



Grannemann News

October 13, 2020 Edition



Principal News

by Dr. Tiffany Patton

Welcome to another week! To try and streamline communications, it is my goal to send out one email per week with all the information you need for the week included. This week is our Virtual Feedback Forum where we will review the results of our survey. Thank you to every parent who took the time to complete the survey, YOU ARE APPRECIATED :)! Report cards are being completed this week. Please ensure your students have submitted all of their assignments. We will review how to check

for missing work during the forum tonight and will also send out a video for those who were not able to attend. Parent teacher conferences will be October 23rd and October 30th. Your child's teacher will send a sign-up sheet to you soon . I look forward to seeing you tonight! - Dr. Patton

Virtual Learning Parent Feedback Forum TONIGHT!

***When: Tuesday, October 13th at
6:00pm***

<https://zoom.us/j/92949025579?pwd=RGROZ3A5bEI6SEFMWIZCSndmN0RzUT09>

Meeting ID: 929 4902 5579

Passcode: 302834

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SOCIAL EMOTIONAL

by SES Team

Grannemann Parent are you looking for ways to help your child Self-Regulate? If so, here is an activity that you can use to support your child at home.

DAILY ZONE CHECK-IN: Ask your child the following question in the morning, afternoon, and evening before bed:

1. "What Zone are you in?"
2. "Why are you in this zone?"

If they are in the BLUE, YELLOW, or RED ZONE, ask:

3. What strategy or tool can you use to get to the GREEN ZONE? (Then practice the strategy/tool)

POSSIBLE STRATEGIES/TOOLS: Breathing techniques, counting to ten, reading a book, taking a short walk, playing with play-doh/kinetic sand, blowing bubbles, exercise, listening to soft music. Etc.

WHAT ARE THE ZONES?

There are four zones to describe how your brain and body feel.

BLUE Zone – Your body is running slow, such as when you are tired, sick, sad, or bored.

GREEN Zone – Like a green light, you are "good to go." Your body may feel happy, calm, and focused.

YELLOW Zone – This zone describes when you start to lose control, such as when you are frustrated, anxious, worried, silly, or surprised. Use caution when you are in this zone.

RED Zone – This zone is for extreme emotions such as anger, terror, and aggression. When you are in this zone, you are out of control, have trouble making good decisions, and must STOP!

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PARENT RESOURCES

by Ms. Jillian O'Brien, MA LPC

Spotting Signs That Your Child is Struggling Mentally with Virtual Learning

As we get farther into this school year, it is going to be even more important to check on our children's mental and emotional needs. Determining if moodiness that you are seeing is due to a mental struggle or just typical child behavior can be difficult. Here are some things to watch for with your child to determine if they need outside help.

- Loses confidence in themselves.
- Shows and expresses excessive worry about the future.
- Loses interest in friends or activities that previously were joyful for them.
- Significant change in sleep habits. (begins excessively sleeping or struggles with new insomnia)
- Begins using self-destructive behaviors or self-harm such as hair-pulling, skin-picking, cutting.
- Struggles with behaviors in multiple areas such as home and school.
- Behavior begins to regress in ways such as bed-wetting, temper tantrums, separation anxiety, whining.

If you begin to notice these signs in your child, please reach out to Ms. O'Brien, the school based therapist at Grannemann, the school

counselor, your child's teacher, or administration. We are all here to help you and your child in any way we can.

HEALTH

by Nurse Souders

Free Eye Exams & Glasses

Eye Thrive Mobile Vision Clinic will offer free eye exams and glasses at four library locations this fall.

Eye exams will be administered starting at 9:00 am at each of the dates and locations listed below.

Capacity is limited to 15 eye exams per day. Line numbers will be assigned based on the order of arrival, first come first served basis.

Any child age 4-grade 12 is eligible for an exam and glasses.

Lewis & Clark-October 12-14

Indian Trails-October 19-21

Florissant Valley-October 26-28

Jamestown Bluffs-November 2 and 4

Any questions please call (314) 736-1400

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SOCIAL WORKER

By Antwaun Chambers

Weekend Backpack Food Program

This program is intended to discreetly provide nourishing, child-friendly, easy-to-prepare food to hungry elementary-aged school children in “every-day” backpacks to take home on the weekends. The list below shows some of the benefits children receive in addition to relieving their hunger:

- Eases their anxieties
- Reduces absenteeism
- Improves attention span
- Raises academic performance
- Increases self esteem

Contacts:

Ron Kurtz 636-234-6335

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CHARACTER FOCUS

FOR WEEK OF 10/5/20

COURAGE

Eagles show Courage by:

- Master new skills and persist in the face of frustration.
- Refuse to go along with the crowd when the crowd is doing something wrong
- Stand up to peer pressure,
- Standing up for what you believe is right

EAGLES OF THE WEEK

CONGRATULATIONS TO OUR
SUPER EAGLES OF THE WEEK
FOR 9/28/20 and 10/5/20!!!

Check the link below to see who they
are:

[Eagle of the Week 10/5/20](#)

[Eagle of the Week 9/28/20](#)

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