

Continue a Focus on Student Learning

Our school improvement goals at Grandview Middle School are to help each student improve their literacy and numeracy skills. Even though our learning environments are much different right now, we are still committed to helping your child(ren) learn and grow. Now more than ever, we need your help. Be involved, be persistent, be strong for your kids. Monitor their progress on a regular basis and contact the teacher or administration if you have any questions. We have quickly discovered that communication is a critical component to successful distance learning. You have our word that we will work harder than ever to keep your student engaged and deliver our curriculum's most essential standards. You can help us maximize their learning during this stretch by continuing to talk to your child about school and your expectations for them. We are here to help if you need anything.

We are also concerned about our student's social and emotional development. Middle school is a time for students to learn, practice and even make mistakes as they interact with their friends. These are critical experiences that our students are missing out on. Making friends and learning to foster healthy relationships is a daily focus at the middle school level. Please don't forget about the work and effort it takes to build great "citizens". Find time during their day to talk about good character and being a good person. There are many sites and videos out there that highlight the extraordinary impact one person can have on others when they become passionate about making a difference.

If you are concerned about your child's mental health, we are here to help. Don't hesitate to reach out to Mr. Peterson, our guidance counselor, at kpeterston@epsne.org for assistance. He is one of the most compassionate people I have worked with when it comes to student's mental health.

As always, thank you for your patience, understanding and support. We miss your kids!

Technology Issue during Distance Learning

If you have problems with your chromebook not working properly, please let your teacher know. If they are not able to help you, then you should contact our Media Specialist, Jill Annis, at jannis@epsne.org

Mrs. Annis will try to help or she will complete a HelpDesk ticket with our district technology department and give you further instructions. If your chromebook needs to be looked at or exchanged for a loaner, you will be given instructions to take it to the Teacher Training Conference Center (TTCC) 20650 Glenn Street. It is the building located next to the swimming pool in old town Elkhorn.

Attendance and Grading during Distance Learning

Attendance is being taken for every live Zoom session. Your student is expected to be in attendance for each live session unless they notify the teacher ahead of time. If a student does not attend, the teacher will reach out to the family to offer support and guidance. If a student does not attend an assigned session a second time, the administration will contact the parents to offer support and guidance. Under our new format, missing 2 days of class is like missing a

week. Time is critical when classes are only meeting twice a week. We need every student to be engaged.

Grades will also be taken for each class. Tests and quizzes can still be given and students will be assessed on what is completed. **Learning is the focus, NOT the grade.** Now more than ever, we need academic integrity from each student so teachers can figure out how to help each student when they are struggling. Cheating and plagiarism are our worst enemy right now. We cannot help a student improve if we do not know where their deficiencies are.

Spring Testing

The Nebraska Department of Education has cancelled the administration of all state testing for this school year. These are important data points that the school uses in their decision making process but given our current circumstances, students will not be taking the state NSCAS assessments this year. Spring MAP testing is done by the district and we have not made a decision on these assessments at this time.

EGMS Booster Club Meeting

Our final Booster Club Meeting of the year was scheduled for April 7th. This meeting has been cancelled. Stay tuned for updates as we begin to focus on the 2020-21 school year.

Incoming 6th Grade Orientation

If our 6th Grade Orientations for this Spring needs to be postponed, we will try to organize something in August for our incoming 6th graders and other new students before the 2020-21 school year. These decisions will be made in the coming weeks as we continue to monitor and reassess the health risks of our community. Stay tuned.

Back to School 101 – Now OPEN CAMPUS DAY

All registration for the 2020-21 school year will be done on-line. This is the third year the district will be requiring registration be done on-line. For this reason, we will no longer be holding Back to School 101. Instead, we will have an Open Campus Day on August 11 from 12pm-5pm for families to come to the building, drop off their school supplies, walk around the building, find their classrooms, etc. There will be nothing formal organized. People will be here to help and answer questions if needed. Parents will need to make sure their PowerSchool account is active and they have their login information in order to complete the on-line registration process before August 11.

Report Cards

Third quarter report card should arrive during the week of April 6. If you do not receive a report card by April 13, please contact Sarah Brabec at sbrabec@epsne.org

Middle School Football

This past fall, the football programs for 7th & 8th graders at all Elkhorn middle school's changed from grade level teams to a JV and Varsity system. This format is more consistent with other metro schools and has allowed us to schedule more competitively. Safety is our biggest concern

and coaches give great consideration to a player's ability to be success and safe when determining team placement.

