

09.27.2020

## Some Weekend Wellness Notes

“Mindsets, habits & routines are the building blocks for success toward your wellness goals.”- Robyn Conely Downs

“Make happiness a priority and be gentle with yourself in the process.” - Bronnie Ware

Dear Families,

Thank you very much for the thoughtful birthday celebration on Friday. The time you and your children put into creating signs and cards touched my heart. The flowers, balloons, beverages and gifts were overwhelming. This will certainly be a birthday I will remember my whole life.

I hope students were able to make a good connection with their teachers on Distribution Day. If you were not able to stop by on Friday, **please know our office will be open this week on Monday, Wednesday and Friday from 9:00 AM to 12:00 PM.** Please feel free to stop by to retrieve materials that your teacher would have distributed on Friday.

### **Here is what you need to know for the rest of the week:**

#### **An Interesting Look at School Reopenings**

These NYT articles confirm there are no easy answers during these unique times:

[https://www.nytimes.com/spotlight/schools-reopening?name=stylIn-coronavirus-schools-reopening&region=TOP\\_BANNER&block=storyline\\_menu\\_recirc&action=click&pgtype=Interactive&impression\\_id=b24d3460-fd95-11ea-ade6-eb362b6112dd&variant=1\\_Show](https://www.nytimes.com/spotlight/schools-reopening?name=stylIn-coronavirus-schools-reopening&region=TOP_BANNER&block=storyline_menu_recirc&action=click&pgtype=Interactive&impression_id=b24d3460-fd95-11ea-ade6-eb362b6112dd&variant=1_Show)

#### **Shop at Ralphs and Support Our School**

It just takes a few minutes to register, so your purchases at Ralphs can directly support our school. During these times, resources are more important than ever! Please see the attached flier to learn more.

#### **Kids Body Connection Available on Zoom Every Tuesday and Thursday from 12:30-1:00 PM**

Join Zoom Meeting

<https://us04web.zoom.us/j/78838781992?pwd=ampkSIRBMm5oWDFHR01aSGtkTIB4Zz09>

Meeting ID: 788 3878 1992

Passcode: KBC

***A balanced body is the key to a balanced life. Teaching kids to connect with their body and breathing unlocks unlimited potential for their future.***

About the Program:

Kids Body Connection (KBC) was developed to teach children to learn how to use their body as a tool for everyday life. We start by influencing a Beginner's mind Mindset, open to learn and open to grow. The 15-minute program is designed with four parts.

Part 1: Conscious Body Flow (CBF), where a positive relationship with gravity is developed and simply applied. Good form is a great way to start the day.

Part 2: Conscious Breathing Exercises (CBE). Here we practice two rounds of 20 to 30 breaths with retention. Breathing practices allow children to pause to feel the feelings inside their body, allowing for a greater understanding.

Part 3: Body Connection Exercise (BCE). Here we focus on the 4 Pillars of Fitness: Posture, Flexibility, Balance, and Agility, the most foundational practice for human growth and development for everyday living activities.

Part 4: A Moment of Silence. For three minutes, all children sit together and pause to feel the sensations inside their body; transitioning into a growth mindset, ready to learn.

Kids Body Connection is a golden program designed to elevate human potential from an early age. Imagine if you had learned about your body and how to use it while at school. KBC is changing the way children interact, understand, and act toward themselves and others. Together we can integrate this simple, educational, timeless, and fun program in all schools.

### **Save the Date for GATE Parents Information Session Monday, October 19 from 300-4:00 PM**

Our school psychologist, Eileen McNeil, will join the principal to share information about Gifted and Talented Education (GATE) assessment and instruction at Torrey Pines.

### **Save the Date for La Jolla Parenting Seminar with Dr. Susan Wais**

[Please click this link to register for the first workshop on October 20 from 6:00-7:00 PM.](#)

See the attached flier for more information.

### **Parent Portal Information Distributed on Friday, September 25**

Parents should have received directions for logging into the Parent Portal on Friday. If you have questions or need more information, please email our ESA, Maureen Olsker.

Maureen Olsker: [molsker@sandi.net](mailto:molsker@sandi.net)

### **Breakfast and Books \*Note the New Time: Starts 15 minutes later.**

Join Ms. Richard on Tuesdays and Thursdays from 8:00 - 8:30 AM for a read aloud and short chat with students at breakfast time, before the school day begins. Tuesdays will be geared toward a TK-2 audience. Thursdays will be oriented toward grade 3-5 students. Each session has a social-emotional focus.

Zoom link: <https://sandiegounified.zoom.us/j/91548369892>

The password is: **book**

### **Information Worth Repeating**

#### **School Site Council and School Governance Team**

The first SSC meeting of the year is scheduled for Wednesday, October 7 from 7:45 to 8:24 AM.

The first SGT meeting of the year is being scheduled for Thursday, October 15 from 7:15 to 8:00 AM.

#### **La Jolla Cluster Meetings**

Save the dates! These are a great way to hear more about issues that are affecting other SDUSD schools in our La Jolla community. The meeting dates this year are scheduled for 10/15, 11/19, 12/17, 1/21, 2/18, 3/18, 4/15, 5/20. All meetings run from 4:15-5:30 PM.

