

“Welcome to the Keenan Kingdom...
Be our guest!”
Keenan Elementary Lions
Developing Young Learners into Future Ready Leaders!

Twitter: Keenan Elementary
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Howdy and happy first day of Remote Learning!! You should've heard from your homeroom teacher by now, and Choice Boards came out today!! Please reach out to your teacher or myself if you need anything at any time. We are here to support you.

This is a great link that includes all kinds of resources for digital support at home: <https://docs.google.com/spreadsheets/d/1oyUDGkjhDKGQ-1ZE+3cJ77Yqf0M1CiUe-qrp1Lm02Fg/edit#gid=0>

Digital Resource Student Log-In information sheet (see attached). [Digital Resource Student Login Sheet.docx](#)

Notes from Nurse Muesel

Hello Keenan Lion Family,

I hope this note finds you and your family healthy and safe. I sincerely miss seeing my little lions and taking care of them at school. For now as we adjust to this new "norm" I will be sending out an update weekly regarding health and wellness. I will not only try to cover information regarding COVID-19, but also provide some health and wellness education, activities and resources. I have launched my personal website, <http://schools.misd.org/page/theresamuesel-home>, which has a tab

regarding reliable resources to consult regarding COVID-19. Please refer to [misd.org](https://www.misd.org) and your email with district wide updates regarding COVID-19 and its effect on the school district. Here are some friendly health reminders to prevent the spread of the virus:

The best way to prevent illness is to avoid being exposed to this virus. The CDC, as well as government officials, are strongly suggesting that we all practice social distancing. So tempting as it is to go visit friends or hang out with others at parks, we all need to resist the urge and stay home. If you must go out (to get groceries for example), do your best to maintain 6 feet distance from others. Wash or sanitize your hands immediately after going out in public. Also, it is probably best to leave your student(s) at home as to minimize contact.

There are everyday steps that can also help prevent the spread of all respiratory diseases, including:

- Avoid close contact with people who are sick. If you or someone is sick at your home, stay in a separate room and use a separate bathroom if possible. If not, clean with disinfectant objects and surfaces when touched.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If a tissue is not available cough into your elbow
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. The type of soap is not important; it is the motion of washing that cleanses your hands. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

While at home here are some general tips to keep your little Lion healthy!

- **Try to eat healthy** - Eating a healthy and varied diet will give our bodies the best vitamins and nutrients which in turn builds our immune system to fight diseases like COVID-19. Extra Vitamin C is especially good to keep our immune systems strong. Fun fact: the human body cannot produce or store vitamin C so it's essential to consume it

regularly. Foods high in vitamin C include oranges, lemons, broccoli, cantaloupe, bell peppers, and strawberries.

- **Try to get 60 minutes of family exercise daily.** This can be as simple as playing outside in the backyard or going for a walk around your neighborhood. This will get our hearts pumping and give us a boost of endorphins. The 60 minutes does not all have to be together. It can even be split up in 10 minute segments.
- **Try to get enough sleep** - Make an effort to get 8-10 hours of sleep a night. Adequate sleep refreshes and regenerates our cells in ways that science is just now beginning to understand. It also helps improve your immune system.
- **Limit screen time** - too much screen time is not healthy. I am acutely aware of how challenging this proves to be in this unusual time, especially with three young children of my own. Encourage your little lion to engage in activities throughout the day that does not involve screens such as puzzles, build things with blocks, set up forts, play tag, make an obstacle course, etc. In particular, the 2 hours before bed are crucial to reducing screen time for healthy sleep. Shut off media to help relax and unwind before bed. There is data suggesting that too much "blue light" from screens inhibits melatonin production which reduces the quantity and quality of sleep.
- **Try to maintain a routine** - this is easier said than done but children thrive on routine. Since changes in routine can be stressful, it will be helpful to talk with your kids about why they are staying home and what your daily structure will be during this time. Let them help create a daily schedule that can hang on the refrigerator or somewhere they can see it each day. Be sure to include breaks from tele-work or schoolwork to relax and connect with each other. Maintaining some a routine at home will make it easier to regain their schedule when back at school.

I hope this information and the information on my website is useful and informative during this time. I am also available via email if you have any questions or concerns regarding your little lion's health and wellness while at home.

Have a safe and healthy week! Nurse Muesel

Counselor's Corner

As a Keenan Elementary family, we are all doing everything we can to protect ourselves, our families, and those around us. The Chinese character for the word "crisis" is a combination of two words--"danger" and "opportunity". While our lives have been altered by this danger, let us view this as an opportunity to build our bonds with our children.

My plan is to share one or more of these three things with you each week through Mrs. Kirby's email:

1. General information, tips, or pointers
2. Conscious Discipline (behavior development plan)
3. Core Essentials (character education)

Tips

- Take care of yourself and remain calm. Your children notice everything, and your attitude towards this "new normal" will set the tone.
- Limit media exposure. While it is impossible to avoid altogether, try to limit the amount of news coverage your child is viewing each day.
- Be available to answer their questions. It is also a good idea to ask your child what concerns they may have to start the conversation.

Conscious Discipline

- Our calm increases children's calm.
- You are the most important Safe Place for your child.
- The brain requires safety and connection. Be intentional about cultivating both.
- Create a "new normal" together using routines and play.
- Provide helpful ways for children to contribute every day.
- Consciously choose to see the best in others and circumstances.

Core Essentials

- The Big Idea for March is **Forgiveness** -- Deciding that someone who has wronged you doesn't have to pay.

Please do not hesitate to reach out if you have any needs or concerns. The most efficient way to reach me is through email. My address is kim.wunderlich@mysd.org

Mrs. Wunderlich, Keenan Counselor

Specials Spotlight

Check out all of the fun activities you can do at home during your Specials time. Check out the link attached.

<https://wakelet.com/wake/08374dc0-0911-4419-a4b0-54ef1a63dde5>

Please continue to follow us on Social Media to stay connected and we will continue to share the fun activities and pictures happening through remote learning.

Just remember, we are in this together!! Our goal is to make remote learning easy and accessible for you and your Keenan lion. Don't hesitate to reach out to any of us during this time.

Have a good week!! Don't forget to check out our morning announcements each day through SeeSaw.

TOGETHER is better!!

Mallory Kirby, Principal of KES

LIONS growing in love, learning and leadership...

Don't stop until you're PROUD.