Course Selections for 2020-21

Counselors have begun working on scheduling for next school year. The biggest challenge is getting information to and from current 5th graders. Our plan is to try to have information out to families by May 1 about their classes for next year. More details will be sent as we finalize plans and a date to send a mailing home.

Sports Physicals for 2020-21

All 7th & 8th graders for the 2020-21 school year who plan to participate in sports at EGMS will need a sports physical. Please contact your health care provider to arrange for your child to get a Sports Physical for next year. **Keep in mind that Sports Physicals for next school year must be dated after May 1, 2020.** Fall sports will begin the first week of school in August and students are not allowed to participate without having a Sports Physical turned in.

**NOTE: If your student will be a 7th grader for 2020-21, state law requires a full physical which will also cover the Sports Physical requirement.*

Summer Activity Camps

Each summer Elkhorn coaches and sponsors offer a variety of sports/activity camps for students of all ages. Due to the uncertainty of large group gatherings being allowed in the summer, this process is on hold for now. As more information becomes available, we will share it with families.

8th Grade Celebration

All school activities for the foreseeable future are being postponed or cancelled. The 8th grade celebration, which was scheduled for April 25, is on hold at the current time. Realistically, it does not look like April is an option. There is also no guarantee that restrictions will be lifted in May for such events to take place. More details will follow as they become available.

6th Grade News, 7th Grade News, 8th Grade News – grade level teams will send a weekly email with assignments for the week and teacher contact information. Please don't hesitate to contact a teacher with any questions you may have.

April Tech Tips

As our students' learning has become more heavily reliant on technology, please take a minute to review these reminders on being internet alert:

- **Double-check a site for credibility:** Before you click a link or enter your password on a site you haven't been to before, check that the site's URL matches the product or company name and information you're looking for.
- **Use secure websites:** Make sure a website's URL starts with "https://" and includes a padlock to the left of it.
- **Don't fall for scams:** If the email or site offers something that sounds too good to be true, like a chance to make a lot of money, it's almost always too good to be true. Don't fall for the fake message.
- **Remember, it can happen to anyone:** If you fall for a scam online, tell a parent, teacher, or other trusted adult right away and immediately change your passwords.

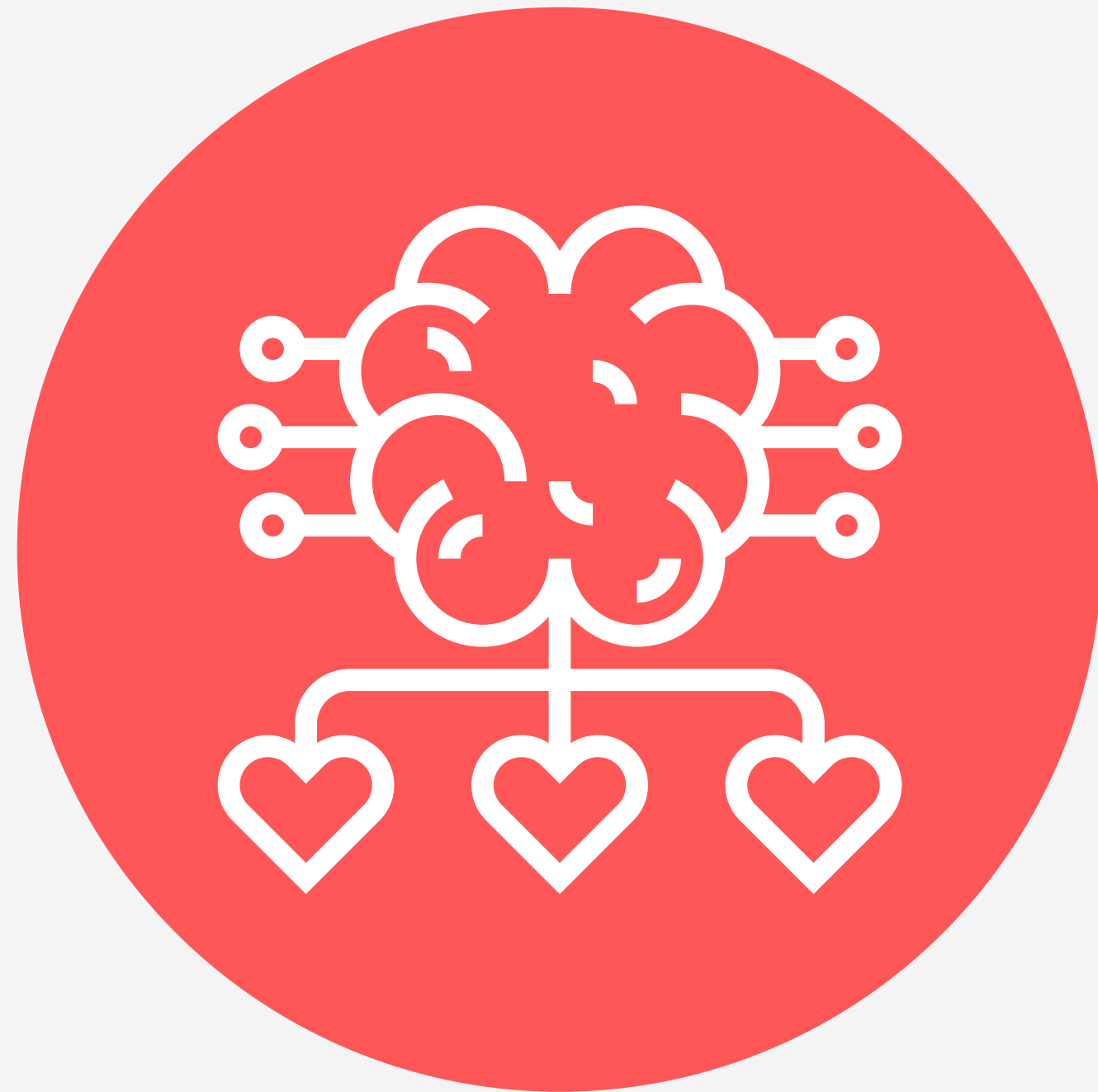
- **Common Space Usage:** Keep computers in common areas, no in individual bedrooms, to better watch and monitor use.

