

Redwood Review

Novedades de Redwood

3163 Leonard Road Grants Pass, OR. 97527

<https://www.grantspass.k12.or.us/Domain/12> : 541-474-5775

Principally Speaking

Happy November and December!

November is parent/teacher conference month! Please make sure you sign up for a time to meet with your child's teacher. Keeping an open line of communication about how your child is doing in school has so many positive benefits for your child's academic and social emotional success. Our goal is to always meet with each family so that we can share with you what is going well, find out how we can support our students/families at home and to answer any questions.

Now that we are settled into our school routine, we are starting up our Second Steps and Positive Discipline lessons with our students at the classroom level as well as the school level through morning announcements. These lessons help ALL students with learning how to be part of the classroom/school community, take inventory on their own feelings and emotions, as well as interact with other students and staff in a safe and positive way. If you would like to learn more about Positive Discipline you can go to positivediscipline.com In addition to school supports and classroom strategies, there are parent resources as well. Check it out!

Thank you for such a great first trimester. Staff and students have adapted really well to our new in-school procedures and practices. Our 4th and 5th graders continue to work hard with their CDL too. I have been so impressed with how well everyone has worked together to make our fall run so smoothly.

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CHOOSE
KIND

Upcoming Events

November 3

2:30 Virtual PTA meeting

November 11

NO SCHOOL~Veteran's Day

November 23

NO SCHOOL~Conferences

November 24

NO SCHOOL~Conferences

November 25

NO SCHOOL~Conferences

November 25

NO SCHOOL~Thanksgiving

November 25

NO SCHOOL~Conferences

December 1

2:30 Virtual PTA meeting

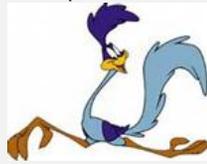
December 21

12/21-1/1 Winter Break

As we move through November and December with our extra days off, please enjoy that special time with your family.

Thank you for all of your patience, hard work and positive attitude through this fall season.

Happy Holidays
Mrs. Mooney



Office Download

Conferences are coming soon! Watch for information from your teacher coming home soon!

Thank you to all the parents that are calling in when their student is absent, or not able to log in to canvas. It helps for the office and the teacher to have an idea of who to expect.

As we come into cold/flu season, just a reminder, that with COVID-19 restrictions, we are stricter on the rules regarding being sick and coming to school. If you are unsure if your child should be at school, don't hesitate to call the office for more information.

If you need to make a change to your students going home plans, please make those changes in the Pikmykid app or by calling the office before 1:00pm.

Café Reads

We will be handing out lunch bags during the parade on the 30th. I hope that you come by and see us. We are now serving chocolate milk at curbside every day. We serve 11:30-12:30 Monday thru Friday curbside. It is FREE for ages 1-18. Starting on November 6th, we will also be doing "weekend" bags. This bag will have food for Saturday and Sunday. We will be doing this every Friday that we have school. If you are interested in receiving a bag, please let us know how many you would like, so we can have them ready. We will hand them out 11:30-12:30 curbside and send the requested bags home with "B" students on Friday. Each bag will have milk (unless you have asked for no milk) 4 fruit items (one will probably be a juice), 2 veggies, 2 breakfast items, and 2 lunch items. Please let us know if you are interested by November 3rd.

Thank you,
Tamara McCurry
Kitchen Manager

Nurse's Notes – October/November 2020 – How to Clean your Masks

This is indeed a different school year, but as I follow my routine schedule at the schools, I see everyone doing their best to meet the needs of our students. Because of the requirements in place, the elementary schools are quieter than usual due to the smaller groups of students and more limited movement around the schools. I enjoy hearing the sounds of students in the classrooms and look forward to the return to more in-person learning.

Masks have been shown to be a key to preventing the spread of COVID-19. I want to remind everyone of the importance of using a clean mask daily. Masks need to be changed at least every day and more often if needed. I have seen one that appeared to have been worn for days...and can only imagine the number of germs 'hiding' on it. It is important to wash fabric masks after a day's use or use a new disposable mask daily. If possible, having a number of masks is helpful (see link below for making a fabric mask). Please see the following information from the Center for Disease Control regarding mask care:

"Masks should be washed regularly. It is important to always [remove masks correctly](#) and [wash your hands](#) after handling or touching a used mask.

How to clean

Washing machine

- You can include your mask with your regular laundry.
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask.



Washing by hand

- Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on colored clothing, may not be suitable for disinfection.
 - Use bleach containing 5.25%–8.25% sodium hypochlorite. Do not use a bleach product if the percentage is not in this range or is not specified.
 - Ensure the bleach product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
 - Ensure adequate ventilation.
- Prepare a bleach solution by mixing:
 - 5 tablespoons (1/3rd cup) of 5.25%–8.25% bleach per gallon of room temperature water or
 - 4 teaspoons of 5.25%–8.25% bleach per quart of room temperature water
- Soak the mask in the bleach solution for 5 minutes.
- Discard the bleach solution down the drain and rinse the mask thoroughly with cool or room temperature water.
- **Make sure to completely dry the mask after washing.**

Using bleach safely:

- Always read and follow the directions on the label to ensure safe and effective use.
- Be aware that bleach can damage cloth fabric over time.
- Wear skin protection and consider eye protection for potential splash hazards.
- Use water at room temperature for dilution (unless stated otherwise on the label).
- Store and use bleach out of the reach of children and pets.
- Special considerations should be made for people with asthma and they should not be present when cleaning and disinfecting is happening as this can trigger asthma exacerbations. Learn more about [reducing asthma triggers](#).
- See [EPA's 6 steps for Safe and Effective Disinfectant Use](#)[external icon](#).



