



Englewood Flyer

January 13, 2022

PTC Mtg. Tonight

No School this Friday-all Salem Keizer schools

On Wednesday the decision to have no school this Friday was made by the Salem Keizer School District. This will be a teacher work day.

No School Friday, January 14th!

State Testing

To find out more about state testing and the opportunity to opt-out go to <https://salkeiz.k12.or.us/news/notice-statewide-tests-2021-22/>

Important Dates

January

- 13 PTC, everyone is welcome 6:00, Check the online calendar for a link.
- 14 No school
- 17 No school
- 21 Dress up day, 50s theme
- 28 Classroom colors dress up day
- 31 - February 1: No School - Winter Conferences

From the Counselor's Desk

In a book the Resilience Breakthrough (2014), Christian Moore says that being uncomfortable is part of life. If we strive to always do things to meet every want and need to avoid discomfort, then children miss an opportunity of learning to cope.

Healthy coping means practicing boundaries and self-care so that caregivers can model these important skills facing this hard time and plodding forward. Children will tend to follow suit. We might need to use Toolbox Tools like Breathing Tool, the Quiet Safe Place Tool or the Taking Time Tool: "I take time in and I take time away." This means that we take time to quietly think about how we as adults are doing/feeling/ coping and take time away to balance ourselves so that we can move forward.

Resilience tips from Mayo Clinic online (<https://mayoclinic.org/3EP5UeQ>)

- * Encourage supportive relationships
- * Promote core beliefs – Decisions have consequences – Failure is part of life – Everyone has strengths
- * Develop growth mindset -mistakes are great learning experiences
- * Let your child do the learning-if your child experiences bumps in a friendship, avoid interfering and instead offer a listening ear. Discuss what he or she thinks is the best way forward. Offer your support. If asked, give advice.
- * Explore the power of 'yet'- If a child says "I can't," encourage them to say, "I can't yet."

Meet Our 5th Grade Teachers!



Mr. Frost rm 19
Lifeskills classroom: 3rd,
4th & 5th grade



Mrs. Birkel rm 20



Mrs. Martin-Baker rm 21