



Weekly Note from PS Administration
August 10-14, 2020

Dear Primary School Parents!

Welcome back to our 2020-2021 school year! This week as we embark on our new journey, I am reminded of how fast life moves and the changes we will undergo this year as individuals, families, and community. I have to be honest, last year I was filled with a lot of fear and anxiety as I began my journey to a new country and in this new role at CNG. However, what I remember most about those first few days was the incredible warmth and excitement I felt not only from the students, but from all of you as well. Your compassion, empathy, understanding, and outpouring of love made me feel instantly at ease, and helped me realize there was something unique and special about CNG.

Then on that first day, I saw those bright, smiling faces, laughing as they came down that hill. At that moment, I realized CNG is not just a location, a set of buildings, or a school name. It was my home. That exact moment is forever etched in my memory. Every day, seeing the pure elation and joy in the faces of our students gave me strength, and confidence in our purpose. Being able to interact with students and with you has helped me understand the real strength in what we have at CNG. We are not just a school, or a community. We are a family. A family that laughs together in the easy times, enjoys seeing each other become the best version of ourselves in other times, and most importantly grows stronger and more connected with adversity.

Now as the new year starts, one of the things I know for certain is that we have each other. Our journey this year will not be easy. Fear, sadness, anger, and anxiety of the unknown will create tense moments for all of us as we try to understand and process this new "normal." It will be our sense of family, our desire to support and help one another, our humanity, and the passion with which we create an environment of intellectual and physical safety for our students is what will guide us through those dark times. CNG Primary School is unstoppable, and even though we are uncertain about almost everything that is coming in the weeks, months, or even the year, we can still hold strong in the knowledge that we are here for each other. As a family we can get through this together and come through the pandemic stronger than ever before.

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So, as we begin distance learning and our new normal for a while, I want you to reflect and remember who we are. As individuals we are all strong, creative, intelligent, and resilient. As a team, we are a formidable and determined juggernaut capable of great support for one another. But as a family, remember this above everything else, we are unstoppable. We will forge new relationships with new families, build knowledge of best practices together for our children in distance learning, and continue to be tenacious partners with our teachers who will use every creative tool imaginable to make this opportunity unlike any other. I have the utmost confidence and faith in our abilities and your passion for what we are undertaking. As we have said many times over, you are our heroes. You didn't ask to be teachers, or take on many of the other additional jobs you have had to undertake in this pandemic, but you have done so with patience, love, and understanding. Ever since my first day looking up that hill, I have been honored to know you and to be part of this incredible CNG family. Never forget, we are Primary School and there is no one else like us!

With Warmest Regards,
Donald and Paula

It's in our Hands



We would like to invite you to do an activity to connect with yourself.

This has been a very difficult time for all of us where we have been under a lot of stress and we need to take a moment and reassure ourselves.

- I want you to take your dominant hand and start massaging each of the fingers in your non-dominant hand as you think about these 5 different things. Make sure you start at the base of your finger and work towards the tip.
- When you start with your pinky finger, think about something you have enjoyed doing with your family during this quarantine.
- Go to your next finger and think about something you have learned about yourself during this time.
- Move on to the next finger and think about something you have learned about your child(ren) during this time.
- Next, go to the next finger and think about something you are good at as a parent.
- Finally, go to the thumb and as you slowly and firmly massage it from the base to the tip think about one thing that is uncertain and that you are feeling anxious about this school year.
- Bring your thumb to the palm of your hand and wrap your fingers around it.

- -Say to yourself, *“These are uncertain times and it's stressful. I can handle it. I have the skills to help my child(ren) adapt to the new reality, cope with what is new and be successful.”*

For Children

The same activity can be done with your child(ren). Find a time where you can sit with them, be present, hold their hand, look at them in the eye and say *“You have been brave when you _____, you have been creative, you have been patient, you have been able to overcome _____ (be resilient).”*

When you get to the thumb acknowledge that this new school can seem scary. Say to them, *“This school year will look and feel different and that can be scary. You are safe, you can handle it. You have the bravery, the creativity, the patience, and the resilience to adapt and succeed.”*

Helping our kids adapt and succeed in Distance Learning is in our hands as their parents. Our attitude towards Distance Learning will determine their attitude towards school. They are also feeling anxious about starting the year off without going to school, getting to know their new teacher through a zoom meeting is different and can be scary. We need to see them as capable of adapting and succeeding. We need to see and help them see how brave they have been during this time, how creative, how patient, and how resilient they have become. We need to acknowledge how this new reality can be scary at times but also exciting and help them feel capable and able to enjoy this new reality, learn through distance and succeed.

