



Grannemann News

October 19, 2020 Edition



Principal News

by Dr. Tiffany Patton

I would like to take a moment and publicly thank the Grannemann Elementary staff for the MOST amazing Bosses Day I have EVER HAD! Having the opportunity to work with such dedicated and hard working people everyday is the best gift any leader could have!

I would like to remind everyone that parent/teacher conferences will be October 23rd from 9:00am - 4:00pm and October 30th from 11:00am - 6:00pm. Please be sure to respond to the google form to schedule a conference time with your child's teacher.

I hope you saw our NEW school logo at the top of the page! We will be working with a local business to make t-shirts available to our school community for purchase.

As a reminder, our Grannemnn Virtual Yoga is on Monday's and Wednesday's Please join us at 4:00pm with our teacher Andrea:

[Yoga for Grannemann - Monday 10/19](#)

[Yoga for Grannemann - Wednesday 10/21](#)

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SOCIAL EMOTIONAL

by SES Team

How to support self-regulation in children at Home

Self-regulation involves a set of skills that allow us to manage our big emotions and think before we act. Here are some pointers for how you can support the development of regulation skills in children at home.

- **Manage your own stress.** Get your own needs met so that you can support children and be a positive role model. (Grannemann Family Virtual Yoga on Mondays and Wednesdays from 4 pm -4:30 pm.
- **Keep the end goal in mind.** The end goal is not to simply decrease children's challenging behavior. We want to teach skills. When children learn how to cope with stress, their behavior will improve.
- **Stay calm and model self-regulation.** Remember that when children are reacting in the moment, they are in survival mode. Do not try to talk to them

because they cannot respond to logic or reason. Instead, stay calm, show empathy, help them become self-aware, and guide them through sensory experiences and calming strategies.

- **Be supportive and encouraging.** Help children feel cared about, valued, and understood as they learn to regulate. Show genuine interest and engage with them as a coach and mentor.
- **Collaborate and make learning about regulation fun.** Be creative when helping children develop, practice, and adapt coping strategies toward regulation. Listen to their ideas. Talk about 'learning to regulate' in ways they can understand.
- **Expand their vocabulary.** Talk to children about their feelings using Zones of Regulations. Remind them to use their Toolbox of strategies.
- **Enhance their self-awareness to help them self-monitor.** Help children rate their emotions and energy reserve on a

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scale from 1 (low) to 5 (high). Help them identify strategies to calm.

- **Help them develop a toolbox of coping strategies to use when dysregulated.**

The idea is to help children stop in the moment - stay calm and think - and not act on their big emotions.

- Mental break (e.g., book, music, coloring, creativity, hobbies, games, movies)
- Physical break (e.g., dance, sports, walk, stretch)
- Spiritual break (e.g., yoga, meditation, mantra)
- Sensory experience (e.g., sound, taste, touch, movement)
- Grounding activity (e.g., deep breathing, slow counting, visual imagery)
- Positive self-talk (e.g., affirmations)
- Social support (e.g., ask for help, connect with a friend/ parent)

PARENT RESOURCES

by Ms. Jillian O'Brien, MA LPC

Playing Through a Pandemic

“Play gives children the chance to practice what they are learning.”- Mr. Fred Rogers

Children need the time and space to be able to play freely. Allowing children to play and to use their imagination helps the children to work through problems on their own, to practice what they are learning in school, and to understand and work through emotions that they don't have the language for yet. Playing during this pandemic may seem different from play before. Themes of the children's play may appear as disorganized, stressful, and destructive. There are ways that you can help children work through these themes and develop the emotional understanding and language that they need to mature.

- Allow the child to play the way that they need to (unless it is harming themselves, other people or property)
- Use “I wonder” statements in regards to what you are noticing in their play in order to get children thinking about the emotions underneath. (i.e.: “I see that those people keep falling off the tower, I wonder how they must be feeling.” “I see that those cars keep running into each other really fast. I wonder what is making them go so fast.”
- Make suggestions or give choices in play. (i.e.: “Wow that tower just got torn

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down, do you think we could rebuild it or make something new?")

· Don't shame in play. Children are using play to explore feelings, ideas, and thoughts. If something is inappropriate, help them to learn an appropriate way to express that. (i.e.: "Oh, I see you hitting your doll when you get really upset. You would feel bad if someone hit you. Why don't we squeeze our pillow tight for a minute until we feel calmer.")

· If play is consistently unproductive, violent, or repetitive it may show signs that children are stuck in whatever they are trying to work through. Reach out to your LFCS School Based Therapist, school counselor, or administrator for further suggestions.

HEALTH

by Nurse Souders

Hello to all parents and guardians:

With the uncertainties of when our kiddos will be returning to school face to face, we would like to be ready for when this day comes. Please check your child's immunization record and make sure he/she is up to date on all immunizations. If your child does not have all required immunizations, they will not be allowed to return to school until complete. If you have any questions please reach out to your school nurse.

SOCIAL WORKER

By Antwaun Chambers

Christmas Assistance Application

Online ONLY for St. Louis City and County:

October 2020 until all slots are filled

October 1-30 or until all slots are filled Families with children 12 and under may apply for Angel Tree/Toy Town online at

www.saangeltree.org (no invitation code required)

October 8-30 or until all slots are filled

All others may apply online for General Holiday Assistance at www.salarmymidland.org

Required Documentation to Upload

- ❖ Photo ID for Head of Household
- ❖ Date of Birth document for children 12 and under (birth certificate, letter from school etc.)
- ❖ Proof of address
- ❖ Proof of monthly household income

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CHARACTER FOCUS FOR WEEK OF 10/19/20

Gratitude

Eagles show Gratitude by:

- Really listening to what others have to say
- Give out compliments
- Be thoughtful of others
- Always say thank you

EAGLES OF THE WEEK

CONGRATULATIONS TO OUR
SUPER EAGLES OF THE WEEK FOR
10/12/20 !!!

Check the link below to see who they are:

[Eagles of the Week for 10/12/20](#)

EAGLE BIRTHDAYS



Please join us in
wishing the following
Eagles a very
**HAPPY
BIRTHDAY!**

[Week of 10/12/20 Birthdays](#)

[Week of 10/19/20 Birthdays](#)

YOGA POSE OF THE WEEK: Child's Pose



Sit back on the heels and slowly bring the forehead down in front of the knees. Rest the arms alongside the body.

This peaceful pose gently stretches the hips and thighs and helps calm your kid's mind.

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