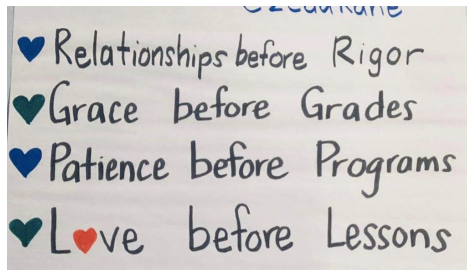




## Weekly Note from PS Administration

March 30-April 04, 2020

Dear Primary School Parents!



First and foremost we have to say thank you. Thank you for your support. Thank you for being a great team in navigating these uncertain waters. Thank you for your patience and understanding. We all know it hasn't been easy for any of us, but we will continue to support each other on this journey.

Parents have a lot on their plates. The fact is that having your kids at home, trying to have a normal school day, along with the pressure of everyday life is hard. Enjoy the time to be together as a family, to draw, to play board games, to eat together. Enjoy every minute. The educational needs will work themselves out. Take the time to hug your kids, build your relationships, and take a moment to be thankful for having that connection with each other. However, when you look at all the wonderful things families are doing around the globe in social media, and you see the amount of time they are spending together, we want you to remember it's OK to feel you want to be by yourself.

If you don't want to read, play, or help with a drawing you shouldn't feel guilty. Sometimes we just want to be by ourselves. This is a time which we also need to take advantage of and learn how to be ourselves - both kids and adults. This is a time to help foster in your child an understanding of independence, to feel heavy emotions, to learn how to self-soothe, and to develop resiliency.

We need to support each other but we also need to learn how to let go. We need to feel self-compassion. We are doing the best we can in a situation that is completely

strange and extraordinary in our lives. We are all doing the best you can with all the love in the world. Our children will look back and remember those little moments of happiness and connection. We can handle this.

Your partners in this journey,

Donald and Paula

## More Synchronous Time in Primary School

On Monday, March 30th, we will be shifting to a newly revised Synchronous Schedule. We have added 30 minutes of synchronous time at PS next week, and after Semana Santa we will be adding another 30 minutes. This means our students will have approximately one more hour of synchronous time every day. Additionally, after Semana Santa we will begin new instruction during these synchronous times. Here you can find the [schedule](#) for next week. Your child's teacher will be letting you know how it will look like for each classroom.

## Spirit Week

It looks like an all school Spirit Week next week! The plan is as follows-

- Monday- Comfy/PJ Day
- Tuesday- Color Day- be bright and colorful!
- Wednesday- Wacky Day! Wild hair and wild clothes!
- Thursday- Hoodie Day
- Friday- Hat Day

This is completely optional but we would love to see our students having fun and bringing something different to their days. If parents want to participate we would also love it.

## FREE WEBINAR for CNG parents: HOW TO BOOST YOUR KID'S IMMUNE SYSTEM- Thursday, April 03

Apart from the commonsense measures to boost our kid's immune system, there are a variety of foods and nutritional supplements that can further give our children's body that extra defense they need. Gaby Criollo, IIN Health Coach and mom of one of our 1st grade students, has partnered with pediatricians to organize a FREE WEBINAR. It

is full of practical tips that will keep you and your family as healthy as possible during this challenging time, and any time of year!

Please register here <http://minikaizen.net/taller-sistema-inmunologico-hijos>

**(Note: the Webinar will be held in Spanish)**

### **Fun Home Ideas- By Austin Levinson**

[Here](#) you can find a link for fun and creative ideas to do with your children at home.

### **Language Plans for Home**

We wanted to share with you some guidelines to support language at home during DL. Here are some quick guidelines and supports for you:

- Communicate with your child in your mother tongue on a regular basis and have rich and purposeful conversations.
- Practice English with your child when supporting him/her in assignments. However, if your child needs clarification in the mother tongue, do not hesitate to use it.
- Play one game a day, watch a TV show a day, OR watch a movie a day in English.

Food for thought:

The development of a child's mother tongue is the foundation for the development of a child's ability to process information. Strong development in the mother tongue is one of the first predictors in the acquisition of many other skills, especially the acquisition of a second language. In the face of this situation, we want you to focus on strengthening your communication with your kids using your mother tongue, talking about what is happening today, reading stories and discussing them, watching tv shows and discussing them. This continuous communication in your mother tongue with your child will be far more beneficial for him/her to build a strong foundation, so that once we reconvene in school and students are again immersed in the language we can build upon that foundation.

<https://www.colorincolorado.org/article/why-reading-your-kids-your-home-language-will-help-them-become-better-readers>

<https://www.colorincolorado.org/article/8-strategies-preschool-ells-language-and-literacy-development>

<https://moominls.com/miksi-aidinkieli-on-niin-tarkeaa/>

### **Suggestions for Accommodations in Learning**

Just as we do at school, we wanted to help you with supporting the individual needs of your children with some simple, but powerful accommodations to support learning. Here are the Top 10:

1. Encourage students to do movement breaks. [Video](#)
2. Remind them that they can work standing up, on their bellies or sit on their knees.
3. Stick paper to a wall and write their assignment.
4. Some responses can be through video or voice recording if writing will not be assessed.
5. Some students might need extended time to complete assignments
6. Some might benefit from using weight on their lap when working.
7. Some may need to have personalized checklists.
8. Encourage the use of visual timers.
9. Some students need help with chunking their work.
10. Some of them will need more frequent check ins.

### **Coffee with the Principal**

We will be hosting another Coffee with the Principal for all PS parents on Friday, April 3 at 11:00 am. This is the perfect time to connect with each other, ask questions and support each other as a community. We hope to see you there!

<https://www.google.com/url?q=https://us04web.zoom.us/j/832564519?pwd%3DUjllRII5ZEpONHEycmx1bm95ZHIYZz09&sa=D&ust=1585783010048000&usq=AOvVaw35Z3Xb3IOE9koNlrZp9qaG>

ID de reunión: 832 564 519

Contraseña: 088646

## Counseling Corner

The counseling team is here to support you during this distance learning time. We will be presenting ways to succeed in a distance learning environment for each division PS, ES, MS, and HS next week. We ask that you please sit and watch this [10 - minute Video](#) with the comfort of a warm beverage or moment of pause for you. It has practical suggestions and advice to help parents navigate these new challenges!

## [CNG K4-12 Counseling Webpage](#)

Our CNG K4-12 Counseling Team wants to make sure you can connect with any of your counselors! Our counselors have set up their Google Calendars to facilitate setting of meetings with each of them. Please check out our website and click on the link below the individual counselor picture, “Book a meeting... **here.**” You can make individual appointments with your counselor through this link. We also have articles, videos and resources at the bottom of the page! We want to support all our community going through this transition together.

If you need to contact our counselors urgently please email:

K4 and 2nd: Violetta Barrios ([vbarrios@cng.edu](mailto:vbarrios@cng.edu))

K5 and 1st: Alicia Amador ([alamador@cng.edu](mailto:alamador@cng.edu))

## Read Alouds

Don't forget to visit Mr. B's Youtube Channel where he is doing daily Read Alouds. Your children will enjoy them as well as you:

<https://www.youtube.com/channel/UCyKZHN4U2C6fl8YMdDngbuA>

## Library

If you need to access the online PS library please email Maria del Rosario Uribe [mruribe@cng.edu](mailto:mruribe@cng.edu) and she will help you step by step on how to do it. She will also show you how to use free resources like EPIC.