? Help her choose one of her other ideas to try or brainstorm some more.

Parent Quiz

Do you use these read-aloud strategies?

Daily read-alouds with your child develop his reading skills and help him associate reading with enjoyable times with you. Are you using read-aloud strategies that make the most of this time? Answer yes or no below:

- 1. Do you set aside** at least 20 minutes a day to get cozy and read with your child?
- 2. Do you take** turns being the one to read aloud?
- 3. Do you let** your child choose where and what you'll read sometimes?
- 4. Do you pause** from time to time to discuss what you've read so far?
- 5. Do you stop** reading at an exciting place in the story so your child will want to continue the next day?

How well are you doing?

More yes answers mean you are helping your child become a better reader. For each no, try that idea.

"Reading should not be presented to children as a chore or duty. It should be offered to them as a precious gift."

—Kate DiCamillo

Supporting homework helps you stay in the know

Homework is a link between home and school. When you supervise your child's efforts, you find out what she is learning. Completing assignments is your child's responsibility, but it helps if you:

- 1. Make sure your child understands the task.** Have her explain it to you. If she's confused, read the instructions together. Display a positive attitude.
- 2. Review completed work.** This tells your child that schoolwork matters.
- 3. Let the teacher know** if your child repeatedly struggles with assignments. Ask how you can help.

Should you pay for grades?

As a form of motivation, paying students for excellent grades shows inconsistent benefits and some serious drawbacks: It misses a lot of effort and progress. Your child is less likely to enjoy the satisfaction of learning for its own sake. And he may lose motivation to do anything he isn't being paid for.

Instead, help your child focus on what he's learning. Help him recognize his new skills. And praise him for working hard and doing his best.

Jump-start writing ideas

If your child can't think what to write about, brainstorming is a good way to get her creative juices flowing. Encourage her to:

- Try a new point of view.** What would a picnic look like to an ant?
- Use visuals.** Have her look at a picture and write down everything it brings to mind.
- Add actions** to her ideas. What will happen next? How quickly?



Source: D.B. Reeves, Ph.D., Reason to Write, Kaplan Publishing.

Helping Children Learn®

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