#### **California Coastal Art and Poetry Contest**

California students in kindergarten through 12th grade are invited to submit artwork or poetry with a California coastal or marine theme to the Coastal Art & Poetry Contest, presented by the California Coastal Commission.

Entries can be submitted online until midnight **January 31st**. For rules, contest flyer, entry form (and helpful links for teachers and students), please visit [www.coastal.ca.gov/art-poetry](http://www.coastal.ca.gov/art-poetry).

Up to ten winners will be selected to win \$100 gift certificates to an art supply store (for artists) or book store (for poets). Each winner's sponsoring teacher will receive a \$50 gift certificate for educational supplies, courtesy of [Acorn Naturalists](#). Students may have their work featured on Commission web pages and materials, and winners and honorable mentions will be exhibited throughout the state, as conditions allow.

### **Mandatory Forms 2020-2021**

***\*Note! Newly enrolled families have already submitted these forms; there is no need to resubmit.***

**\*\*\*\*\* Important \*\*\*\*\***

### **Mandatory Forms 2020-2021**

Every fall we have many forms which parents are required to fill out and sign. This year we will accomplish most of this online. These forms were due on Friday, September 25.

### **Facts for Parents**

Review the [Facts for Parents Handbook](#).

Please print, sign and return the [signature page](#). Please scan and email it to [molsker@sandi.net](mailto:molsker@sandi.net). In the subject line, please write your child's name, teacher and "FFP."

### **Health Form**

Please print and fill out this [Health Card](#). ***This is important because we use this information to know about your students' allergies and medical needs.*** Please scan and email it to [swright@sandi.net](mailto:swright@sandi.net).

### **Confirm Contact Information**

Please go to your [Parent Portal](#) account and confirm that we have the correct information for each student. Check your address, phone number and email address for typos. We need to be able to contact you in an emergency. ***It is important to list ALL adults who may be picking up your child during the instructional day. For the protection of your student, no adult may take your child out of school unless his/her/their name is listed on the "Enrollment Verification Form."***

### **Volunteers**

At this time we will not be allowing adults to volunteer with students in breakout rooms on Zoom. An exception may be made if a volunteer has a California Teaching Credential. Please email me directly with any questions: [nrichard@sandi.net](mailto:nrichard@sandi.net).

Parents are invited to reach out to classroom teachers directly if they would like to support teachers in creating materials or other items for distribution. We want to acknowledge that during this time of online learning, you are already volunteering your time and energy as you ensure your child is following the classroom schedule, completing assignments and participating fully in the Zoom sessions.

When we do return to campus, we will follow normal District protocol, requiring all volunteers to complete the volunteer form and provide results of a negative TB test.

For your information, you can read about these District volunteer procedures:

<https://sandiegounified.org/cms/one.aspx?portalId=27732478&pageId=28189079>

**What are the criteria for reopening, and what is the District doing to prepare?**

San Diego Unified has accepted the metrics published by the UCSD Collaborative as necessary for return to the school site. Please find details on these links: [https://ab97ac17-7c7a-4355-b79e-c8e326dd67a2.filesusr.com/ugd/d0f64c\\_1b69fdd31fad426296956ff9f6350a7c.pdf](https://ab97ac17-7c7a-4355-b79e-c8e326dd67a2.filesusr.com/ugd/d0f64c_1b69fdd31fad426296956ff9f6350a7c.pdf)  
[https://www.sandiegounified.org/about/newscenter/district/new\\_standards\\_to\\_protect\\_community](https://www.sandiegounified.org/about/newscenter/district/new_standards_to_protect_community)

In addition, District personnel to our October 15, 2020 La Jolla Cluster meeting to further address parents safety and preparation questions. During the recent air conditioning renovations, **MERV 8 filters were exclusively installed.**

To prepare for the return of students to school, the District has taken the following action steps:

- Providing Personal Protective Equipment to School Sites
- Supplying Desk Shields
- Implementing Daily Disinfection Procedures
- Reviewing Ventilation
- Limiting Campus Access
- Implementing Daily Screening Protocols
- Supporting Physical Distancing
- Providing Clean Hygiene Practices
- Ensuring Safe Transportation
- Ensuring Safe Meals Distribution
- Continuing to Collaborate with San Diego County and Public Health Agencies
- Partnering with UCSD Scientists for Recommendations for Return to Sites

**Upcoming Distribution Days**

Save these dates! Remember to reserve 10/30 and 12/4 as opportunities to “drive by” to say hello to teachers and pick up necessary materials for instruction.

**Technology Support**

I apologize for the inconvenience in advance, but we are no longer allowed to exchange non-working Chromebooks for working Chromebooks onsite. If your child has any technology issues, please see this Parent Support Website <http://bit.ly/sdusditsupport> for next steps.

\*\*\*Don't miss out on important information about TPES! Register on the Foundation page:

<https://www.tpesfoundation.org/register>

I appreciate all you are doing to support online learning and our students.

Have a wonderful week.

Ms. Richard

