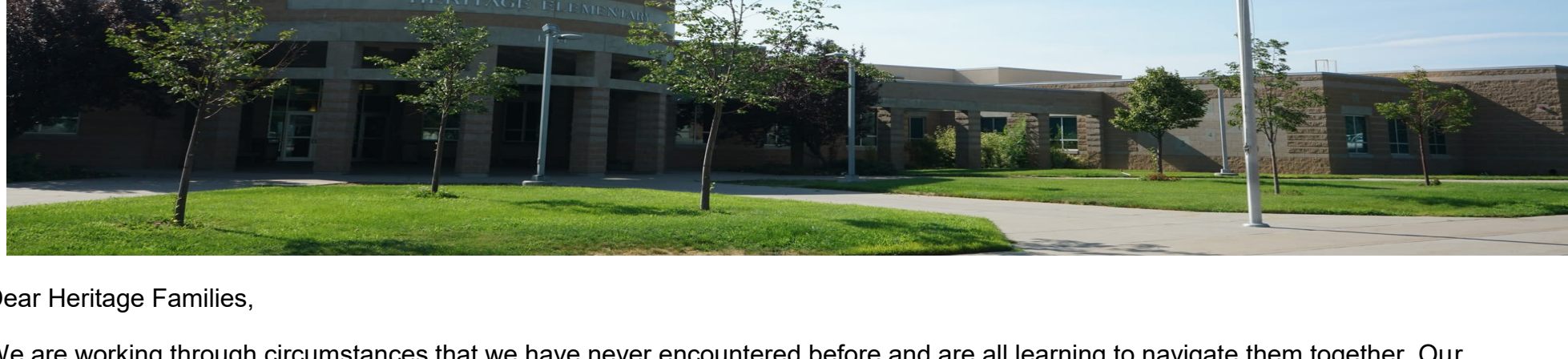


APRIL 10, 2020

# HUSKYGRAM



Dear Heritage Families,

We are working through circumstances that we have never encountered before and are all learning to navigate them together. Our teachers have worked many, many hours to send out meaningful activities and assignments and I am so very grateful for their dedication to their students and profession. They are learning new ways to deliver instruction as they are planning and preparing work for your children. We all appreciate our students' parents and caregivers for juggling many jobs while taking on the added one of homeschool instructor. We know that many (parents and teachers) are facing difficulties that cause high stress each day and we thank you for helping children to navigate their daily challenges. This week a friend sent me a message from a principal in Arizona that really resonated with me. I am sharing it with you because it was said better than I would be able to express. Please read it and know that you are not alone in your circumstances.

"This is my advice for those who have been thrust into schooling your kids at home due to the coronavirus COVID-19 shutdowns. You are NOT homeschooling. You are CRISIS schooling. Crisis schooling is stressful and even trauma-inducing.

Being at home all day is NOT our normal! Our kids are not used to being locked in their houses all day long. Children are grieving right now. Out of the blue, they lost a lot. It is wonderful that so many classes are going online, but it's not the same. They lost their in-person time with friends, their daily routine and the predictability of life that gives us security.

HONOR that grief process! Don't expect to just jump into a perfect program and learn, learn, learn. Expect them to act out. Expect them to not want to get out of bed. Expect them to not have words to express their inner turmoil.

YOU are grieving and experiencing loss. Give yourself a lot of GRACE! Even some of us veterans in education are struggling because our security has been yanked from under our feet. Some of you have lost jobs or your spouses have lost jobs. Those who are working are afraid of going out. Some of you have been to 5 grocery stores and still do not have what you need. Our society has been turned upside down. Give yourself a break.

It is okay to NOT be amazing. Don't try to be Pinterest Homeschool Mom/Dad of the Year. Even she/he is not that way all the time and truthfully there is at least one messy room in her/his house. Something always has to give. Those perfect people online have the same 24 hours in each day. From experience, I can tell you, something always gives no matter how perfect people pretend to be.