A website can't tell if there's something wrong with your device: There are scams that may try to trick you into downloading malware or unwanted software by telling you that there's something wrong with your device.



Tips for Parents During COVID-19 Pandemic

1. Limit Media and Social Media Exposure – This is good advice for people of all ages. The target audience of media outlets is adults, so their broadcasts can cause even more confusion and anxiety for younger children.
2. Have a Routine – With school out it is important to establish a new daily routine. Wake up, get dressed, complete distance learning school work, eat meals, and go to bed at the same time each day. Create a schedule that includes these things plus relaxation time, chores, exercise, creative time, etc.
3. Allow Your Child to be in Closer Proximity to You – With so much change and uncertainty, children may need additional reassurance.
4. Make Time to Allow Your Child to Talk About How They are Feeling – Ask open ended questions, listen without interruption and avoid the temptation to quickly provide a solution to their concerns.
5. Provide Factual Reassurance AFTER They Have Had a Chance to Express How They are Feeling – Honesty and accuracy is critical. Facts to consider sharing:
 - Most people do not have COVID-19 and most people who have it don't get seriously ill
 - We can control the spread of the disease by washing our hands and avoiding contact with people who have it
 - The nation's best medical professionals are working to help people with COVID-19 some of which are right here in Nebraska.
 - If true, remind them that everyone in their family is fine.
6. Tell Your Children You Love Them and Spend More Time with Them – Make more time than usual to share activities together; play games, read to each other, watch a movie or TV show, create art, make crafts, sing and dance, go for a walk outside. There are many free online resources to help generate ideas.
7. Encourage Teens to Do Stress Reducing Activities – read, journal, write poetry or short stories, draw, exercise, listen to music, or simply close their eyes and focus on taking slow deep breaths.
8. As Much as Possible Have Your Child Eat Healthy Well-Balanced Meals – this has an impact on mental and physical health.
9. If You Have Concerns Reach Out to Your Child's School Counselor – If their district is doing some kind of distance learning, chances are their school counselor is working from home and is prepared to support you and your child during this difficult time. Reach out to them via their school email address. Keep in mind each school district has its own set of criteria for school counselor ability during this time.



Mental Wellness

TIPS FOR FAMILIES DURING COVID 19

JEN MCNALLY, MA, LIMHP, CCTP-II
DIRECTOR OF MENTAL HEALTH & WELLNESS

JAMIE MAPP, ED.S., NCSP
SCHOOL PSYCHOLOGIST/MENTAL HEALTH PROFESSIONAL



EDUCATIONAL SERVICE UNIT 5

WWW.ESU5.ORG



Photo: I Love Public Schools

Jen McHally

is a director of mental health & wellness, psychotherapist and national speaker who has been providing mental health services, psychoeducation, and administration for more than 18 years to children and families in a variety of settings, including: residential treatment facilities, outpatient treatment, and schools. Jen previously served on Nebraska's Children's Commission (LB821) and was appointed as Nebraska's Psychotropic Medication Committee's chairperson. She currently works as a director of mental health & wellness for the Educational Service Unit 5 (ESU5), which supports 10 school districts in Nebraska, employing trauma-focused cognitive-behavioral therapy (TF-CBT) and CBT, among other modalities. Jen presents across the country on trauma-informed care, mental health, self-care strategies, and empowerment for public and private institutions.



