



Lake Hiawatha Newsletter

January 2021



From The Main Office...

To ensure the safety of our students and clear communication, please see these notes below from our Main Office:

1. Please notify your child's Teacher, our Secretary, and Nurse by email, in writing, or on Genesis if your child is going to be:

- **Absent.**
- **Traveling. (Please note: Both remote learners as well as in-person students are responsible for notifying the Main Office of upcoming travel plans.)**
- **Moving to a new address.**
- **Leaving early from school.**
- **Late to school.**
- **Picked up by someone other than contacts listed on the Emergency Card.**

2. Please notify SKIP.

If your child attends SKIP in the AM or PM and will be absent, picked up early, or is traveling.

3. Please update Emergency Contacts in Genesis.

Please ensure that your emergency contacts are up to date and notify the Main Office of any changes immediately. Children will not be released to persons not listed as emergency contacts in Genesis without a written note or email.

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We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called *Opportunity* and its first chapter is New Year's Day.

EDITH LOVEJOY PIERCE

Social Emotional Learning Corner



Parenting has its challenges even during the best of times. During a pandemic? With hybrid instruction? And limited opportunities to venture out of your home? Now, that's really increasing the parental stress load.

As we move into the winter months, let's remember that we will be best equipped to handle the needs of our children and family if we are taking care of ourselves also. A recent article by Micera Keels in Educational Leadership (October 2020) highlights six categories of self-care:

Physical Self-Care: Taking care of your body by getting enough sleep, eating healthy foods, exercising, and seeing a health care provider regularly.

Emotional Self-Care: Surrounding yourself with positive supports, journaling, talking about your feelings to manage your emotions in a healthy way.

Social Self-Care: Engaging with the world around you through friendships, celebrating milestones, and belonging to groups and communities.

Cognitive Self-Care: Improving your mind through reading, writing, and learning new things.

Financial Self-Care: Responsibly saving and spending money, establishing plans for the financial future.

Spiritual Self-Care: Taking part in activities that bring perspective to your life, such as prayer, meditation, interacting with nature, or attending a house of worship.

Most of us work so hard to take care of others that we wear ourselves out. We burn our candle at both ends. Honor your own personal needs by attending to these critical categories of self-care. You cannot be your best self, best parent, best employee if personal wellness is not a priority.

Need special assistance? Our school guidance counselors are able to share resources with you. Additionally, <https://www.performcarenj.org/index.aspx> is the link to PerformCare, NJ Children's System of Care and contains supports for parents and caregivers.

