



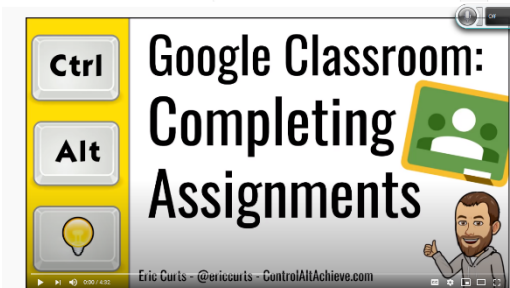
Lion e-Roar

October 16, 2020

Perfect Attendance This Week CONGRATULATIONS to.....

Carr - 10/13, 10/15, 10/16
Christensen - 10/12, 10/13, 10/14, 10/16
Crawford - 10/12, 10/13, 10/14
Lafayette - 10/12, 10/14, 10/15
Lewis - 10/12, 10/13, 10/14, 10/16
Hambro - 10/15, 10/16
O'Hara - 10/14, 10/15, 10/16

PARENT RESOURCES:



Google Classroom Tip –

How to check Students Completed Assignments.

<https://www.youtube.com/watch?v=N9rWfgFVAEg>

Remember ...211

Need a resource of any kind? Call 211.

Earthquake Preparedness

October 15, was International ShakeOut Day. This is a great time to talk as a family about what to do if an earthquake or fire occurred when you are at home. Below is the drill we would have practiced at school this past week if students were on campus.



- **Drop:** Wherever you are, drop onto your hands and knees. This position helps keep you from being knocked down, and allows you to crawl to shelter.
- **Cover:** With one arm and hand, cover your head and neck. If there is a nearby desk or table, crawl under it for shelter. If there's no shelter, crawl next to an interior wall away from windows.
- **Hold On:** If you're under shelter, hold onto it with one hand. If there's no shelter, hold on to your head and neck with both arms and hands.

HERE ARE SOME TIPS ON HOW TO PREPARE YOUR HOME

Prepare and protect your home **BEFORE** an earthquake. Decrease your risk of damage and injury from an earthquake by identifying possible home hazards. Complete your earthquake plan by identifying and securing the following hazards:

- Tall, heavy furniture that could topple, such as bookcases, china cabinets, or modular wall units.
- Water heaters that are not up to California code could rupture.
- Stoves and appliances that could move enough to rupture gas or electrical lines.
- Hanging plants in heavy pots that could swing free of hooks.
- Heavy picture frames or mirrors over a bed.
- Latches on kitchen cabinets or other cabinets that will not hold the door closed during shaking.
- Breakables or heavy objects that are kept on high or open shelves.
- A masonry chimney that could crumble and fall through an unsupported roof into your home.
- Flammable liquids, such as painting or cleaning products, which would be safer in a garage or outside in a shed.

Ready for Lunch?

Lunch is ready for you to pick up daily between 11:30-12:30 M-F at HELUS drive through. No reservations or preorders required. Students receive a hearty, healthy, nutritious lunch and breakfast free.

IT Help

Need tech support? Email it@heluesd.org

Planning Ahead...

October 23 – End of 1st Academic Quarter
October 30 – eReport Cards will be emailed out
November 3-5 — Minimum Days, Parent Teacher Conferences
November 11 – No School, Veterans Day
November 23 -27 — No School, Thanksgiving Holiday