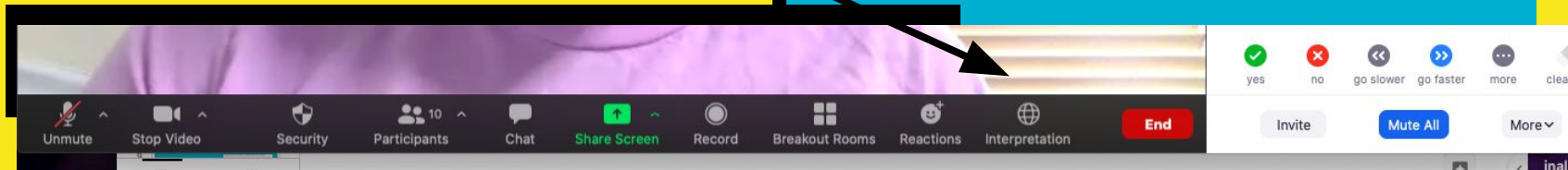


**¡Haga clic en este botón para
obtener interpretación en
español!**



Scholar. Team Player.
Accountable. Resilient.

Erudito. Jugador de equipo.
Explicable. Elástico.

Family Huddle

Reunión familiar

February 21'



Warmup Poll:

Did your student attend YMCA this past Friday?

Encuesta de calentamiento:

¿Asistió su estudiante a YMCA el viernes pasado?

Updated: [School dashboard](#) for when it's safe to return to school

Actualizado: panel de la escuela para saber cuándo es seguro regresar a la escuela



Save the date!

¡Reserva!

SSC/ELAC meeting Feb 26th @ 9am

February Break Feb 15th-19th

Black History Month Classroom Events Feb. 25th
after lunch

Reunión SSC / ELAC 26 de febrero a las 9 a. M.

Vacaciones de febrero 15-19 de febrero

Eventos en el aula del Mes de la Historia
Afroamericana 25 de febrero después del almuerzo

CELEBRATE

FREEDOM



FEBRUARY 2021

Monday 2/8: Black History Shirt Day!

Tuesday 2/9: Afrocentric Day!

TK-1st: green

2-3rd: red

4-5th: yellow

6th: black & white

Wednesday 2/10: Rep Your Roots Day! Wear your cultural clothing (dashikis, kufi, head wraps)

Thursday 2/11: Throwback 90s Day! Dress the decade that made hip hop stylish

Friday 2/12: HBCU Day!

Wear a shirt from an HBCU or your favorite college

CELEBRATE

Lunes 2/8: ¡Día de la Camisa de Historia Negra!

Martes 2/9: ¡Día afrocéntrico!

TK-1st: verde

2-3: rojo

4-5: amarillo

6to: blanco y negro

Miércoles 2/10: ¡Día del representante de sus raíces! Use su ropa cultural (dashikis, kufi, envolturas para la cabeza)

Jueves 2/11: ¡Día del retroceso de los 90! Viste la década que hizo elegante al hip hop

Viernes 2/12: ¡Día HBCU!

Use una camisa de una HBCU o de su universidad favorita

CELEBRAR

State Testing Grades 3-6 (SBAC)

- Will be happening online this year
- Students **MUST** be on their school iPad in order to test
- Student's cameras **MUST** be on to ensure testing fidelity
- ELPAC testing for English Language Learners will also be online (above rules apply)
- If you've already tried to troubleshoot & still need tech help, make an appointment <https://calendly.com/stegestars/technology-materials-pickup>

Taking care of Technology

- It is VERY important students take care of their iPads.
- This includes the cords and the cases
- iPad charges are \$750, cords are \$10 and cases are \$50

iPads are to be used for school work only

Students should not:

- Download unapproved Apps
- Take photos or videos unrelated to school work

Communication

Please be mindful of office hours when contacting your child's teacher. Teachers are available to be called/texted M-F 8:30am-4pm. If you need something outside of those hours, please do message them and they will reply within 24 hours.

If you need anything, please reach out to one of our front office staff!

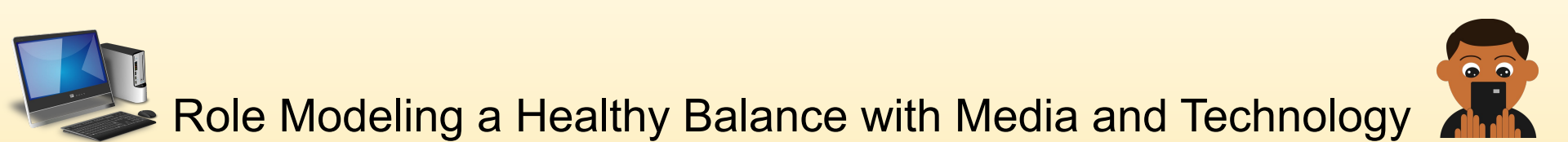
[Tangy Jules](#) (Secretary) School phone: (510) 231-1425

[Claudia Hernandez](#) (Attendance Clerk-se habla espanol)

[Tech Troubleshoot](#) via phone: (510) 243-3901

Tenga en cuenta el horario de oficina cuando se comuniquen con el maestro de su hijo. Los maestros están disponibles para recibir llamadas o mensajes de texto de lunes a viernes de 8:30 am a 4:00 pm. Si necesitas algo fuera de ese horario, hazlo y te responderán en un plazo de 24 horas.





