



Grannemann News

October 26, 2020 Edition



Principal News

by Dr. Tiffany Patton

This week marks the second quarter of virtual learning! There is a lot happening this week and much to share! Parent teacher conferences are Friday, October 30th - please make sure you have signed up for a time with your child's teacher. Also this week is RED RIBBON WEEK! Each day of the celebration students are asked to show school spirit and support for Saying NO to Drugs! Please see the announcement posted in your child's google classroom to know what the theme will be for each day.

Starting next week, the week of November 2nd, we will begin distribution of 2nd quarter learning materials for students. The hours are:

Mon., Wed., Fri: 9am - 4pm

Tues and Thurs: 3pm - 6pm

Please be sure to visit the school during these hours to pick up math manipulatives, learning resources, and workbooks for students.



Please send pictures to Ms. Collins email @ Jrobinson@hazelwoodschoools.org with your students' name so we can share on Grannemann's Social Media. #GRA2020RedRibbonWeek

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SOCIAL EMOTIONAL

Stress Management Tips

People can learn to manage stress and lead happier, healthier lives. Here are some tips to help you keep stress at bay.

- Keep a positive attitude.
- Accept that there are events that you cannot control.
- Be assertive instead of aggressive. Assert your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.
- Learn and practice relaxation techniques; try meditation, yoga, or tai-chi for stress management.
- Exercise regularly. Your body can fight stress better when it is fit. (**ATTEND GRANNEMANN YOGA MON/WED AT 4:00P**)
- Eat healthy, well-balanced meals.
- Learn to manage your time more effectively.
- Set limits appropriately and learn to say no.

- Make time for hobbies, interests, and relaxation.
- Get enough rest and sleep. Your body needs time to recover from stressful events.

PARENT RESOURCES

Leaving the Red Zone: Helping Your Child With Anger Management

By: Ms. Jillian O'Brien, MA LPC

Learning to manage anger can be a difficult thing to do for many children. When your child is in the “red zone” of anger, there are several things that you can do to help them out of it.

- Distinguish between the feeling and the behavior. Help your child understand that feeling angry is natural and ok. Acting out as angry can be harmful to them or to others. Normalize the feeling of anger, and help them to verbalize that in a healthy manner instead of acting out aggressively.
- Help your child to learn healthy ways to deal with and express anger. Find ways together that works to help decrease the anger feeling and lessen the aggressive behavior. It could be deep breathing, taking a break, listening to calming music, coloring, or even taking a walk.

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- Be a good role model. Children learn from their parents. Model the behavior that you would like them to practice. Realize also that we are all human and make mistakes. If you as the parent have a time where you act out your anger in an unhealthy manner, then come back later and talk to your child about it. It is ok to tell them, "I messed up. Next time I will try to take a deep breath and not yell."

- Set clear expectations with your child. Help them to understand before they are angry what behavior is acceptable and what is not. Also, help them to understand the expectations of school or other social spaces. The more your child knows of the expectations ahead of time, the more they can practice those expectations.

- Use easy words or phrases to trigger the use of healthy coping skills. When a child is feeling angry and starts to act out aggressively, then they need help to remember to use and practice the coping skills that they could be using instead. Saying something like, "Let's take a deep breath together." Or "I see that you are feeling angry, how can I help you?"

If your child struggles with being in the "red zone" frequently, and you need more thoughts on how to help and support them, reach out to Ms. O'Brien, LFCS School Based Therapist for resources.

HEALTH

by Nurse Souders

Proper Way to Wear a Mask

1. Cover the nose and mouth entirely

2. Do not touch while **wearing**, as contamination **can** occur.

3. Once the **mask** is on, make sure they are able to breathe effectively. When it's ready to be removed, make sure it's removed by the straps or ties

4. Do not switch masks with another person, keep your own mask.

Let's All be Safe!

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 10/26/20

Cooperation

Eagles show cooperation by:

- working together
- Agreeing to compromise
- Actively listen to one another
- Showing respect for others by taking turns when playing a game
- Showing a willingness to do more than is expected

EAGLES OF THE WEEK

CONGRATULATIONS TO OUR
SUPER EAGLES OF THE WEEK FOR
10/19/20!

Check the link below to see who they are:

[Eagles of the Week for
10/19/20](#)

EAGLE BIRTHDAYS



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

[Week of 10/26/20 Birthdays](#)

YOGA POSE OF THE WEEK: Child's Pose



They can either enter this pose by rising up from their hands and knees or by bending forward and placing their palms on the ground, then stepping back to create an upside-down V shape with their butts in the air. In addition to stretching, this pose also energizes them. Plus, they'll get a kick out of the upside-down view.

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