When you have 32 kids in a class, it takes a lot of time to get all 32 of them to turn to page 32, take out pencils, get their paper, stop pulling their friend's hair. There are natural distractions with a big class that do not happen in a small one. You will get done fast!

Don't artificially create busyness to do school for 6 hours a day. That is soul-sucking, will anger and bore your child and make you tear your hair out. When you're done, you're done! Go do some fun things! Or... even crazier... have fun learning!

If your school did not give you loads of books or worksheets, be glad. Now you can read lots of literature and do hands-on learning! There is a lot of learning that does not end in a worksheet. Read, read, read, read, read!

Get crazy and ask your kids what they are interested in and then learn about that! If your child thinks the solar system is really cool, then read about the solar system, look up YouTube videos about it, do projects about it. Immerse yourselves in learning and make it fun and engaging. If you do that, your day will fly by and you'll still be learning.

Life will go on if you are not stellar during a worldwide crisis. Maybe your best today will be to cuddle up with the kids and just be together. Maybe your best today is everyone is fed and you didn't cry in front of them. Maybe you did cry and your beautiful babies showed their remarkable best by comforting you in their beautiful little strength.

It's okay and even necessary to be REAL with yourself about what's actually happening. A bomb did not go off, but metaphorically it did. Our lives may never be the same after this. If you crumble, honor that. I promise you, your child will learn. We learn from all of life!

Blessings and love to all of the parents who are taking on this huge challenge! Give yourself grace! You got this!! I believe in you! I have seen parents work miracles in schooling their children. Teachers... my heart goes out to you. You are also on a steep learning curve to serve your students in this time. It's also okay for you to not be amazing."

We care so much for you and your children and are here for you. We miss our students and our interactions with our community. We thank you for all you are doing and are grateful for the great things coming from our teachers and families to benefit our students.

Sincerely and with love,

Ruthanne Keller  
Principal, Heritage Elementary



## BOOKS FOR KIDS WHO WORRY OR HAVE ANXIETY

MARCH 30, 2020

With everything that is happening in the world right now, many kids and adults find themselves feeling anxious and worrying more than usual. One way to help your kids work through these feelings is with books. Here are some great books for kids who worry or have anxiety.

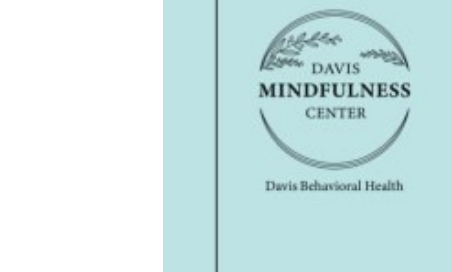
<https://storiesbystorie.com/books-for-kids-who-worry-or-have-anxiety/> (LIVE LINK IN PDF VERSION)



### Take a Mindful Minute with your child

- 1-Set a timer for one minute.
- 2-Close your eyes and place your hand on your belly.
- 3-For one minute, simply feel the rise and fall of your breath.
- 4-When the timer sounds, open our eyes. ***Feel refreshed!***

## Storyline Online



A wonderful website where a member of the screen Actor's Guild reads a picture book to your child.

I have used some of these books in my counseling lessons.

It's like going to the movies at home with a famous actor reading! Any of the books could generate discussion about why, who and what is the moral of the story.

<http://storylineonline.net/> (LIVE LINK IN PDF VERSION)



Davis Behavioral Health

## Mindfulness in Davis County

SPRING 2020

**Online Classes**

- Parent-Child Mindfulness Classes
- Mindfulness for Teens (ages 13-17)
- Mindfulness for Young Adults (ages 18-22)
- Mindfulness for Recently Returned Missionaries
- Mindfulness for Adults

**Groups**

- Book Club (begins April 8th)
- The Gifts of Imperfection, by Brené Brown  
Wednesdays 7:00-8:00pm via Zoom
- Men's Group (begins April 9th)  
Thursdays, 7:00pm or 8:30pm, via Zoom

