



School News

Helen Haller Elementary

Letter from the Principal

Dear Helen Haller Families,

Here are some items to look for in this newsletter: Counselor Corner – Making At-Home Learning More Peaceful, Book Fair details and our PTO newsletter which includes Spirit Wear orders.

On Monday, October 19th, our school board approved a plan to add grade levels back to in person learning on an AA/BB schedule. Of course, Covid-19 numbers must remain low in the county to continue with this plan. Below are the dates and grade level plans. We have run a survey for the last two weeks asking for your choices for AA/BB. If we have not heard from you, teachers will be contacting you, and then we will assign a choice. Please understand that we will work hard to fulfill your first choice, but due to limitations with class size to accommodate social distancing we may have to alter your first choice.

Here are the dates that we plan to bring students back:

- Kindergarten—10/26
- 1st Grade – 11/2
- 2nd & 3rd Grade – 11/9
- 4th & 5th Grade – 11/16

Sincerely, *Rebecca Stanton*—Principal

Scholastic Book Fair

Helen Haller's SCHOLASTIC BOOK FAIR is online this year! All of the books and fun gifts you love are still available just in time for holiday shopping and everything ships to your home!

Shopping dates are **November 9th through November 22nd**. You can visit our Book Fair Home page at <https://www.scholastic.com/bf/helenhaller elementaryschool1>. Feel free to send that link to family and friends near and far so they can order too!

The virtual fair will open on **November 9th**! Sit down with your child to look through the virtual book fair and watch as the magic of the book fair lights their eyes with reading joy and anticipation!

Want a sneak peek at some of the new books that will be available? Check out the book fair preview video! <https://bcove.video/2zoSgmB>

And browse the book fair flyer! <https://bookfairsfiles.scholastic.com/flippingbooks/F20-K8-booklist/F20-K8-booklist.html>

Questions? Contact Helen Haller Teacher-Librarian, Sheri Kruckeberg at skruckeberg@sequimschools.org or 360.582.3280.

A LOOK AHEAD:

26 Kindergarten returns on AA/BB schedule

26 PTO meeting via Zoom, 6pm
Click [here](#) to join

28 3rd grade materials pick up, 2pm-3pm

NOVEMBER

2 1st grade returns on AA/BB schedule

Counselor's Corner



During this time of remote learning we are all feeling the heavy lift of balancing home, work, and schooling. Here are some suggestions for parents and caregivers to help navigate this challenging time:

1. **Prioritize Sanity** - Frustration is a sign that something should be changed, so when you start to feel like you can't take it anymore do something that is out of the ordinary to regroup. Take a break from the frustration by going outside, getting a drink of water, singing a song, etc. It can be just about anything, so be creative or silly. The idea is to interrupt the frustration.
2. **Prioritize Relationship** - If a school assignment or other task is leading to conflict, harsh criticism, or strong emotions, first see step one and then remember you will always be in relationship with your child. The triggering assignment or task won't matter 3 months from now, but harsh treatment and words will be remembered. It is okay to say, "We need a break from this," or, "Let's put this away until we are both calmer and can think of a better way to manage it."
3. **Alter the Plan** - You are the expert on your child and know what will best meet their needs. Each family is approaching remote learning differently and discovering what works best for them. How, what, and when you do school work is flexible. You can decide what, how, where, and when work can and should be done. Teachers appreciate that you are prioritizing and altering a workable plan and then keeping them informed about what you are doing to meet your child's academic needs. (Please reach out to me if you would like a brainstorm partner. (360) 582-3203 or jsaul@sequimschools.org)
4. **Have Fun** - Life is precious and needs to be enjoyed. Please be sure you are doing things for yourself and with your children that does not involve school and work. I know this can be challenging, but if we do not have some sort of release valve, we will explode. It doesn't have to be anything big. Keep it short and sweet. This ends up making our school and work time go much smoother in the long run.



Hang in there! You are not alone. We are all in this together. If you need to, reach out and get some help. Below is a **Parent Self-Care Tip** from the *OESD 114 Family/Educator Newsletter* about how to do that.



There is an old belief that asking for help means you are weak or that you don't have the skills to do something on your own. But asking for help is self-care. Maybe we don't want to ask for help because in the past when we did, we have been rejected, or were given poor guidance, so we're afraid to ask again. Thinking "I'll do it all myself" can be a lonely and ineffective way to live. Asking for and accepting help brings us closer to people and creates close bonds. Reaching out for help is healing, productive, self-loving, and brave. If this is hard for you, you can start with small requests and work your way up to bigger ones. Give it a try and maybe some miracles just may happen.

WEEKEND FOOD BAGS:



Sequim Food Bank provides **Weekend Food Bags** for students that are available upon request. If you would like your student to receive a Weekend Food Bag once they are back at school, please email the school counselor, Jen Saul, at jsaul@sequimschools.org or call 360-582-3203. AA group will receive their bags each Wednesday and BB group will receive their bags each Friday. These Weekend Food Bags are in addition to the food bags containing breakfast and lunch items already being sent home by the Sequim School District.

Sequim Food Bank also has a **drive through service**. How it works:

1. Residents within the Sequim School District may attend twice per month.
2. When you check in, a volunteer will ask for photo identification. You will also be asked to provide the names and ages of the other people living in your household so that we can provide the appropriate quantity of food.
3. Each family leaves with a selection of dry and canned goods, frozen meat, a variety of baked goods, a gallon of milk, a dozen eggs and fresh fruit and vegetables.

Physical address: 144 W Alder St,
Sequim, WA

Hours of Operation:

Monday, 1pm-4pm
Friday, 9am-12pm
Saturday, 9am-12pm