Role Modeling a Healthy Balance with Media and Technology

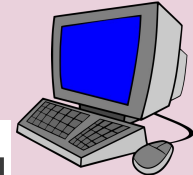
Be a role model. When kids are around, set an example by using media the way you want them to use it. Keep mobile devices away from the dinner table; turn the TV off when it's not being watched, and use a DVR to record shows to watch later.

Start good habits early. The secret to healthy media use is to establish time limits and stick to them. Start when your kids are young by setting screen limits that work for your family's needs and schedule. And don't just talk the talk -- walk the walk!

Use media together. Whenever you can, watch, play, and listen with your kids. Ask them what they think of the content. Share your values, and help kids relate what they learn in the media to events and other activities in which they're involved. With older kids, you can draw them out by sharing stuff from your Facebook and Instagram accounts.

Keep distractions to a minimum. You probably tell your kids to turn their phones off during homework time. Get rid of the stuff that distracts you, too. Hide your apps so they don't display, set your phone to "do not disturb," or shut down your devices during important family time.

Turn off work. Many parents feel they need to be constantly accessible to their jobs. But that's stressful, frustrating, and not realistic. Set boundaries for work time and family time.



Keeping Kids Motivated for Online Learning

Check in. Ask questions: See how they're holding up, ask how they feel, determine what they want to accomplish, and figure out what you can do to support them.

Lead by example. Your energy will wax and wane, but keep your attitude positive and your approach consistent. If you sense your kid is flagging, find role models -- from [movies](#), [books](#), or real life -- whose grit may inspire them.

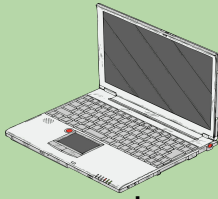
Build their work ethic. Most kids can push themselves when it's something they love, like creating a successful game or mastering dance choreography. Ask them to call on the same skills that drive them in other areas.

Praise effort. Maybe they got a problem wrong but asked the right questions. Maybe they breezed through the day's reading assignment when yesterday's was tough. Now, more than ever, taking notice of and commenting positively on how your kid is [growing and progressing](#) can really give them forward momentum.

Maintain accountability. Maybe you can't motivate your kid -- but their best friend can. Have them schedule daily check-ins with a friend either by text or on social media. Accountability helps kids realize they're not alone and gives them a tangible reason to work hard.



Motivated (cont)



Incentivize. Kids may be motivated by rewards, but you want to make it feel as though they've earned their treat (or you'll end up in a vicious cycle). If they finish one packet, they can choose a board game to play; two packets, they get to make that brownie mix you've been saving.

Source: <https://www.common sense media.org/blog/keeping-kids-motivated-for-online-learning>

Daily Schedule

Horario diario

180 minutes-K
230 minutes-1-3
240 minutes 4-12

Requisitos para (a) minutos

Wellness Fridays:

-More asynchronous work

-Friday Friends

-Activities based on mental health & physical wellness

Bienestar Viernes:

-Más trabajo asincrónico

-Viernes Amigos

-Actividades basadas en la salud mental y el bienestar físico



Video Game Ratings Chart

- What do video game ratings mean?
- How many hours a day does your student play video games?
- Are images and language age appropriate?
- Violence, racism or sexism?
- www.CommonSenseMedia.org



Ratings Chart

<https://visual.ly/community/Infographics/entertainment/movie-video-game-ratings-what-they-mean>



GroovyTek

PROACTIVE PARENTING

KEEPING KIDS SAFE ONLINE

- Model good technology behavior
- Limit Screen time
- Track online activities i.e., keyloggers, security devices to see what sites have been visited and for how long
- Respect website age limits
- Communicate privacy information best practices to your student

Screen Time and Mental Health

- More hours of screen time are associated with lower well-being in ages 2 to 17.
- High users show less curiosity, self-control, and emotional stability.
- Twice as many high (vs. low) users of screens had an anxiety or depression diagnosis.
- Associations with well-being were larger for adolescents than for children.

<https://www.sciencedirect.com/science/article/pii/S2211335518301827>

Resources

- [Zoom](#)
- [Google Hangouts](#)

- [Clever](#)
- [Google Classroom \(3-6\)](#)
- [See Saw \(TK-2\)](#)

Computer technology class:

-
- [Zearn \(math\)](#)
 - [Readers/Writers Workshop](#)

- 3rd Cleare- M/W 9-10am
- 4th Bunney- T/Th 9-10am
- 4/5th Rew- M/W 2-3pm
- 6th Griffin- T/Th 2-3pm

