

April 6, 2020

Dear Parents,

Good morning! As we enter the third week of on-line schooling I hope you are finding peace and happiness in your present situation. I know that we are in the midst of challenging times, and not just in education, but on many levels and I want you to know I appreciate your persistence, patience, hard work and love for your child. I can promise all of you that when we met as a staff in August we didn't expect this to be the way our school year would go. Although this situation is far from ideal, I do hope you can find the silver lining in these dark clouds. My days are spent in front of the computer attending meetings with staff, problem solving via email, or taking part in conference calls to determine the next best course of action. However, my evenings are spent with my wife and kids and I'm truly enjoying time together as a family. This has been my silver lining.

As our on-line format continues to evolve, I'm happy to see many staff communicating with you through many different platforms. With a large span of ages (5-11 year old's) differentiation is a necessary component. Unfortunately, not all families have internet access so packet learning becomes a necessary educational component. Staff is working hard to communicate on-line via emails, class dojo, remind, and other educational apps to hopefully make learning a little more accessible and convenient. Students have access to lexia and dreambox as another teaching component. It can be a hard balance between Kindergarten through 4th grade in determining the right amount of screen time balanced with traditional pencil and paper methods. I have also sat in on a number of on-line read alouds and teachers teaching lessons the last few weeks. As we continue to determine best methods, I'm grateful for supportive parents and persistent teachers. I applaud you for embracing this true partnership in education.

On Tuesday and Wednesday our staff participated in a "teacher parade." I want to thank those staff members who worked tirelessly to organize this event. You all did a wonderful job and it was refreshing to see the smiles on children's faces as they were given the opportunity to re-connect with their teacher. I also want to thank the parents for your participation in this event. During a time when mental health issues can become problematic I do think events such as these can help people feel better about their current situation. I also need to say thank you for making sure your students followed the CDC guidelines that have been set forth. The expectation of not approaching staff, or each other, is important. It's hard to wrap your mind around the concept of staying 6 feet away from your friends but it is the times we live in.

In summary, thank you for all of your hard work. The phrase, "this too shall pass," is something I've said to myself repeatedly. I look forward to seeing all of you again.

Sincerely,

Ethan

PHYSICAL EDUCATION:

K-4 WARM UP - 10 jumping jacks, 10 mountain climbers, 8 sit ups, 8 pushups, 6 burpees, 2 - 30 second planks. WITH AN ADULT or WITH PERMISSION run 3 laps around the outside of your house or apartment.

REVEIW - 2nd, 3rd and 4th grade students try to teach a parent or sibling where the following muscles are: calf, quadricep, hamstring and deltoid.

GAME - Find a deck of cards or a set of dice and play war. After each round the loser has to do 5 of whatever exercise you choose.

Patrick Gatzke

Piedmont Valley Elementary

Physical Education K-4

Head MS Basketball - SWMS

Assistant Varsity Track – SBHS

NOTES FROM THE COUNSELOR:

Hello PVE families!

During these uncertain times, many families are feeling anxious and on edge. For kids, though, this can be an especially scary, confusing, and overwhelming time. Here are some suggestions and tips for parents and caregivers to help children cope with COVID-19.

Keep calm.

These trying times can be very overwhelming and stressful for everyone, including kids. They pick up on everything from the adult conversations around them to the information they encounter on social media and from peers, so it's important to be a good role model.

Remember that panic only creates more panic. If you are afraid, it's important that you work through your anxiety so that you do not further escalate your child's worries. And remember, kids do not learn well when they are feeling stressed.

Listen and be supportive.

Being a good listener is key. Let them raise and share their own concerns. Reflect on and validate their feelings. It's okay to say, "I'm feeling a little worried too, but we will take care of ourselves and get through this." It's important to meet children where they are and to answer their questions and to address their concerns. Help children communicate their feelings and remind them that it's okay to feel sad, mad, afraid, or confused.

Be honest and accurate.

Information is useful, but too much information can have the reverse effect. Talking about the facts that we know helps to relieve anxiety. And, most importantly, be honest and accurate but not gloomy.

Emphasize safety.

Reassure kids that they are safe. Teachers, doctors, and scientists across the country are working on this and doing everything possible to protect us and keep us safe. And focus on all the other caring adults around them who are working to keep them safe.

Encourage healthy habits.

All of the things we know as adults—eating healthy, mindfulness activities, and getting plenty of sleep—are important to practice at home, not only during school closures but every day. Give kids instructions on how to stay safe and healthy. All school districts share pointers for healthy habits so use your school’s website as a valuable resource for this. Lastly, regularly review and model basic hygiene and health practices for protection.

Limit social media.

Your kids might be scared of things they’ve heard or seen on television or social media. Monitor and limit social media and screen time to prevent children from becoming oversaturated with frightening messages. Instead, do fun things, if possible.

Enjoy quality time together.

