

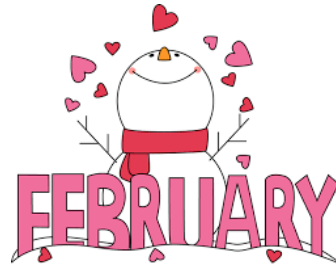


GLEN ELM COMMUNITY SCHOOL

FEBRUARY 2021

Important Dates:

- Feb. 1 – SCC DQ Order forms picked up from school
- Feb. 5 – Formal Friday (Dress in formal wear)
- Feb. 8-12 – Staff Appreciation Week
- Feb. 10 – Day 100
- Feb. 12 – Pink, Red, White Spirit Day
- Feb. 15 – 19 – February Break (No school for students)
- Feb. 23 – SCC meeting @ 6:00 pm
- Feb. 25 – Virtual Assembly – Love (Eagle)
- Feb. 26 – Mad About Plaid Spirit Day



Hello Glen Elm Families!! The month of January just flew by! We were so glad to have students back in the school after such a long break, and very proud of the students who did so well in online learning that first week back after Christmas holidays! Thank you to those of you who guided your children through the online process and helped with paper packages that went home. Your help made a difference in your child's learning.

SCC Fundraiser

A big *thank you* to those of you who sold cakes for our SCC DQ fundraiser! Student orders are being handed in today and the SCC will swing by on Monday to collect the forms and tally numbers. It sounds as though there were a good number of cakes sold so I am excited to see the final results! Whether you sold cakes or even just bought one for your family, we appreciate you supporting the SCC! *Thank you!!*♥

Teacher Appreciation Week

During the week of February 8 – 12th, we will be celebrating our wonderful Glen Elm Community School Staff. The theme this year is *Unsung Heroes* – which is truly a fitting theme for the year. Feel free to send your child's teacher or a staff member a kind note, have your child draw a picture, or even just a simple shout out via social media recognizing the many ways in which the Glen Elm Staff have worked with or helped your child. Thank you, in advance, to the SCC who is providing lunch for the staff on the 12th. I feel very grateful to work with such an incredible team.



Remember

IT'S OK TO ASK FOR HELP.
IT'S OK TO START AGAIN.
IT'S OK TO SAY NO.
IT'S OK TO REST.
IT'S OK TO LET GO.

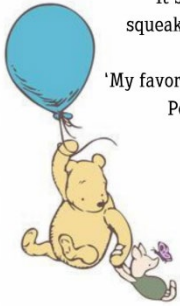
IT'S OK NOT TO BE OK.

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"What day is it?" asked
Winnie the Pooh.

'It's today,'
squeaked Piglet.

'My favorite day,' said
Pooh."



beyondtheblue

February Break

Just a reminder that February Break is the week of February 15th – 19th. There is no school for students during this week.

Mental Health and Wellness

With the challenges that we all have faced over the last year, taking every action to drive progress in mental health in our school community is of critical importance. Please be sure to take care of yourselves. Here are some suggestions from the Bell Let's Talk site on how to help take care of yourself:

Taking care of yourself is important to helping you cope with stress. Simple ways to take care of yourself include:

- ✓ Hearing about the pandemic repeatedly can be upsetting, so take breaks from watching, reading, or listening to news stories, including social media. When you do listen, choose credible sources of information.
- ✓ Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- ✓ Connect with others. Talk with people you trust about your concerns and how you are feeling and let those close to you, especially children, share their concerns and accept support.
- ✓ Maintain as normal a routine as possible, including engaging in activities you enjoy.
- ✓ Focus your energies on what you can control rather than worrying about what you can't. You can come up with a new hobby, talk to a friend or exercise but you cannot control when a vaccine will become available or when we will go back to business as usual.

Above all else, never be afraid, ashamed, or embarrassed to reach out to someone if you need help. We are here at the school if you need us and we can also direct you to agencies that can help you even further if needed. We are all in this together and need to look out for one another.

Thank you for being such a wonderful community to work with.

Sincerely,

Glen Elm Staff

SMALL ACTS OF KINDNESS

WWW.MISS-MENTAL.COM

LEAVE A POSITIVE NOTE FOR A STRANGER

WRITE A THANK YOU LETTER

COOK FOOD FOR SOMEONE

SHARE A BOOK YOU'VE READ

LET SOMEONE GO BEFORE YOU IN LINE

ASK IF YOU CAN BRING ANYTHING
FROM THE STORE

TELL SOMEONE HOW MUCH YOU
APPRECIATE THEM

