

December
4th, 2020

WWW.SPRINGBLUFFPIRATES.COM

573-457-8302

adanz@springbluffpirates.com



No Early Release Fridays this Year

Upcoming Events

Cookies, Cocoa & Cozy Time at Home 6-7 pm (Virtual) for PreK–2nd Grade Students	12/15
School Board Meeting @ 6:30 pm	12/17
Early Dismissal @ 12:30 pm	12/22
No School–Winter Break	12/23-1/4

This Weeks Attachments:

- Home & School Connection
- Middle Years



Spring Bluff R-XV School has outside Wi-Fi access available to those students that have limited or no internet access at home. Please contact the school office for the Wi-Fi password if you are interested.



Read To Succeed Update

Due to COVID-19, the 2021 Read to Succeed Program has been suspended. Unused tickets earned during the 2019–2020 school year will be valid through August 31, 2021.



If my child is not ill but there is a positive COVID individual in our household, what should we do?

- Everyone in the house should quarantine and your child(ren) will attend school virtually. Contact the school and notify them that your child is in quarantine due to a household exposure. The health department will reach out to you when they receive your lab results with more instructions and when quarantine ends for everyone in the house.

If my child has received a positive COVID test result, what should I do?

- Notify the school immediately, 573-457-8302.
- **If you receive results after school hours, please email jjenkins@springbluffpirates.com.** Contact tracing will begin immediately to eliminate further spread in the building. Your Child will learn virtually while on quarantine. The health department will notify parents when the positive child can return to school.

What does it mean if I have been notified that my child is a close contact to someone with COVID?

- Your child has been within 6ft for 15 minutes or more of an individual who tested positive for COVID.

Spring Bluff Pirates



Substitute Bus Drivers Needed

We are looking for substitute bus drivers, starting pay is \$15.98 per hour.

Please contact Mr. League
mleague@springbluffpirates.com if you are interested in becoming a substitute driver.



Substitute Custodians Needed

We are looking for substitute custodians, starting pay is \$13.04 per hour.

Please contact Mrs. Jenkins
jjenkins@springbluffpirates.com if you are interested in becoming a substitute custodian.

Spring Bluff Parents as Teachers

The Parents as Teachers (PAT) program is a research based early childhood home visiting framework (virtual at this time) that builds strong communities, thriving families and children who are healthy, safe and ready to learn. PAT helps to establish positive partnerships between home, school, and the community and plays a vital role in supporting families and children from the very beginning toward school readiness. A trained parent educator emphasizes parent-child interaction, development centered parenting and family well-being in their work with families. The PAT program consists of four components: personal visits, group connections, screenings, and resource referrals. Together, these components provide families with children, prenatal to kindergarten entry, a program of support so that children are able to reach their full potential.

For more information, please contact our parent educator, Pam Richards at (573) 457-8302 or prichards@springbluffpirates.com.



@springbluffrxv



@springbluffpirates

Basketball Game Schedule

Games and Tournaments are always changing. Visit our School Website for the most recent updates on the 2020-2021 Basketball Schedule.

Website:
<http://www.springbluffpirates.com>



Go Pirates!

Sporting News & Events



Thursday, December 10th
Fri-Sat, December 11th-12th

7B/8G @ Immanuel Lutheran @ 5:30 pm
6G Tournament @ Bourbon TBA

Home & School

Working Together for School Success

CONNECTION®

December 2020

Spring Bluff R-XV School

Mrs. Jeannie Jenkins, Superintendent

SHORT NOTES

Active listening

Listening challenge!

Ask your youngster to listen while you describe a recent meal in detail: "For breakfast, I had a fried egg, toast with peach jam, a Gala apple, and black coffee." Then ask questions like "How was my egg cooked?" and "What kind of apple did I eat?" Now he can give you a listening challenge.

Keep germs away

When your child touches her face, she can transfer germs from her hands to her eyes, nose, and mouth. Help her touch it less often by keeping her hair trimmed and out of her eyes and having tissues available. If she wears face masks or glasses, make sure they fit properly so she's not constantly adjusting them.

