



# SECOND DISTRICT ELEMENTARY SCHOOL NEWSLETTER

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December 2020

Second District Elementary School  
Dr. Kurt R. Meader, Principal

## Upcoming Events



- 1 School resumes from the break
- 2 PTO meeting 6:00 p.m. (cafeteria)
- 15 Progress reports sent home
- 23 Holiday celebration (no visitors)
- 24-Jan 1 School closed for the Holidays
- Jan 4 School resumes



## From the Principal

Expectations for remote learning at home are much different than they were during the Spring school closure. Do not let your child trick you into believing that they do not need to complete school work on remote learning days.

On days when students work remotely at home, they are expected to follow the teacher's posted schedule and procedures. Students must also participate in Google Meets as scheduled.

On remote learning days, attendance will be taken and assignments will be graded. If a student does not log on and turn in assignments online, they will be marked absent, and receive a failing grade, until the student makes it up. Late work may result in a reduced grade, and the student will be counted as 1/2 day absent. Any make up work must be arranged with the teacher.

-Dr. Meader

## Holiday Break

School will be closed for the holidays from December 24 through January 1, and open again on Thursday, January 4.

## From the School Counselor

Self-esteem is our belief about ourselves— how capable and loved we feel. It is our protection against life's challenges. Of all the things that we help our children learn and do, helping them to develop a healthy self-esteem is probably most important. Self-esteem affects all aspects of their lives – how they learn, how they interact with friends, how they treat others, how they problem solve, how they handle adversity, and how willing they are to try new things. Here are some tips on how we can work as a team to help your child develop a healthy self-esteem:



- Praise Your Child – Notice when your child has done something well and tell them. They should hear 5 positives for every 1 negative thing you say. Praise your child, but do it wisely. Of course, it's good to praise kids. Your praise is a way to show that you're proud. Don't overpraise. Praise that doesn't feel earned doesn't ring true. For example, telling a child he played a great game when he knows he didn't feels hollow and fake. It's better to say, "I know that wasn't your best game, but we all have off days. I'm proud of you for not giving up." Add a vote of confidence: "Tomorrow, you'll be back on your game." Praise effort. Avoid focusing praise only on results (such as getting an A) or fixed qualities (such as being smart or athletic). Instead, offer most of your praise for effort, progress, and attitude. For example: "You're working hard on that project," "You're getting better and better at these spelling tests," or, "I'm proud of you for practicing piano — you've really stuck with it." With this kind of praise, kids put effort into things, work toward goals, and try. When kids do that, they're more likely to succeed.

- Criticize the Behavior, not the Child – When your child misbehaves, talk about the behavior, such as, “What you did was hurtful, and I know you are a nice kid. How can you make this better?” Do not label your child “bad”.
- Validate Feelings – If your child gets their feelings hurt, they need you to allow them to feel sad, hurt, or mad. After, you can boost them up with positives.
- Give Your Child Chores – Children learn how to function in groups by learning how their own family cooperates. Set your child up to be a team player by giving age-appropriate chores at home. Offer praise for their work!
- Give the Gift of Time – Your children know how busy you are, so when you find 10 minutes to listen about their day or play a game, they will feel worthy and loved. The gift of time spent is worth much more than the gift of money spent.
- Avoid Harmful Comparisons – Do not compare your child to others, especially siblings. Instead of saying, “Why can’t you be more like so-and-so?” try, “Do you notice that so-and-so does this? Let your child know that it is okay to be different and that you do not expect perfection. Focus on each child’s strengths more than their weaknesses.
- Be a good role model - When you put effort into everyday tasks (like raking the leaves, making a meal, cleaning up the dishes, or washing the car), you're setting a good example. Your child learns to put effort into doing homework, cleaning up toys, or making the bed. Modeling the right attitude counts too. When you do tasks cheerfully (or at least without grumbling or complaining), you teach your child to do the same. When you avoid rushing through chores and take pride in a job well done, you teach your child to do that too.

-Mrs. Herberg

### Snacks

Second District’s Fresh Fruit and Vegetable Program continues to be successful in providing nutritional snacks



for every student on a weekly basis. Did you know that Americans consume twice as many calories in the winter months than any other time throughout the year? Research shows that Americans buy 40% less fresh fruit and vegetables during the winter months resulting in eating food that is higher in calories and has less nutritional benefits. With the winter months approaching, the Fresh Fruit and Vegetable Program strives to continue to provide nutritional snacks even when it is not plentiful and bountiful. Here are a few tips to reap all the health benefits of produce, even when it is dreary and colder outside.

- Look for seasonal produce. Here is a list of winter seasonal produce that your child will try at Second District.
  - Oranges, Apples, Grapefruit
  - Carrots, Celery, Peppers
- Buying fruits and vegetables can be costlier in the winter months. Try buying smaller amounts and using them with other foods.
  - Fruit on top of oatmeal
  - Use vegetables and turn them into slaws
  - Puree fruits and vegetables and use as toppings
- Choose from all forms.
  - Frozen, canned, and dried fruits and vegetables can be a great substitute for the winter months.

-Mrs. Harding

### PTO

This school year, the Parent Teacher Organization (PTO) will meet the first Wednesday of every other month. The next meeting will be held on Wednesday, December 2, 2020 at 6:00 p.m. in our school cafeteria. This will allow better space when seated apart.



### Social Media

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