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Distance Learning Agreements

Agreements are essential for any family to be able to work together. We designed Parent Distance Learning Agreements and Student Distance Learning Agreements. In order for our distance learning to be successful we need everyone to be onboard and understand you are a piece of this very important puzzle.

We will be sending them again on Tuesday in an email. We are asking you to please review them with your children and send an email back, committing to following them.

Student Distance Learning Agreements

| | | | |
|---|---|--|--|
|  Stop Video Camera on  No virtual background | INTEGRITY Y  On time in the waiting room Andrés Perez First Name and Last Name |  Attentive and on task  Quiet, organized space to work. | RESPONSIBILITY  Pen or pencil (pen is easier to see on screen)  Charged device  Paper (any)  P.E. clothes for P.E. class |
|  Show empathy and caring for everyone | CARING CNG Primary School DISTANCE LEARNING AGREEMENTS  |  Students ready for class (no pijamas, not eating, wear clothes and shoes) | RESPECT  Take turns and listen attentively  Use Zoom tools only when asked to do so |

Distance Learning Parent Agreements

Integrity:

- Parents should also get their students set up by:
 - Putting away toys
 - Eating only during the snack break
 - Dressed and ready for class
 - Making sure the environment is quiet and without distractions
- Parents should/ can be within earshot or nearby in case the student has a problem with technology.

Responsibility:

- Parents must encourage their child to use basic Zoom tools.
- Set a timer or home system to ensure the students are logged in and ready.

Caring:

- Make sure to show empathy and caring for everyone

Respect:

- Parents should trust their child's process and allow them to give their own answers.
- Do not interrupt synchronous work time.
- Communicate with the teacher through seesaw or email.

Hot Topics

Distance Learning Schedule

Based on the latest research about distance learning and our experience last year, our team of admin, coaches and staff designed the new schedule to ensure student learning.

Emotional Connections will be our number one priority the first few weeks. Teachers will focus their attention and efforts on making sure they build those connections and ensure student engagement.

You received a copy of your child's schedule from your teacher. Please let them know if you have any questions.

The first few weeks, teachers will be meeting one to one with both parents and students to make sure they build those connections both with students and with parents.

School Supplies

Teachers will be sending a must have list of school supplies to have in student's learning boxes. If you already bought the school supplies through the online bookstore great. If you haven't, don't worry. You will only need what teachers will specifically ask you to buy.

Uniforms

Please know that until students are not back on campus, we will not be asking them to wear their uniforms.



Read Alouds

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

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

Maria del Rosario Uribe, our wonderful librarian, opened an Instagram account, **i_read_to_kids**, where she is doing live read alouds and sharing recommended books. We encourage you to take a look at it.



Kinder 4 Orientation

Monday, August 10th, 11:30-12:30pm

Zoom Link

ID de reunión: 959 2825 1044

Código de acceso: 371008

Kinder 5-2nd Orientation (Only for new families)

Monday, August 10th, 12:30-1:30pm

Zoom Link

ID de reunión: 936 2721 8069

Código de acceso: 482672

Coffee with the Principal-

The first week we will have a separate coffee for K4. We know K4 parents have specific questions and we will try to answer them.

K5-Second Grade will be together.

Kinder 4

Friday, August 14th, 4:00-5:00pm



[Join Zoom Meeting](#)

ID: 93904937674

Password: 215095

Kinder 5 - Second Grade

Friday, August 14th, 2:00-3:00pm



[Join Zoom Meeting](#)

ID: 93904937674

Password: 215095



*Most websites are adjustable for any grade level by selecting the appropriate level for your child.

Reading websites:

<https://www.teachyourmonstertoread.com/>
<https://www.spellingcity.com/>
<https://www.starfall.com/h/>
<https://quizlet.com/>
<https://freerice.com/categories/english-vocabulary>
<http://www.readwritethink.org/>

Math websites:

<https://www.ixl.com/>
<https://pages.sumdog.com/>
<https://www.youcubed.org/>

Reading & Math websites:

<http://www.sheppardsoftware.com/>
<https://skoolbo.com/>
<https://classroommagazines.scholastic.com/support/learnathome.html>
<https://mrnussbaum.com/>
<https://mosamack.com/>
<https://www.softschools.com/>
<https://www.abcyia.com/>
<https://pbskids.org/>
<https://www.funbrain.com/>