



Concord Elementary School Newsletter

-January 2021-

Message from Main Office

Happy New Year! We are excited to welcome 2021 and thankful to all of our faculty and families for continuing to be supportive and flexible during the most challenging of times. We've set and achieved many goals thus far this school year and are looking forward to seeing our students be successful. Please continue to encourage your child(ren) to complete their Friday Learn at Home Lessons to be as best prepared on Mondays. This helps set the tone for each week. **With CES Pride, Dr. Rinella & Mr. Wells**

Important Dates

1/20: Next House Incentive

1/21: Remote Learning Day-Students will not report to CES on this day. They will be expected to complete their lessons and assignments for the day.

1/22: End of 2nd Nine Weeks & 1st Semester

2/4: House of Fame Assembly, 2pm- Students will be recognized for the 2nd Nine Weeks. Families will be invited to attend using a Virtual Google Meet Link.

Decade Spirit Days: 2/2 (70's), 2/18 (80's), 3/2 (90's)
We'll Celebrate the **100th Day of Learning on 3/18!**

Lifestyle Lessons from Mrs. Litchford

It's the time of year where it gets a little more difficult to stay physically active because of the cooler temperatures. But there are so many benefits of being physically active, especially during the winter months, for BOTH adults and children. Physical activity can help strengthen your immune system, help combat certain illnesses and diseases, improve mood and sleep, and even boost energy levels to name a few.

Make it a goal to engage in some type of physical activity each day! If you make it something fun and enjoyable, you're more likely to want to continue doing it each day!

Here are just a few ideas:

- bundle up and take a brisk walk
- find an at home video workout to complete
- go for a hike



News from Nurse Betsy

With the rise in COVID-19 virus from the Christmas Holiday, please make sure that you are checking for symptoms before sending your student to school. If a child has symptoms, please keep them home. Look for fever, headache, vomiting, and diarrhea. A student shouldn't receive any fever reducing medication prior to coming to school. These students need to stay home to prevent the spread of the virus or other viruses. Thanks in advance for your help and for contacting the main office when you family has been impacted by the virus. We will work together to gather student's instructional materials if/when they are absent.

School Counseling with Ms. Herbert

Happy New Year! The beginning of a new year is a great time to create new habits. One healthy habit that I would like to share is about the benefits of having family dinners. Although family dinners in which caregivers and children sit and eat together can be seen as burdensome in the hustle and bustle of everyday life, research shows that having regular family dinners can have several positive outcomes on children during development. These include: (a) better academic performance, (b) higher self-esteem, (c) lower risk of depression, and (d) lower rates of obesity. In addition, family dinners can foster positive communication between family members and create a sense of unity. For a list of over 230 conversation starters for caregivers, visit

<https://www.ahaparenting.com/parenting-tools/communication/family-discussions>.

For more information about the benefits of family dinners, visit "The Family Dinner Project" at

<https://thefamilydinnerproject.org/>. Dream on! -Ms. Herbert

