



# Hawk's Eye

Weekly News from Hope Elementary School

[hes.fivetowns.net](http://hes.fivetowns.net)

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## Upcoming Events for Your Calendar

Jan. 18<sup>th</sup> – No School (Martin Luther King, Jr. Day)  
Jan. 28<sup>th</sup> – 8<sup>th</sup> Grade Parent/Teacher conferences (via Zoom)  
Feb. 15<sup>th</sup> – 19<sup>th</sup> No School (February vacation)

*"You are braver than you  
believe, stronger than you  
seem, and smarter than you  
think."*

~Christopher Robin  
(A. A. Milne)



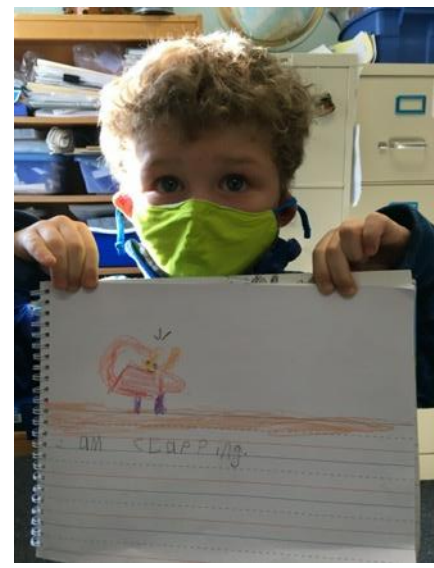
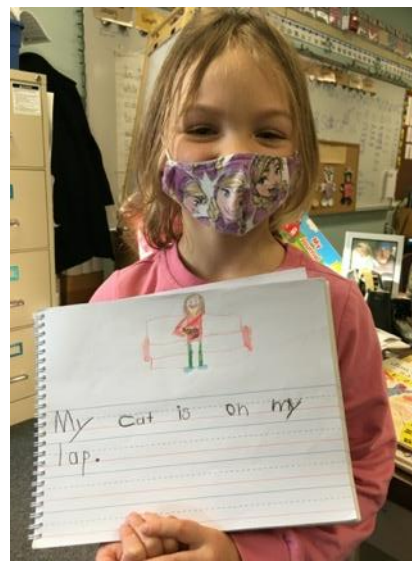
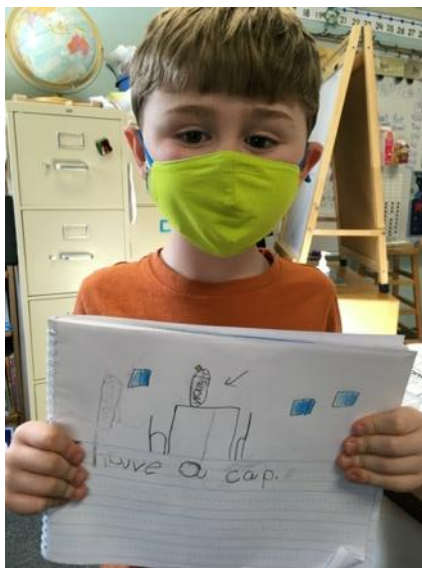
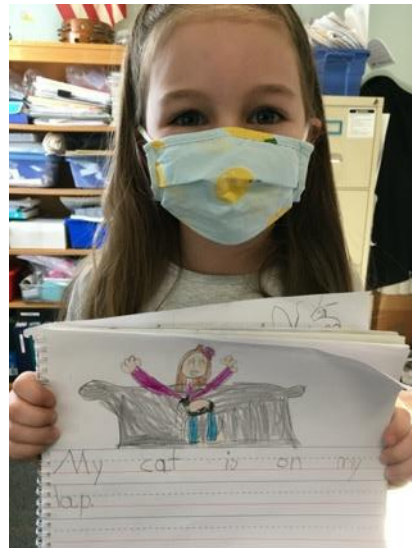
Check out [this Donors Choose project](#) from the HES middle school for Hokki chairs.



Kindergarten students use Lexia to practice phonics skills.



**Kindergarten students are learning word families. On this day, they were using “ap” words in their writing.**





### HES Menu

January 19<sup>th</sup> - January 22<sup>nd</sup>

MEALS ARE FREE FOR ALL STUDENTS

**Monday (1/18):** No School - Martin Luther King, Jr. Day

**Tuesday (1/19):** Cereal (Breakfast)

• Chicken Caesar Wrap (Lunch)

**Wednesday (1/20):** Muffins (Breakfast)

• Turkey Stew (Lunch)

**Thursday (1/21):** Parfait (Breakfast)

• Buffalo Chicken Wrap (Lunch)

**Friday (1/22):** Smoothies (Breakfast)

• Veggie Burger with Sweet Potato Fries (Lunch)

Lunch options include a choice of salad, bagel or sandwich of the day. Milk (regular or chocolate) or orange juice are available with all meals.



# WEEKEND MEAL

## an AIO Program

### Call for Open Enrollment

The Weekend Meal Program (WMP) is currently offering open enrollment to students in Knox County for the 2020-21 school year. Run by AIO in Rockland, this program aims to provide Knox County students with a bag of healthy, shelf-stable foods to bring home over the weekend.

Working in partnership with your child's school, WMP will deliver a meal kit every Friday to enrolled students. Families can expect varying menus each week and an assortment of nutritious, ready-to-eat or easy-to-prepare, child-appropriate items for breakfast, lunch, snack & dinner. There is no cost to families or schools to enroll. Simply fill out the permission form below and return to your child's school.