**Social Media**

Daily Mindfulness Practice Online (happening now!)  
Monday-Friday, 7:00-7:15am, via Instagram Live @davismindfulness  
Reposted to Facebook around 7:20am @davismindfulnesscenter

Weekly Mindful Storytime (starting April 8th)  
Wednesdays, 1:00pm, via Instagram Live & reposted to Facebook

**Mindfulness Parent Video Series (16 Lessons)**

**Register: [dbh.utah.org/mindfulness](http://dbh.utah.org/mindfulness)**



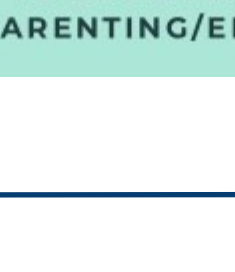
CREATE A BOND WITH YOUR CHILD FOR LIFE

## EMOTION COACHING

A Program for Parents With Children of Any Age—It's Never Too Late

### PARENTS WILL LEARN HOW TO:

- EFFECTIVELY IMPLEMENT THE FIVE STEPS OF EMOTION COACHING
- RECOGNIZE, RESPOND TO, AND VALIDATE WHAT YOUR CHILD IS FEELING
- USE EMOTIONS AS OPPORTUNITIES FOR CONNECTION AND TEACHING
- EXPRESS UNDERSTANDING AND EMPATHY.
- SET CLEAR, CONSISTENT LIMITS WHILE HELPING YOUR CHILD PROBLEM SOLVE.
- HELP CHILDREN IMPROVE THEIR ABILITY TO FOCUS AND INCREASE SELF-MOTIVATION.
- IMPROVE FAMILY AND PEER RELATIONSHIPS



ONLINE COURSES STARTING SOON

TO REGISTER:  
[DBHUTAH.ORG/PARENTING/EMOTION-COACHING](http://DBHUTAH.ORG/PARENTING/EMOTION-COACHING)

Hello Heritage Huskies!

This weeks strength training suggestion is: Flip a Coin workout. Equipment needed: a coin.

How to play: flip the coin, if it lands on heads choose the exercise on the heads column. If the coin lands on tails, do the exercise on the tails column.

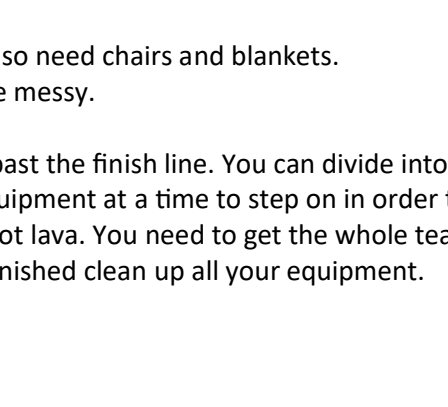
- | Heads                                    | Tails                              |
|--|------------------------------------|
| 1. Run in place for 10 seconds           | 10 Jumping jacks                   |
| 2. 10 push ups.                          | 10 mountain climbers               |
| 3. 10 hop on one foot.                   | 10 skips                           |
| 4. 10 boxing punches.                    | 10 karate kicks                    |
| 5. 10 push ups.                          | Hold plank position for 10 seconds |
| 6. 10 lunges.                            | 10 squats                          |
| 7. Crawl walk for 10 seconds.            | 10 frog hops                       |
| 8. Sit in butterfly pose for 10 seconds. | V sit for 10 seconds               |

Game of the week: HOT LAVA.

Equipment needed: 1 towel, 1 pillow, 3 pieces of paper (per team if you have more than one team). You will also need chairs and blankets. This game can be played inside or outside. Please get permission from your parents to play this game, it can be messy.

