



Park Elementary News

ISD 423

Distance Learning Edition

April 22, 2020

Contact Information

Park Elementary Office
320-587-2837

Dan Olberg
Principal
[Email](#)

Mary Getzke
Assistant Principal
[Email](#)

Building Nurse
320-234-2734

School Website
www.isd423.org

Tech Support
320-234-2665

Cancelled Events

- 3rd Grade Musical
- Field Trips
- MCA testing

Continue to check your email regarding additional updates. Campus Messengers are sent regularly to keep you informed.



Do you recognize any of these friendly faces? While you're busy learning at home, these teachers are busy teaching from home. They sure do miss you!

Daily Announcements

Stay in the loop!

Be sure to watch the Daily Announcements. It's a fun way to start your day and it's important to stay informed and connected with the Park Elementary happenings. Pictures of your work might even be shared, so watch closely! (See some pictures below.) Announcements can be viewed on our [website](#) daily.

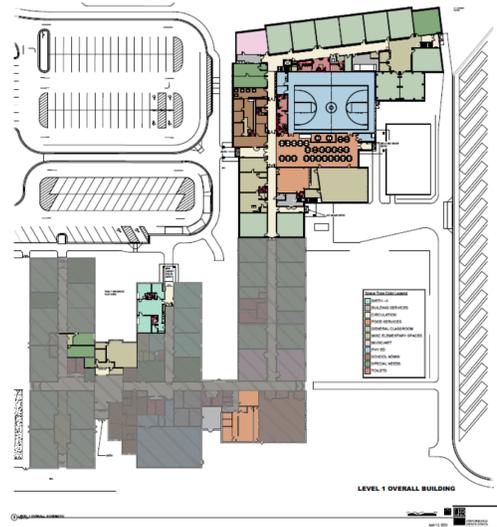


Department Updates

Park & West Elementary Construction

Looking towards the future

Jonathan Pettigrew, AIA, LEED AP, Senior Architect with LHB, Inc., provided an overview of the schematic design concept developed for West Elementary (Pre K - Grade 3). Take a peek at what was recently presented to the School Board.



From the Health Office

Antonia Barrick, ISD 423 School District Nurse

Our Health Services Coordinator, Antonia Barrick, recommends the following Covid-19 articles for parents looking for some tips. We're all in this together!



- [Keeping Kids Healthy at Home](#)
- [Talking to Kids About the Coronavirus](#)

Silver Linings

Park Elementary



YOU, YOUR KIDS & SCHOOL: Looking for silver linings in a pandemic

By Mary Getzke, Assistant Principal

Apr 21, 2020

When life gives us challenges and obstacles, one can quickly feel overwhelmed. Searching for the silver lining during difficult times is helpful. The website vocabulary.com defines a silver lining as "when you want to emphasize the hopeful side of a situation that might seem gloomy on the surface. The common expression 'every cloud has a silver lining' means that even the worst events or situations have some positive aspect."

What could possibly be silver linings of a global pandemic?

As we work our way through this crisis, we are learning new lessons. The first day of no school, the hallways felt empty due to the lack of smiles and laughter from children. However, this is when the first silver lining appeared. The halls were not empty. It was buzzing with staff working together, carefully packing children's learning materials, cleaning the building to keep it safe, and learning how to teach in a way that educators had not done before. There were daunting challenges that had to happen in a short amount of time. The staff rolled up their sleeves and made the impossible possible.

It was surreal to see all the student bags at each building that needed to be handed to our families to support distance learning. On a cold and dreary day, each of these bags were handled with care and given to our families. The silver lining this day was to see the care in each person's eyes. We were all doing what we could, together, for our children. The staff were embraced by many warm words, endearing notes made by children, and other kind gestures that were received from the community. Thank you, Hutchinson, for taking care of the staff on an emotional day.

Distance learning became a new vocabulary word for all of us. Staff members have immersed themselves in the professional development of a lifetime. Students, families and staff have all had to be patient with each other as we all learn to juggle the responsibilities of work, child care, and how to deliver education to our children. Our children will need to practice the character traits of self-discipline and grit to keep themselves motivated to continue their education. Our hope is that children will learn these important life lessons, with adult support, and it will be the best silver lining of all.

In this new world, it appears that Wi-Fi is as important as electricity and running water. Wi-Fi and hotspots have helped us connect with our families and friends along with educating our children.

With our calendars now empty of activities and commitments, our world has taken on a new form. There are now more family meals together, walks outside, and family board games at night. Our children have more time to practice life skills of cooking, cleaning, pet care, and potentially even learn some family finance. Siblings are learning they need to get along as they are each other's only playmates. This is an ideal time to model to our children self-care, and how to weather a crisis. Taking the time to acknowledge our fears and learn how to handle anxiety is a valued skill. Reconnecting with our families is a true and priceless silver lining.

Another new vocabulary word the world learned is "essential workers." Essential workers are our new heroes that are putting their lives on the line to take care of us all. Essential workers have become our new rock stars and admired athletes!

There is still fear and anxiety of the unknown living through this pandemic. However this is history taking place right now. This will pass, so let us look back with gratitude on all the silver linings we have and will discover. There is "Much in Hutch," and we are all fortunate to have each other.

