



**Lion's e-Roar**  
**November 20, 2020**



**Thankful...** Thanksgiving is a time to express gratitude for things and people you are thankful for. I'd like to express my thanks for the wonderful students, parents and staff at HELUS. I am blessed to be in such a beautiful area with such wonderful caring people. Thank you for all you do! HELUS is an outstanding school district and I am proud to be your principal/superintendent. **On behalf of the HELUS staff and Board of Trustees, we wish you and your family a safe and Happy Thanksgiving!**

**PERFECT ATTENDANCE This Week CONGRATULATIONS to.....**

- Carr-Knudson - 11/16, 11/17, 11/18
- Christensen - 11/16, 11/17 11/18, 11/19, 11/20 Yahoo! Perfect Attendance!
- Crawford - 11/16, 11/17, 11/18
- Hambro - 11/17, 11/18, 11/19
- Lafayette - 11/16, 11/17
- Lewis - 11/16, 11/18
- O'Hara - 11/16

**PARENT RESOURCES**

**Social Dance for Social Distancing - Conga Kids: Dance Break!!** is a **no-cost** opportunity for students and families. Developed with student's **social-and-emotional wellness** in mind, this series includes TEN 10-minute, PE & VAPA standards-aligned lessons designed to give students a fun and active break in their distance-learning day. Including short explorations of Afro-diasporic dance styles like **Samba, Salsa, Hip-Hop**, and more, you can choose when and how often to use "Conga Kids: Dance Break!!" in their digital classroom. Interested in a no-cost opportunity? Sign up [HERE](#). Access is available through 2020.

**Free Grocery Distribution Event** hosted by Los Angeles County and the City of Lancaster next week at Deputy Pierre W. Bain Park/Eastside Pool. The groceries will be distributed 9 a.m. to noon Tuesday, Nov. 24, at the park, 45045 Fifth St. East. There are no eligibility restrictions or reservations required; the groceries are available to everyone. Line-up begins at 8:30 a.m. Recipients will stay in their vehicles while the groceries are loaded by workers and are asked to wear facemasks. No walk-ups will be permitted. The groceries will be provided by the Los Angeles Regional Food Bank. The distribution event will be hosted by Los Angeles County Board of Supervisors Chair Kathryn Barger, the City of Lancaster, the Los Angeles County Library, the Los Angeles County Department of Beaches and Harbors, and the Los Angeles County Department of Parks and Recreation, whose employees will staff the event. This will be Los Angeles County's fourth grocery distribution in the Antelope Valley in partnership with the Los Angeles Regional Food Bank since the start of the COVID 19 pandemic. Grocery distribution events were held in May in Littlerock and Lake Los Angeles, and in September in Quartz Hill.



**Keep Learning California** Get resources for families to keep your children learning while staying safe.  
<http://keeplearningca.org/> Watch the quick video overview of distance learning terminology.  
<https://youtu.be/GUq73Xvd-iQ>

**New Location for School Lunch Drive-Thru:** When we return from Thanksgiving break, drive-thru lunches will be picked up at the top of the driveway near room 6. The lunch staff will be working out of rm 6 because of the weather. Parents are to stay in your vehicles and the lunch staff will deliver lunches to you.

**IT Help**

Need tech support? Email [it@heluesd.org](mailto:it@heluesd.org)

**Planning Ahead...**

- November 23 -27 — No School, Thanksgiving Holiday
- December 8 – Board Meeting
- December 17 - Virtual HELUS Holiday Presentation Release in lieu of the Holiday Program
- 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