Practice being polite

Role-play to help your child remember his manners. Take turns naming situations where politeness is called for (introducing people, receiving a gift). The other person acts out how to handle it politely. Your youngster might pat his dog on the head, look you in the eye, and say: "Dad, I'd like you to meet Domino."

Worth quoting

"It's easier to go down a hill than up it, but the view is much better at the top." *Henry Ward Beecher*

JUST FOR FUN

Q: Why does the Statue of Liberty stand in New York Harbor?

A: Because it can't sit down.



Wordplay boosts vocabulary

A rich vocabulary gives your child the words she needs to express her thoughts and understand her schoolwork. Try these playful activities to help her learn new words.

Clever combinations

A *portmanteau* is a new word formed by blending two existing words (*jeans + leggings = jeggings, breakfast + lunch = brunch*). You and your youngster can make up portmanteaus for each other to guess. She might say, "What do you call a rainbow on a snowy day?" (A *snowbow*!) And you could ask, "What do you call a documentary that's comical?" (A *doccom*.)

Words within words

Pick a word (say, *monitor*) for each family member to write on her paper. Set a timer for 5 minutes, and list words you can make using letters in the word. A fun twist: You may use any letter multiple times within the same word, so *mirror* is allowed even though *monitor* has only one R. When time's up, read



your lists aloud. Did anyone learn a new word from someone else's list?

Synonym suns

Have your child draw a big sun on a sheet of paper and write a common word (say, *good*) in the center. Take turns adding a ray to the sun and writing a synonym (*excellent, great*). On your turns, try to choose words your youngster may not know, such as *stupendous*. When you can't think of more synonyms, start another sun with a new word.♥

Brighten someone's day

Sometimes the smallest gesture can make another person happy, especially in a difficult situation like the pandemic. Here are ways your youngster can add a little sunshine to others' lives:

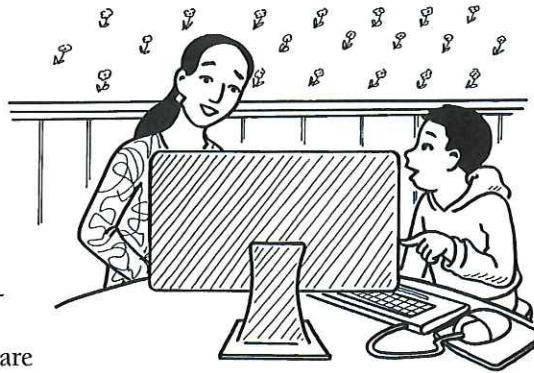
- Let your child mail thank-you notes to your family's doctors and their staffs. He could also leave thank-yous for delivery-truck drivers, mail carriers, and trash and recycling workers.
- Suggest that your youngster host an online talent show. Relatives might sing or play musical instruments, dance, or do magic or card tricks for each other.
- Run errands for elderly neighbors. Your child could call to get their grocery list, then help you order the items or shop and deliver them.♥



How to handle cyberbullying

Many kids are spending more time using technology to do schoolwork and to socialize this year. That means more potential for cyberbullying. Share these strategies to help your youngster avoid it.

Be informed. Explain to your child that cyberbullying includes texting, chatting, or posting unkind or threatening messages. It's also cyberbullying to spread rumors, intimidate people, or share private information that would embarrass someone.



React appropriately. Does your youngster know what to do if he's cyberbullied? Talk frankly about tactics that help (telling an adult) and *don't* help (responding to the person doing the bullying). Together, learn how to take screenshots of texts or chats in case he needs proof of a cyberbullying incident.

Provide guidance. Set clear guidelines for your child's online behavior. For example, he shouldn't

send a message or photo to another child that he wouldn't want you or his teacher to see. It may be a good idea to point out that other kids and their parents can take screenshots, too.♥

Signs of affection

Even when life gets hectic, remember to show your child on a daily basis that you love her. Simple words and actions like these will go a long way in making her feel loved and secure.

Leave notes

Secretly leave a loving message in your youngster's "home office" or backpack. ("Have a great school day! Love, Dad.")



Eat together

Plan special school-day breakfasts with your child. You'll connect before a busy day. Also, consider joining her for lunch on days when you're both home.