How to play: you need to designate a start line and a finish line. Make a fort with the blankets and chairs just past the finish line. You can divide into teams and race or use a timer and race as one team. At the start line, get in a line and start the timer. You use one piece of equipment at a time to step on in order to cross the hot lava and make it to the finish line. Pass the equipment to the front person in the line to move you across the hot lava. You need to get the whole team across the hot lava to the fort. Be creative with this game, you can make up different stories as you play. When you are finished clean up all your equipment.

HAVE FUN!!  
Enjoy your week, Mrs. Bown



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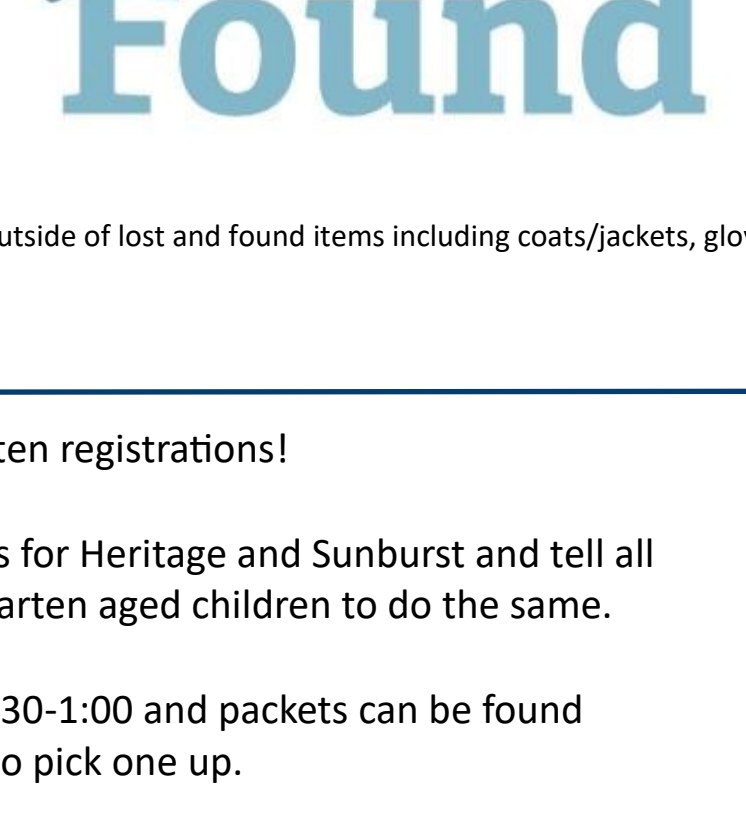
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Hi! I miss you all! I hope you're finding some time to be creative while you're at home. I know that many of you like to draw, doodle, or build things out of paper. A couple of other ideas are to sketch a portrait of a family member while they are sitting still, maybe at the computer, or to go outside with a sketchbook and examine and draw a plant, leaf, or flower like Leonardo da Vinci did. Look for details! Have fun! Mrs. Cousineau

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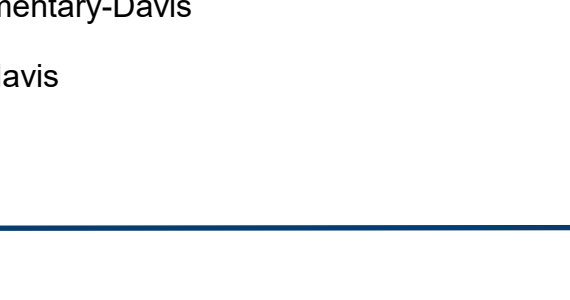
We have three bins sitting outside of lost and found items including coats/jackets, gloves, lunch boxes, umbrellas, etc.

We are still taking kindergarten registrations!

Please register your students for Heritage and Sunburst and tell all your neighbors with kindergarten aged children to do the same.

We are available between 8:30-1:00 and packets can be found online or stop by our office to pick one up.

Thank you!



—2020-21 REGISTRATION NOW OPEN!—



Facebook Heritage Elementary-Davis  
Instagram @heritageeldavis