



School News

Helen Haller Elementary

Letter from the Principal

Dear Helen Haller Families,

Hopeful is a word that is in my thoughts right now. Hope for students coming back soon, hope for a more normal 2021, hope that families are doing well. I hope you will take the beginning of 2021 and do some goal setting with your student(s). A few goal ideas for the new year: I hope to complete all my classwork each week. I hope to read at least 20 minutes each day. I hope to practice my math facts each day. These are only examples, so please enjoy setting goals with your student(s).

Love & Logic – Free Class – January 12th Sign up Soon. – In our newsletter I've included a flyer for a free class through Love & Logic. They are a group that has been working with families for a lot of years. Many of our staff, myself included have taken Love & Logic classes. They are fun and you learn a lot about parenting and working with kids. I hope you will take a moment and read through the flyer and if it seems interesting to you, I hope you [sign-up](#) and take part.

My door is always open to hear your thoughts, answer questions, or to share good news! Thank you for partnering with us!

Mrs. Stanton - Principal

Hi-Cap Referrals

The Sequim School District announces an open referral process from **December 1 - January 31** for students currently in K-12 who may qualify for Highly Capable (Hi-Cap) Program services. Anyone may refer students, including but not limited to: teachers, parents/guardians, staff, friends, students, members of the community, however, parent/guardian permission will be required for testing. Please click on the links below to access the Hi-Cap referral forms from our District website.

[Hi-Cap referral form](#)

[Hi-Cap referral form \(Spanish\)](#)

Questions concerning Hi-Cap services in the Sequim School District may be directed to Jodi Olson, Hi-Cap Program Coordinator, at 360-775-7083 or jolson@sequimschools.org. More information can be accessed on the [Sequim Highly Capable Program webpage](#).

A LOOK AHEAD:

12

Love & Logic Seminar, 5PM
[Register here](#)

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NO SCHOOL
MLK Jr. Day

Need Solutions? Call 800-338-4065



Insider's Club



Parenting during these times is difficult, we can help.

Parents Educators Trainers Classes & Conferences Blog

Are you finding yourself completely exhausted and stressed with all of the problems that bombard you on a daily basis, even though 2020 is finally over? I find myself still feeling crushed under the weight of the many burdens whirling around me. Why? Simply because I've forgotten how much fuel is required to run a helicopter on a daily basis.

Yes! I tend to be a helicopter parent, a helicopter boss, a helicopter spouse, a helicopter whatever. It's nobody's fault except mine. Deep within me is the burning desire to make sure that no one I know suffers from any sort of unhappiness, disappointment, or disgust. There are just so many people in my life that need my help solving their problems!

Listening to our audio, *Helicopters, Drill Sergeants and Consultants*, I am reminded that trying to rescue our kids from all of life's challenges burns us out and creates kids who don't believe that they have what it takes to be successful in life. I also realized that this very same principle applies to rescuing our spouses, friends, and colleagues. It doesn't take long for us to run out of fuel and crash to the ground.

The single most powerful tool for combating this tendency is to memorize the following words:

Oh, no. That's got to feel _____.

What do you think you are going to do about that?

The next time someone else's problem comes your way, experiment by saying those words with sincere empathy. Simply fill in the blank with whatever emotion you're guessing the person is feeling, then give suggestions while allowing the person to own and solve his or her problem.

To help make sure that your helicopter stays grounded, be sure to register for our free, live seminar next Tuesday, January 12, at 8 p.m. EST. It's called, "[Parenting During Uncertain Times](#)," and will provide many helpful insights for parenting in the age of COVID-19.



Thanks for reading! Our goal is to help as many families as possible.

Dr. Charles Fay

Parenting During Uncertain Times

[Free Virtual Seminar](#)

Register Now

FREE SEMINAR FOR PARENTS
JANUARY 12TH
AT 8PM EST



Get the proven solutions to challenges faced by parents during uncertain times.