How to dry

Dryer

- Use the highest heat setting and leave in the dryer until completely dry.



Air dry



- Lay flat and allow to completely dry. If possible, place the mask in direct sunlight.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings.html>

More Information from the CDC:

- [Considerations for Wearing Masks](#)
- [How to Wear Your Mask](#)
- [How to Make Your Own Mask Video](#)
- [ASL Video Series: Easy DIY Mask](#)
- [How to Make Your Own Mask Video \(Spanish\)](#)

Please let me know if you and/or your children have a need that I may be able to help with. When it comes to health needs or resources for your child (ren), know that I may be able to direct you to a resource I know about to meet a specific need.

Shared with you by Martha Covrig, RN, District Nurse, Grants Pass School District #7, 541-218-1762

Behavior Bulletin:

Sound Discipline is an Amazing Parent Resource-by Missy Fitzsimmons, Behavior Intervention Specialist

Some parenting resources are worth their weight in GOLD, and **Sound Discipline** is one of them. Go to their "Sound Discipline Covid-19 Resources for Educators and Families during School Closures and Social Distancing" web page to see everything they have to offer! Resources available on the web page include:

- Sign up to receive weekly/monthly parent newsletters about REAL topics (with great suggestions/ideas) effecting families during this unprecedented time.
- Join their FREE Zoom Caregiver Support Network held every Thursday night. Parents from all over the country can share stories, ask questions to parenting experts, and offer and receive feedback.
- Learn about great parenting books, videos and blogs.
- See their huge library of parenting resources, including topics like: Social-emotional learning, talking to kids about racism, self-regulation, family meetings, learning from mistakes, gratitude & appreciation, kindness & firmness, fostering resiliency, and much more!
- Join a private Facebook parenting group

The below article was from Sound Discipline's October Newsletter, and is a great example the quality parent education tools they provide. If you have questions, please reach out to me by calling Redwood or emailing me directly at mfitzsimmons@grantspass.k12.or.us .

Tips & Tools – Four Ideas for Stressed Parents

Oct 14, 2020 | Tips & Tools |

We are parenting more hours a day than ever before. In-person school, in-person play dates and visits with family and friends are things we hope to resume in the near future, but they aren't providing much relief for parents at the moment.

Have you noticed any of these issues coming up for your kids?

- Stressing out over seemingly small things, like tech issues during on-line school or having to ask the teacher a question
- More disorganized than usual and having a difficult time keeping up with assignments
- Less physically active
- Less social and more isolated
- On screens much more than usual

You are not alone. These issues can leave us feeling stressed, and we often find ourselves worrying and nagging. Here are a few ideas that can help you and your child get by in our current new normal.

- **Connect with other parents.** Join other parents and caregivers for an interactive, engaging online meet up where you can share your stories, ask questions, and offer and receive feedback. Check out our FREE Parent and Caregiver Support Network every Thursday night. You can RSVP on their website to receive the Zoom link.
- **Practice self-regulation.** Regular mindful, calming or movement activities can help both you and your child feel better and be able to handle the ups and downs of the day. Read this recent research on our website about the importance of brain breaks for adults and children. Check out our self-regulation cards for lots of simple ideas for you and your children. Ask your child what helps them stay calm and share with them your strategies too.
- **Co-create routines.** Invite your child to brainstorm a list of the things that they enjoy and that nurture them. Keep that list handy. Then, brainstorm together all that they need to get done during the day. Write everything down so you can look at it together. Talk about optimal wake up and sleep times. Then, as a team, piece together a daily routine that includes brain breaks, snacks, meals, work times, school on-screen times, homework times and times scheduled for doing what they enjoy. Create a visual routine chart (we have examples on our website), which will be a helpful tool that they can use to keep themselves on track and that allows you to step away from nagging. The routine chart is the boss and you can try asking, "Check your routine chart – what comes next?"
- **Play Together.** Just getting through the week can seem daunting, but play can build connection, relationship and well-being that makes everything seem more manageable. Play enhances brain health and resilience. Set aside a short time during the week that the family can count on for play. Charades, tag, cards, board games, nerf wars, Legos, puzzles, building blanket forts... What do you and your kids like to do together? There are additional ideas on our website. Have fun together and create positive memories.

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2	3 2:30 Virtual PTA Mtg	4	5	6	7
8	9	10	11 NO SCHOOL VETERAN'S DAY 	12	13	14
15	16	17	18	19	20	21
22	23 NO SCHOOL CONFERENCES	24 NO SCHOOL CONFERENCES	25 NO SCHOOL CONFERENCES	26 THANKS- GIVING 	27 BLACK FRIDAY	28
29	30					

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 2:30 Virtual PTA Mtg.	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 Winter Break	22 Winter Break	23 Winter Break	24 Winter Break	25 Winter Break  CHRISTMAS	26
27	28 Winter Break	29 Winter Break	30 Winter Break	31 Winter Break	Winter Break  NEW YEARS	