

# Perfect Attendance This Week CONGRATULATIONS to......

Carr - 10/20, 10/21, 10/22 Christensen- 10/19, 10/21, 10/22 Crawford 10/21 Lafayette-- 10/19, 10/20, 10/21, 10/22 Lewis- 10/19, 10/20, 10/22 Hambro - 10/19, 10/21, 10/22 O'Hara-10/19, 10/20, 10/21

### **PARENT RESOURCES:**

**Free Parenting Webinars** 





#### **Supporting virtual Instruction**, October 27, 9:00-10:30 am, Register https://us02web.zoom.us/webinar/register/WN p5 6S4E0S2qdj7c9kNCOOg

Virtual instruction comes with its own set of challenges, but there are useful strategies that can reduce tension and help maintain the connection between home and school. This webinar will provide families with methods for setting up schedules and routines that support distance and hybrid learning.

## Breaking the Patterns of Anxiety, October 28, 11:00-1:00 pm Register –

<u>https://us02web.zoom.us/webinar/register/WN\_BIJVj8LBSPWRaIFAROQdZA</u> Looking for ways to stop your child's worry cycle? In this webinar, you will learn the role you play as a parent in your child's mental health as well as tips, tools, and language to use in order to break the patterns of anxiety in your home.

## The Washington DC Trip

Interested and just want more information before deciding? Please contact Mrs. Lafayette at <u>tlafayette@heluesd.org</u>

### **HELUS Lunch Program**

The US Department of Education extended the free lunch for all program through June 2021. Yahoo! If you haven't tried the lunch program come on by HELUS drive through between 11:30-12:30 M-F. No reservations or call ahead orders needed.

### <u>IT Help</u>

Need tech support? Email it@heluesd.org

### Planning Ahead...

October 23 – End of 1<sup>st</sup> Academic Quarter October 30 – eReport Cards will be emailed out November 2-13 PTA Virtual Scholastic Book Fair November 3-5 — Minimum Days, Parent Teacher Conferences November 10 – Board Meeting November 11 – No School, Veterans Day November 23 -27 — No School, Thanksgiving Holiday December 8 – Board Meeting December 21 – January 8 Winter Break January 12 – Board Meeting January 18 – No School, Martin Luther King Jr. Day January 29 – End of 2<sup>nd</sup> Academic Quarter