[See the Hutchinson Leader article here.](#)

Free Meals

Have you looked into this?

The Food Service Staff continue to miss seeing students everyday but they are working hard to prepare free meals during the school closure.

Questions we've had regarding free meals:

Q: Do students need to be eligible for Free/Reduced meals to take part in the free meal being offered?

A: No. These free meals are available to **ALL** children age 18 and under regardless of lunch eligibility during this time. We encourage families to partake in this program.

Q: When and where can I sign up for meals?

A: Every Tuesday and Friday at 1:00pm a Campus Messenger is sent to families via email that has a link to the meal sign up. The link to sign up is also updated Tuesdays and Fridays on our District Facebook page as well as on our website in the scrolling article section on the front page. Orders are due at 10:00pm the night before meal pickup.

Q: Does my child need to be with me to pick up the food?

A: Due to social distancing and precautions during this time, students are encouraged but not required to be with for meal pickup.

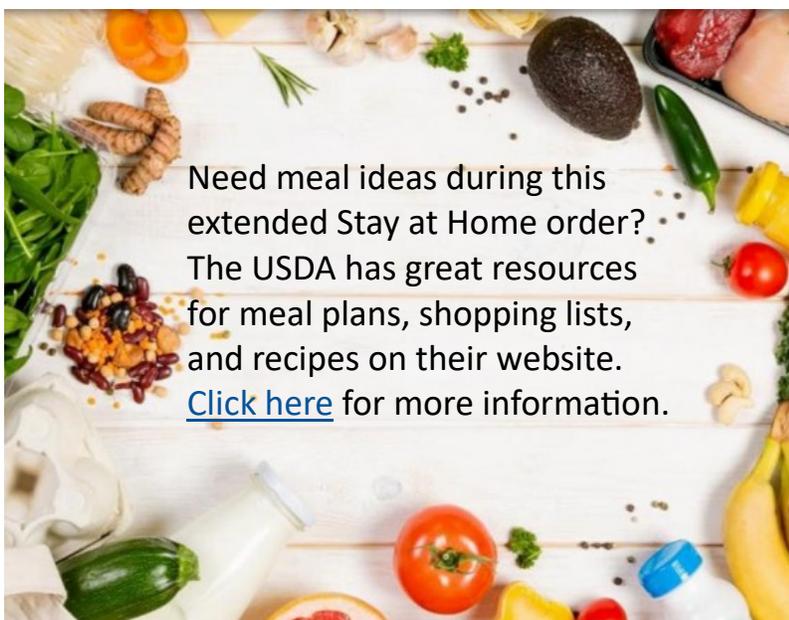
Q: I ordered meals but forgot to pick them up. What should I do?

A: It's important to make sure you pick up your meal if you order it. Some of the items are perishable and are thrown away if not picked up. We understand there are special circumstances that can arise where families miss the pick-up timeframe, if this happens please call the Food Service Department at 320-234-2603.

Q: My child's food is cold or frozen. What am I supposed to do with it?

A: In order for our Kitchens to use their inventory during the school closure some items you receive may be cold or frozen. Please note that all items are precooked and safe to eat cold. Guidelines on microwave heating can be found on our website under the Nutrition Services page or by [clicking here](#). Food Safety guidelines can also be found on the Nutrition Services page of by [clicking here](#).

Free meals are a great way to get your child's daily fruit and vegetables to stay healthy!



Need meal ideas during this extended Stay at Home order? The USDA has great resources for meal plans, shopping lists, and recipes on their website. [Click here](#) for more information.

The Counselor's Corner

A Message From Mrs. Bridge

Park Elementary



The world has changed very rapidly. We all began spring break with one mindset and returned to find our whole world turned upside down. Right now, families are struggling with this new reality we are in. Some families are dealing with a variety of stressors related to income, jobs and basic daily living. As a parent, you are also trying to embrace the new role of helping to educate your child(ren). You are not alone and we are here to help. Here are some tips and suggestions that I hope you find helpful when helping your child with their school work.

Stay as consistent as possible. Setting up that routine and environment for learning is a great start. Create this plan together, remember your plan doesn't have to look like someone else's. What time does it work for your child to start their day? Where is their work station and do they have all their materials?

Take frequent breaks. This new learning environment and experience may require you to create more break times. If your child is getting frustrated with math, have them complete a certain number of problems and then take a break. For example, complete 5 math problems, take a 3 minute break and then come back and do a few more. With each child the number of problems they can complete in one sitting will be different. Build a plan that works for your child. Make sure the breaks allow for movement or relaxation, set a timer and once it goes off they start working again. I always like using a timer that goes off to remind a kid when it's time to work again. It's harder for a kid to argue with a clock/timer than it is to argue with a parent.

Use positive reinforcement. Let your child know they are doing a great job. You can simply use encouraging words and statements, or you can create a positive charting system. Whichever works best for your family and each child. Remember there is no *one size fits all* strategy, every child is different.