Jamie Mapps

is a school psychologist/mental health professional who has been providing mental and behavioral health services for over 10 years to children and families in the educational setting. Jamie is the current Nebraska School Psychologists Association President. In that role she is able to partner with the Nebraska legislature and other state organizations to support safe school environments and best practices that allow youth to thrive at school, home, and in life. Jamie also serves on the Nebraska Foster Care Review Board. She currently works as a mental health professional for the Educational Service Unit 5 (ESU5), serving Beatrice Public Schools and Freeman Public Schools, employing trauma-focused cognitive behavioral therapy (TF-CBT) and CBT, among other modalities. Jamie presents to districts on mental wellness in the classroom, and strategies that promote engagement for kids.

Staying connected Outside your home while social distancing



- Reach out and call family and friends
- Spend time outside each day, weather permitting.
- Email and/or video message family members and friends back and forth routinely
- Snail mail pen pals with handwritten notes
- Hang out with friends and family virtually [Eat dinner together, games, charades or book club. Have fun with being creative!]
- Social distancing is not social disengaging! Brainstorm ways to be part of the collective to help your community [random acts of kindness]
- Find virtual classes to stream [cooking, knitting, drawing]

Staying connected Inside your home while social distancing



- Family meetings to discuss schedule for the day, appreciations, and any concerns from family members.
- Establish routines and expectations as a family team together. Provide reassurance, and practice regulation.
 - Come up with a team name!
- Dance, laugh and play!
- Find something interesting to learn about as a family
- Be sure to mix in meaningful screen time
- Documenting day to day during this unprecedented time [polaroids, photos, videos, journaling, etc.]
- Check in with each other's feelings throughout the day

Emotional Self Regulation for Kids



- Listen with intention and be available.
- Teach them how to deal with stress and big feelings:
 - Name feeling and try a strategy
 - Relaxation
 - Breathing: shape breathing, belly breathing, etc.
 - Mindfulness, meditation, & guided muscle relaxation
 - Match heart rate [emotional and physical]
 - Get moving [Just Dance, GoNoodle, jump, others]
 - Help them use positive self-talk
 - Channel emotions into creating and/or connection
 - Journal, draw, color, any art or music
 - Distraction
 - Change of scenery [one room to other, inside to outside, around others or by yourself]
 - Change of task [book, puzzle, play, fidgets]
- Reassure them that it's okay to not be okay sometimes, and you're all in this together as a family.

Self Care for Kids



- Intentional journaling
 - Today was great because...
 - I really had fun doing....
 - I feel thankful for....
- Develop daily schedules, so your kid(s) know what to expect
- Puzzles, board games, cards
- Building forts & make believe, obstacle courses, scavenger hunts
- Have them share three things they're proud of they did that day
- Spend time outside each day, weather permitting
- Access online virtual experiences
- Online yoga and gym classes
- Daily positive self affirmations
- Monitor screen time each day, and access to news outlets
- Keep connected with friends, classmates, and family

Self Care for YOU

"Taking care of yourself is part of taking care of your kids"

- Make a list of things you accomplished each day
- Find opportunities in your day to recharge emotionally and physically
- Reach out to friends and family members to stay connected
- Try and reduce social media to 30-60 minutes a day
- Wake up 5-10 minutes earlier to focus on the following mental wellness exercises:
 - Connect with breath, set intention for the new day through silence, stretching exercises, write down a goal(s) you have for the day [does not require that you meet each one]. Goal is to start forward focused/growth mindset
- Give yourself a re-do if you feel like you made a mistake during the day. We give re-dos to our kid(s), you deserve that too!

Resources

**"LET US PUT OUR
MINDS TOGETHER
AND SEE WHAT
LIFE WE CAN
MAKE FOR OUR
CHILDREN"**

Sitting Bull

- Virtual field trips
 - <https://docs.google.com/document/d/16eVfdxrwetJOay-Kezayf6m7M-rukOitD-JfxVfxMhk/edit?usp=sharing>
- Family meeting agenda, check list, positive self-affirmations, wellness check-ins, etc...
 - https://drive.google.com/drive/folders/14enDVDG7iXmPuRhxmEsDxFWvBoeR4l_y?usp=sharing
- Meditation/mindfulness for kids
 - <https://docs.google.com/document/d/1PBwcCZo9jUujpjAQHzSLUDFgZMMEVfd7e5eBG9Uj1QM/edit?usp=sharing>



GOLF FORE GRANTS

MONDAY,
JUNE 1, 2020 AT 11AM

CHAMPIONS RUN GOLF COURSE

AN ELKHORN PUBLIC SCHOOLS
FOUNDATION EVENT BENEFITTING
ELKHORN TEACHERS & STUDENTS



Golf Fore Grants 2020 registration is live!