Share photos

Look at old family photos with your youngster, or show her "on this day" pictures on social media or photo-sharing sites. Say what you loved about her then ("You were so little and cuddly") and what you love about her now ("I still love hugs from you—plus I love our interesting conversations").♥

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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ACTIVITY CORNER

Geography: Maps and more

Your youngster's day is filled with opportunities to explore geography. Here are three ideas.

1. Food. Ask your child to read stickers on fruits and vegetables you buy to find out where the food was grown. Together, look up the weather in those states or countries. She'll see what produce is grown in warmer or cooler temperatures.

2. Mail. Let your youngster check postmarks, find the locations on a map, and calculate how many miles the mail traveled to reach you.

3. Time zones. Plan a phone call with a relative who lives in a different time zone, and help your child look up the time there. Then, she could see what time it is in other places around the world.♥



Q & A Doing well on tests

Q: My son struggled on his last two tests. How can I help him do better on future ones?

A: Test success begins with knowing the material. Have your child get in the habit of studying a little each evening rather than cramming the night before a test. Offer to help by quizzing him, or suggest that he make up—and take—his own quizzes.

On the morning of a test, remind your son to read the test directions

first and ask his teacher about anything he doesn't understand. You might recommend that he look over all the questions and start by tackling easier ones. That will give him some momentum and boost his confidence.

Finally, encourage your child to be the "boss" of his thoughts. If he thinks, "I can't do this," he can take a few deep breaths and instead think, "I studied hard and I will do my best."♥



December 2020

Middle Years

Working Together for School Success



Short Stops

The power of zero

Help your child understand the importance of turning in every assignment. Have her add up several of her grades ($97 + 89 + 93 = 279$) and divide by the number of grades to get her average ($279 \div 3 = 93$). Then, ask her to change the last grade to zero and average again—suddenly, the 93 becomes a 62.

Great advice!

Want to raise the odds that your middle schooler will actually follow your advice? Get his input. Instead of saying, "Setting your alarm 10 minutes earlier will keep you from scrambling to get ready every morning," try, "I've been running late in the mornings, too. What ideas do you think could help us?"

DID YOU KNOW?

Just a few minutes of physical activity can immediately improve your middle grader's concentration. Remind her to use her distance-learning or study breaks to move around. She could write quick ideas on slips of paper ("Dance to a song," "Do 5 jumping jacks") and pick one to do between classes or subjects.

Worth quoting

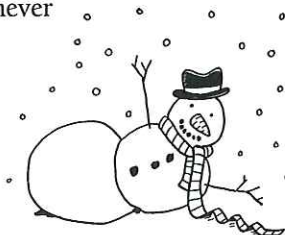
"The mind that opens to a new idea never returns to its original size."

Albert Einstein

Just for fun

Q: What falls in winter but never gets hurt?

A: Snow!



Kindness makes a difference

Clue your middle schooler in on this formula for a happier, more successful life: When he is kind and sees kindness in others, he will feel better about himself and the world around him—and other people will view him more favorably, too. Try these ideas.

Be a detective

Challenge your tween to spot kind acts throughout the day and jot them down in a pocket notebook. He might notice someone stepping aside to let him pass on the sidewalk, for instance. How many kindnesses can he find in one day? Make it a point to call out his kind acts, too: "It was kind of you to offer your seat on the bus to that woman holding her baby."

Watch for opportunities

Suggest that your middle grader think of safe ways to assist people who are struggling or lonely. Maybe he'll make cards or bookmarks for nursing



home residents or have a virtual game night with younger cousins who miss seeing their friends.

Play bingo

Your child can create a bingo card to fill with kind acts (donate clothes you've outgrown, let someone go ahead of you in line, do a chore for a sibling). Make a copy for each family member, and cross off acts you complete. Who will get bingo (five in a row) first? Can everyone finish their cards? 🍷

Look on the bright side

Having a good attitude toward school can help your tween learn more. Here's how to nurture positive thinking.

■ **Use upbeat language.** Encourage your child to reframe negative remarks. "We get too much homework in math" becomes "All this practice means I'll remember the formulas." Let her hear you talk up school, too. ("Your art teacher gives really interesting assignments!")