Communication is key. If you see your child getting frustrated it is ok to say, "...it looks like you are getting frustrated." Take a moment together to take some deep breaths or use positive talk statements. You can ask them, "What do you need from me?" or "What can I do to help you?" Validate their feelings and let them know it is ok for them to feel upset. This is new for all of us and there is no right or wrong way to feel.

Take care of yourself. Don't forget to take care of you. In order to help others we need to make sure we take care of ourselves, sometimes that even means walking away for a minute to take a break. It reminds me of the safety videos/information on airplanes in regards to the air masks. Flight attendants remind passengers that you must put your mask on first before you can assist others. If you take care of you, you are more capable of helping others.

Your child has learned a lot of amazing things. Two strategies I want to highlight come from our Second Step program; calming down strong emotions and problem solving. These are great skills that kids may need to use during this time of distance learning. When we talk about the problem solving STEPS it can be used between two people having a conflict or alone—when you are trying to figure out the best way to handle a situation. Ask your child about the calm down steps and the problem solving steps. For more information about [Second Step Parent support during Coronavirus](#) and other great resources, please visit the [parent information](#) section under your child's Counselor slides.

In this time of difficulty for so many, Dr. Charles Fay and the *Love and Logic* family are doing what they can to help as many families as possible. The Fays have created a series of videos, '[From the Heart of Love and Logic](#)', to provide a message of hope to families who might be struggling right now. In addition, they are offering their [Love and Logic Parenting Online course](#) FREE for the month of April. Please watch Dr. Fay making the [announcement](#).

Please reach out to Park Staff if there's any additional support you need: 320-587-2837.

At-Home Activities

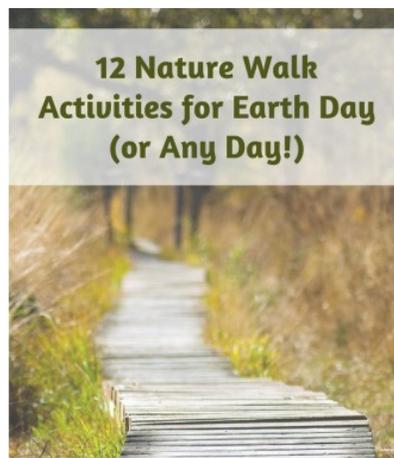


Earth Day

What did you do today?

Did you know that today is Earth Day? This week in art, you can get outside and make art using natural materials from the Earth. Check out Mrs. Ovadje's Earth Day art lesson by [clicking here](#). Your artwork might be displayed in the morning announcements! And don't forget to submit your exit ticket. 👍

Click on the images below for some Earth Day-related science activities, recommended by your STEM teacher, Mrs. McDowell. Get outside and have some fun with it! And always remember to wash your hands.



Severe Weather Awareness

April 13-17, 2020

Since most of you are spending a lot of time at home, this is the perfect time to review your family's emergency plans and to discuss how you can prepare for bad weather. Please take a moment to have these conversations with your child(ren). Use the sites below for printable fact sheets, checklists, and activity books.

[Ready.gov](https://www.ready.gov)

[Minnesota Department Of Public Safety](https://www.dhs.gov/minnesota-department-of-public-safety)

[Prepare with Pedro Activity Book](#)



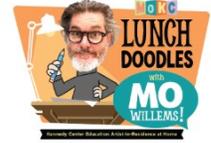
From Around the Building

Park Elementary



Distance Learning: Library Lowdown

Resources From Mrs. Hanneman



Wanting to explore more reading, writing, and doodling sites? Check out the following:

- [Stimola Live](#): this site live-streams talks from authors and illustrators.
- [Mo Willems' Daily Lunch Doodles](#): One of our favorite authors and illustrators hosts a daily doodle session where students can explore, "ways of writing and making." It happens daily at 12 PM.
- [Kids Ask Authors with Grace Lin](#): this is a weekly podcast where children's author, Grace Lin, hosts another author and both answer questions from a child. This is a great listen for students who want to become writers!
- [Amazon Audible Stories](#): Amazon has opened free access to a limited amount of their audiobooks. Broken into categories based on age, each category offers an average of 40 audiobooks.
- [StorylineOnline.net](#) is a site that features the world's best storytellers and actors reading aloud books.
- [KidLit TV](#): explore children's literature in a fun way!
- [Story Time from Space](#): watch astronauts read books from space!
- [New: Dav Pilkey @ Home](#): Scholastic is offering free access to all sorts of activities and videos featuring the author/illustrator of Captain Underpants and DogMan!



Ebook Sites

Since libraries are closed, ebooks are a great alternative! Check out these options:

[Ebooks for Minnesota Schools - Children's Section](#). This site is free for all students/families, is funded by Minnesota taxpayers, and requires no login.



[Tumblebooks](#) (For K-5 students) and [Tumblebook Cloud Jr](#) (Grades 3 and up). The PTO pays for our subscription every year!

The username and password are the same for both sites. Username: park423 Password: login

The Hutchinson Public Library has a subscription to Overdrive. You do have to have a library card but you can sign up for one digitally by following the prompts. [Click here for more!](#)

And in case you forgot,
we MISS YOU!
Watch our *Hello Video* [Here](#).