Join us for a day of golf, games, and fun at our 21st Annual [Golf Fore Grants](#) event at Champions Run Golf Course on Monday, June 1st, 2020!

Golf Fore Grants is an annual fundraiser hosted by the Elkhorn Public Schools Foundation. All proceeds directly benefit our [Grant A Wish Program](#) which gifts EPS teachers with new technology or other materials needed to enhance the education and learning experiences of EPS students.

You can find all the details on individual and foursome reservations, EPSF's Grant A Wish Program, and information on event sponsorships on [EPSF's website](#).

Looking for a way to help those being affected by COVID-19?

Womenade of Elkhorn is currently accepting donations to help Elkhorn families who are in need of food assistance during this time. They are also partnering with Bethany Lutheran Church Elkhorn, NE to collect non-perishables. You can find all of the details of their effort in [their latest newsletter](#).

Their newsletter also includes a list of resources including a link to apply for affordable internet services ([Cox's Connect2Compete program](#)), as well as [a list of free audiobooks](#) that Audible is making available to everyone while schools are closed.





Bids 4 Kids will postpone to September 10 due to COVID-19

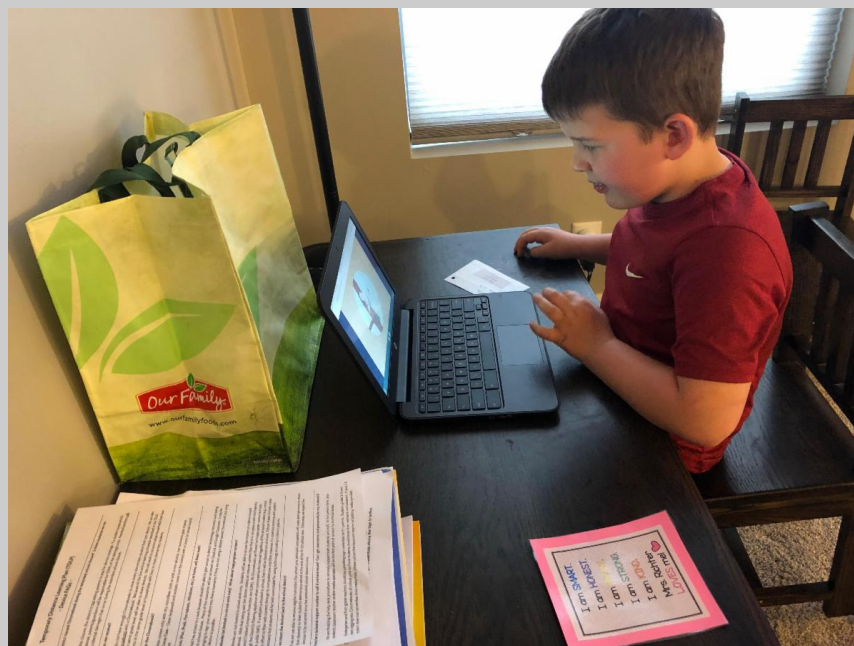
Due to growing concerns regarding COVID-19, [Bids 4 Kids](#) has been postponed to September 10 from 6-9 p.m.

Over 100 generous businesses and families have generously donated gift cards, baskets, and experiences to help benefit our cause. We hope that you will continue to support us by attending the event or bidding from your phone on September 10!

[Learn more](#)

Thank you, Elkhorn Family Fare!

EPSF would like to thank the Elkhorn Family Fare for partnering with us last week to provide over 2,000 recyclable bags that helped deliver Chromebooks to EPS families navigating e-learning from home. We love our Elkhorn community!



The Elkhorn Public Schools Foundation is a non-profit organization that promotes student achievement and the unity of our community and its public schools by encouraging, supporting, and recognizing excellence in innovative education, quality school programs, and civic involvement. We offer scholarships, classroom grants, before & after school care, teacher tuition reimbursement, and more.

To learn more about our organization, our efforts, and our upcoming events, please follow us on social media or visit our website at elkhornfoundation.org.

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