

4-24-20

Dear Spaulding Families,

We hope everyone had a quiet, restful and healthy April break. While it may have looked different from a typical April break, hopefully it provided an opportunity to relax and make some family memories. It is hard to believe next week will be the start of May.

Parade Video: Thank you to everyone that submitted videos and pictures of our wonderful staff parade. We have put together a video for everyone to enjoy. Please use this link to view the video that is posted on Spaulding's News Feed.
[Suffield Staff Parade](#)

Interactive Time with Teachers: This week all classroom teachers have made contact with students through live, interactive meetings or lessons. We have heard the children are very excited to see their classmates and teachers. These sessions will be primarily held through Google Meets. As we continue to have students using this platform we will increase our interactive time. The teachers will review with students expectations for participation and how to navigate being muted and unmuted. Please be in touch with your classroom teacher if there are any challenges with accessing the links they share. They can help determine needed next steps.

ACES Day: Wednesday May 6th is the annual All Children Exercise Simultaneously Day (ACES). While this yearly event is usually on our playground, filled with students, staff, and volunteers enjoying many physical activities organized by Mr. Bourgoin, we did not want to neglect this wonderful event even if we can't all be together on the playground. Mr. B is working hard to develop a fun time to celebrate ACES. He will be providing everyone with a physical activity for ten o'clock AM on Wednesday, May 6th. Stay tuned!

District Spirit Week: As we continue to work to stay connected as a whole school community the district has planned a Spirit week for next week. All of the Suffield Public Schools community is invited to participate in our District Spirit Week next week. You may have already seen the Facebook Challenge post identifying each day's theme:

- Monday - Favorite Book - take a picture of your children reading their favorite book
- Tuesday - Sidewalk/Driveway Chalk Art - What inspires you?
- Wednesday - Suffield Spirit Colors - pictures of families dressed in Suffield spirit clothes/colors
- Thursday - Spring Has Sprung - Take a picture with your favorite tree, flowers, mother nature
- Friday - Friendship Friday - take a picture with your pet

Post your pictures - it will be fun to see everyone, even if only in photos!

Mindfulness Corner: Hello Spaulding Families. This week's topic is incorporating self-care into your daily routines, and the importance of doing so. Obviously a very timely and necessary conversation during these challenging times.

As we are living in a time where there is much *out of our control*, it is important to invite your mind and heart to explore things you *can* control and help alleviate stress and anxiety. So what is something we can control? **Self-care**. We *can* control the amount of **self-care** we implement in our daily lives. Now let's be real, it can be easy to say, "I don't have time for self-care" and to only focus on the many other distractions or necessities you need to do to keep your home and family running, but the reality of it is if you don't keep yourself running, and your heart and mind at ease, it is simply impossible to wear all of the many other hats you need to wear.

As mentioned within the calming strategies Newsletter, there are several ways you can squeeze in a self-care moment even with all of the commotion that now surrounds the home. Dr. DeMichele and Mrs. Malanson would like to share a few ideas:

1. **Yoga** (i.e Free Yoga with Adrienne on Youtube: [Yoga video](#))
 - a. Yoga studios on Facebook such as West Hartford Yoga and Bloom Yoga and Wellness are providing free live yoga classes.
 - b. Cosmic Kids Yoga on Youtube [Cosmic Kids Link](#)
2. **Journaling** Working and supporting our children at home can often lead to more screen time on cell phones, devices, television, etc. Journaling offers a no screen time, self-reflection that can:
 - a. Reduce Stress

- b. Improve immune function
- c. Strengthen memory and improved cognitive functioning
- d. Boosts mood and overall social and emotional well-being
- e. Overall helps improve emotional functions such as stress management, anxiety, self-confidence, self-love, and creativity

3. **Daily Walk**

- 4. **Music.** Listen to a favorite song and **dance**. Turn it up, or put some earbuds in so you can enjoy your song.
- 5. **Indulge in a treat.** Schedule a **favorite meal** and truly enjoy it, guilt-free!
- 6. **Family Night with family videos or photos.** Going down memory lane can help with any sadness or longing that has increased since social distancing has kicked into gear.
- 7. Schedule **family facetime or zoom** visits. Play a game such as charades with family on FaceTime or Zoom.
- 8. **Be kind to yourself.** We are all doing the best we can to not only get through this, but also maintain a happy, and healthy home for ourselves and families. Take a deep breath, you are doing the best you can and this too shall pass.
- 9. Take a **break**. Walk away for a moment if you can. Make a cup of tea, move to a different room. Even if it is 5 minutes, give yourself a break. You deserve it.
- 10. Try a **creative** activity (coloring, drawing, write a song, make a scrapbook, etc). **Tap into your creative side and have fun with it.**

As always, Dr. DeMichele and Mrs. Malanson love to hear from our Spaulding families. Feel free to message us (BDeMichele@suffield.org & SMalanson@suffield.org) with a self-care activity you tried, or came up with that helped ease the day.

Be well.

Reminders:

- If your student is having technology problems with a school provided device, please use this [technology link](#) to make our technology department aware of the issue. This link is always available on the district website.
- Lunches/breakfasts will continue to be provided on the Monday, Wednesday, Friday schedule. You don't need to sign up again if you have already done so. If you have not previously signed up and would like to, please use the following link and fill out a form for each of your children. [food sign-up link](#).
- Our Class of 2033 Kindergarten Screenings scheduled for April 9, 22, and 23 have been cancelled. We will be in contact with our incoming kindergarten families in the future with revised plans. Please continue to submit registration paperwork to Jamie Neilson in our district's Central Office. If you have any questions regarding registration please contact Jamie at jneilson@suffield.org
- Class Placement 2020-2021 parent input letters must be received by Friday, May 1 (Please refer to the email sent to you on April 15 for specific information)
- ACES Day fun physical activity Wednesday, May 6, at 10 AM

We miss you all!



Sincerely
Roxanne and Kris