Above all, engage in enjoyable activities together. Some activities to do at home as a family include: reading books together, doing puzzles, building forts, going for walks, painting, playing with Legos. Simply put, just spend time together. While this is a scary time, it could very well be remembered as one of their best childhood memories. And, above all, remember to always give children choices whenever possible.

Source:

<https://www.warner.rochester.edu/newsevents/story/2565>

Heidi Kraft
School Counselor
Piedmont Valley Elementary (PVE)/Meade School District
Phone: 605-787-5295
Fax: 605-787-5954

Computer Expectations

April 6-9, 2020

Grades Kindergarten – 3rd Grade:

Since we are working on our Internet Safety unit starting with Brainpop Jr. last week, this week I would like all K-3 students to click on the following

link: <https://www.missingkids.org/netsmartz/videos#elementary> (If the link does not work, please go to [netsmartzkids.org](https://www.missingkids.org/netsmartzkids.org), click on videos, then elementary.)

This link should take you to netsmartzkids.org elementary videos about being safe online. Please, for this week, watch the first two Episodes of “Into the Cloud”. The first one is called “Enter Badromeda” After watching this episode, please share with your parent/guardian who the main characters are in this video, where they ended up and what they were trying to do once they got there.

4th Grade:

Since we are working on our internet safety unit, I have some videos I want you to watch on netsmartz.org. These videos are actually for teen agers, but I want you to watch them WITH AN ADULT, either your parent or guardian preferably. Click on the following link:<https://www.missingkids.org/netsmartz/videos#middleandhighschool> (If this link does not work, please go to netsmartz.org, click on videos, then on middle and high school.)

After watching the video called “Friend or Fake”, discuss the video with an adult answering the following question: How do you know if those you meet online are really who they say they are? Once you have answered that question and discussed that video, please go to the second video called “Mike-Tosis” and discuss why it is important to be careful how and what you share with others especially online.

If any of you would like to email me with your answers, that would be super. Please email me at:

lila.scandrett@k12.sd.us.

Thank you and enjoy your week.

Thank you. Be safe!!

*Lila Scandrett
Computer Teacher K-6
Piedmont Valley Elementary
lila.scandrett@k12.sd.us*

Ms. Pickford, Music: Week of 4/6

All students:

- Please watch YouTube video called *Ms. Pickford Plays Flute*. The link is below or it will be posted on the PTA page on Facebook as well. Follow the directions that I give you in the video: <https://youtu.be/hDpYK9045VA>

- You can start on this next project. We will continue this next week. Click the link below and directions/demonstrations will be provided on how to make an instrument out of a toilet paper roll: <https://www.youtube.com/watch?v=JLiflKfzJDQ>
 - *I really like her directions/demonstrations, but send your creations to my K12 email.*
- I will be starting to do Zoom meetings every Thursday. **Let me know if you are going to attend this week's meeting.** Click on the link or type in the ID & password to get to the zoom meeting. These are not required, but they are extra for students who want to work on assignment/s, ask questions, or to sing together.
 - **K= 10:00 – 10:25** Username ID: 298 659 770, Password: 093392
(<https://www.google.com/url?q=https%3A%2F%2Fzoom.us%2Fj%2F298659770%3Fpwd%3DSk4xQjh3ZVVvUnZpNVVuYnM3OTFoUT09>)
 - **1= 10:30 – 10:55** Username ID: 268 231 496, Password: 084371
(<https://www.google.com/url?q=https%3A%2F%2Fzoom.us%2Fj%2F268231496%3Fpwd%3Db3lPcG1qNy9oa1MyMnBuMHUyVkrHUT09>)
 - **2= 11:00 – 11:25** Username ID: 262 671 356, Password: 029197
(<https://www.google.com/url?q=https%3A%2F%2Fzoom.us%2Fj%2F262671356%3Fpwd%3DQIM1MkxMQisrckdhSHJGYU1kNTVxUT09>)
 - **3= 11:30 – 11:55** Username ID: 797 010 552, Password: 094452
(<https://www.google.com/url?q=https%3A%2F%2Fzoom.us%2Fj%2F797010552%3Fpwd%3DOHNWejkwYy9Vb1NSbUFoblp6RTFuZz09>)
 - **4= 12:00 – 12:25** Username ID: 292 840 536, Password: 059416
(<https://www.google.com/url?q=https%3A%2F%2Fzoom.us%2Fj%2F292840536%3Fpwd%3DT2l4a3NHT1hLM21FUEp0ZVc4bmNXdz09>)
- If you need more to do, check out this website (link is below) of free sites for students to explore.
 - <https://sites.google.com/meadeschools.org/pve/music-time>
 - No login information is required for Music Play Online.

*Make sure to be saving those **toilet paper rolls** if you haven't been already and also **paper towel rolls**. 😊

* Continue to send me any scores or assignments through email. You may even take a picture or a video of student's work. If you have any questions or concerns, please do not hesitate to ask. I will do my best to check my email regularly and respond as soon as I can.

Missing ALL of you!

~Ms. Pickford

Anna.Pickford@k12.sd.us.