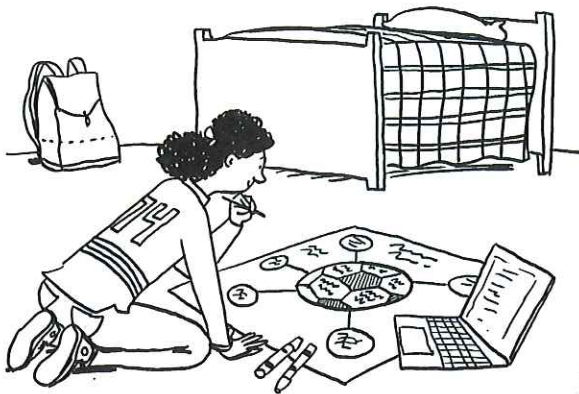
■ **Act as a cheerleader.** Show your tween that you believe in her and expect her to do well. Regularly ask to see or hear work she's proud of, such as a poem she wrote in English or a solo she's working on in chorus. 🍷



Plan ahead for better essays

Like going for a hike, writing an essay requires advance planning. In both situations, your tween needs to know where she's headed and how she'll get there. Share these steps to map out a well-written paper.

1. Choose a destination. Suggest that your child list at least three ideas for her essay topic. Say she's asked to write a personal narrative about an obstacle she overcame. Possibilities might include moving to a new town or recovering from



a soccer injury. Then she can pick the one she believes will make the most compelling narrative.

2. Make a map. Your middle grader could draw a big soccer ball in the middle of her paper and write her essay title inside ("Getting Back in the Game"). Then, she can surround it with medium-sized balls for subtopics (her injury, physical therapy) and

add small balls with supporting details (recovery milestones, teammates' support). Now she can refer to her map as she writes her essay. 🍷



Q & A Screen addiction?

Q I think my son is addicted to screens. He only wants to play video games in his free time and can't seem to go a minute without checking his phone. What should I do?

A While "screen addiction" isn't an official diagnosis, excessive screen use can be connected to anxiety and depression.

Ask yourself whether your child's usage is so all-consuming that it's having a negative effect on him. Consult his pediatrician if you notice any of these red flags:



- He can't control his screen use or lies about it.
- He has lost interest in other activities.
- His screen time interferes with sleep, school, or relationships.
- Screens are his main source of happiness or comfort.

You can help your son cut back by setting limits for the whole family. That way, he's not watching others play on their phones when he can't use his. Finally, encourage him to fill downtime with screen-free activities he enjoys, perhaps running or drawing. 🍷

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Kitchen chemistry

Holiday baking is a science—literally! Talk about these physical and chemical reactions while making treats with your middle grader.



What happens when you melt butter?

When energy (heat) is added to a solid, like butter, it causes the atoms to speed up—and the butter becomes a liquid. This is an example of a physical reaction. Together, observe what happens when melted butter cools again. It turns back into a solid because the atoms slow down.

What makes cakes rise?

Have your tween mix 1 tsp. baking soda with 1 tbsp. vinegar. He'll see bubbles, signaling a chemical reaction. In a cake recipe, baking soda reacts with acidic ingredients like vinegar, lemon juice, or buttermilk to release carbon dioxide, and the expanding gases make the cake rise. 🍷

Parent to Parent

Peer pressure: Trust your instincts

My daughter Rosa went to the mall with friends when they were supposed to be at the park. Because she broke our pandemic-safety rule about no indoor socializing, I told her she had to stay home for two weeks.

When I asked Rosa why she went somewhere she wasn't supposed to, she said, "Because everyone else did." Then she admitted to feeling nervous and guilty inside the mall.

I encouraged her to think of feelings like those as "alarms"—when an alarm goes off, that's a sign to "wake up" and think for herself.

Next, we brainstormed responses she could have used like "My parents would ground me" or "My family is careful about indoor spaces."

My daughter wasn't happy to be grounded—but next time she's pressured to do something that sets off alarm bells, I hope she'll make a better choice. 🍷