**If you would like to participate in this program**, please *check the permission box below*, sign and return this form to school. If you were participating in this program last year, you need to re-enroll by filling out this form.

For more information about AIO's programs, including food & energy assistance, please visit [www.aiofoodpantry.org](http://www.aiofoodpantry.org)

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### **AIO Weekend Meal Program (WMP)** Parental Permission Form / 2020-21 School Year

As a parent or guardian of \_\_\_\_\_ (please print clearly)

- ☐ I give permission for my child to be enrolled in AIO's Weekend Meal Program for the 2020-2021 school year. I understand that even if I have requested a nut-free bag, Weekend Meal Program cannot guarantee that meal kits are always nut-safe, and I should check labels and ingredients as necessary for my family.
- ☐ Our family requests a nut-free bag.

Printed Name \_\_\_\_\_ Relationship to child \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_



**Please return signed forms to Mrs. Cole in the office.**

## Building Positive Conditions for Learning at Home



### How You Can Create an Emotionally Safe Space

Safety exists in many forms, from physical safety to emotional and psychological safety. Your child's sense of safety, or lack thereof, can have a powerful effect on how and what your child learns. In this section, we will focus on:

- ☐ **Understanding physical and emotional safety:** what is it, why does it matter, and how can you make sure your home is safe for your child?
- ☐ **Using this information:** what strategies can help you create a safe space at home?
- ☐ **Things to look for:** what is normal and what may be a potential warning sign that something needs more attention?
- ☐ **Resources:** what materials should you consult to explore this topic in greater detail?

*As you read through [these resources](#), remember: Every family is different. Everyone's individual circumstances are different. Everyone brings their unique set of strengths to address life's challenges. The information we are sharing here is designed to be flexible and adapted in the ways that work best for you.*

### Understanding Physical and Emotional Safety

Physical safety—which includes preventing injury, protecting against violence from others or self-harm, and safeguarding against weapons and threats—is one of the most basic human needs. When someone does not feel safe, they will seek out ways to feel safe in their environment before they can attempt to meet any higher level of survival, like connecting with others or learning new skills.

Emotions trigger responses in our brain that affect how we feel and behave, and these emotions have a powerful effect on learning. For example, it is harder for us to learn when we are worried, angry, anxious, grieving, or humiliated because these emotions limit attention and concentration. When we feel emotionally safe—that is, when we feel calm, happy, and supported—our brains are better at taking in information, learning new things, and being productive.

## Building Positive Conditions for Learning at Home



### How You Can Help Your Child Actively Engage in Learning

Young people often think of homework as a chore, and now that all schoolwork is “homework,” that feeling might be intensified. However, learning at home can be more than drudgery for your child. This time at home can provide opportunities to learn in a new way—to spark interests, creativity, excitement, and fulfilling engagement. In this section, we will focus on:

- **Understanding what it means to be engaged in learning:** what is it and why does it matter?
- **Using this information:** what strategies can help your child actively engage and stay engaged in learning at home?
- **Things to look for:** what is normal and what may be a potential warning sign that something needs more attention?
- **Resources:** what can you consult to explore this topic in greater detail?

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#### Understanding Why It Is Important to Actively Engage in Learning

With learning, there are different kinds of engagement. When children are *behaviorally engaged*, they simply attend virtual classes and complete and submit their schoolwork. Given the varying degrees of change and trauma children are experiencing right now, this type of engagement alone is OK. It may be all that your child can do right now, and it is important to allow your child that freedom.

However, it's important to note that all people learn better when they are *actively* engaged in learning. When children are *actively* engaged, they are genuinely interested in and value what they are learning, and they can apply it beyond their lessons. Being *actively* and *emotionally* engaged helps young people to feel connected to their educational experience. This can help them to feel good about learning and themselves. Active engagement also can help motivate young people to do what is asked of them or even inspire them to want to learn more.

## Building Positive Conditions for Learning at Home



### How You Can Create a Supportive Space for Learning (Part 1: Emotional Support)

Support is when you know that someone “has your back.” When children and youth feel supported, they are more confident and can take on new challenges. Providing emotional support for your child has always been important, but this support is even more critical now that your child is learning in new ways and in new settings. In this section, we will focus on:

- ☐ **Understanding what it means to create a supportive learning environment:** what it is and why it matters
- ☐ **Using this information:** strategies that can help you provide *emotional* support at home
- ☐ **Things to look for:** what is normal and what may be a potential warning sign that something needs more attention
- ☐ **Resources:** materials you can consult to explore this topic in greater detail

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#### ABOUT THIS DOCUMENT

The support you provide to your child can take multiple forms, including:

- ☐ **Emotional support:** “This problem seems to be frustrating you, but I know that you can do this – let’s do it together this time.”
- ☐ **Learning support:** “You seem to be having trouble with that math problem, let’s figure out how to do it,” or “Click this button to submit your assignment to your teacher.”

This piece covers emotional support. A companion piece covers learning support. By using both parts together, you can create a supportive environment for learning at home.

## Building Positive Conditions for Learning at Home



### How You Can Create a Supportive Space for Learning (Part 2: Learning Support)

Young people develop in healthy ways when they experience a variety of support. This includes emotional support and support for learning. Providing this kind of technical support—that is, helping your child understand how to do their work—is even more critical now that you have shifted from parent to parent-educator, which likely requires more in-the-moment response and care from you. In this section, we will focus on:

- ☐ **Understanding what it means to create a supportive learning environment:** what it is and why it matters
- ☐ **Using this information:** strategies that can help you provide *learning* support at home
- ☐ **Things to look for:** what is normal and what may be a potential warning sign that something needs more attention
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