

SEPTEMBER NEWS

Monte Vista Elementary School

How is Your VIBE?

In recognition of September Attendance Awareness Month, we are promoting our virtual learning attendance slogan - VIBE (Virtual, Involvement & Best Effort). Here are some things students must do to ensure their VIBE is engaged, active, and positive.

V = VIRTUAL - Be virtually ready everyday by being on time & ready to learn with camera on.

I = INVOLVEMENT - Participation in virtual learning is important to student success. Keeping your learning area free from distractions (i.e. personal items, toys) will enhance learning as well.

B = BEST - Always do your best by staying muted, until asked to unmute & taking breaks away from computer when directed by teacher.

E = Effort - Show your power, strength, and determination by letting your teacher know when you need help.

ATTENDANCE IN A VIRTUAL SETTING



Follow student schedules.



Email or visit virtual office hours and let us know how we can support you.



Each morning students should log-into Canvas for teacher check-in.



If your child feels ill, no worries! Here is what to do: *Call and report an absence* **HOWEVER**-If your child is still able to log-in & participate in recorded instruction or assignments, he/she will not be marked absent



View and listen to recorded lessons from teacher
AVAILABLE AT ANY TIME IN CANVAS



Turn in assignments on-time.

Student participation in school is still required (compulsory), even with the recent changes in our law (SB 98) and the pandemic. We are committed to supporting families and students engage in virtual learning.
Together, we can continue to ensure your child receives exemplary learning opportunities.

SUPPORT & LINKS

Virtual Learning
Overview
[**CLICK HERE**](#)

Hispanic Heritage Month
Virtual Library
[**CLICK HERE**](#)

Canvas Help
[**CLICK HERE**](#)

Counseling Check In
Request Form
[**CLICK HERE**](#)

Student Email Login
[**CLICK HERE**](#)

Free Mental Health
Concierge
[**CLICK HERE**](#)

Parental Resilience
Workshop
[**CLICK HERE**](#)

Positive Parenting
Workshop
[**CLICK HERE**](#)

CONTACT INFO:

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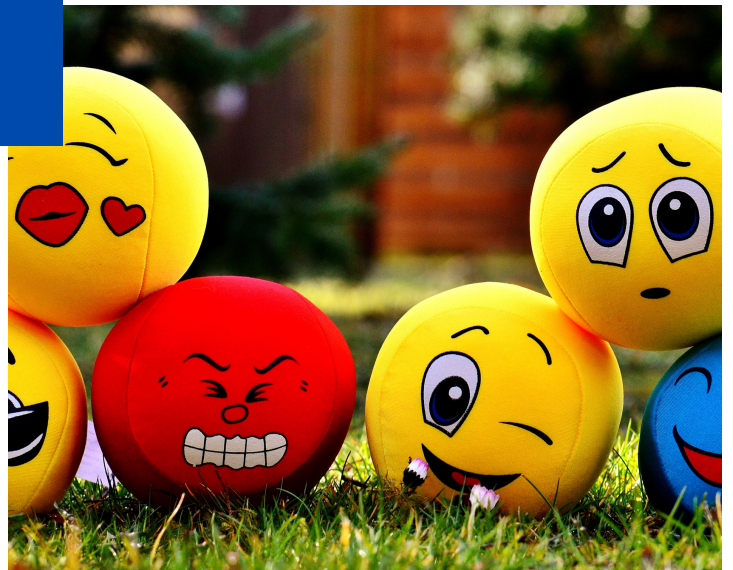
HISPANIC HERITAGE AWARENESS MONTH

September marks the start for Hispanic Heritage Month. This takes place between September 15th-October 15th and highlights the hispanic culture. We recognize the contributions and influence of Hispanic Americans to the history, culture, and achievements of the United States.

Elementary school sites have highlighted this month in an array of books, movies, and activities! [Check out more by clicking here](#)

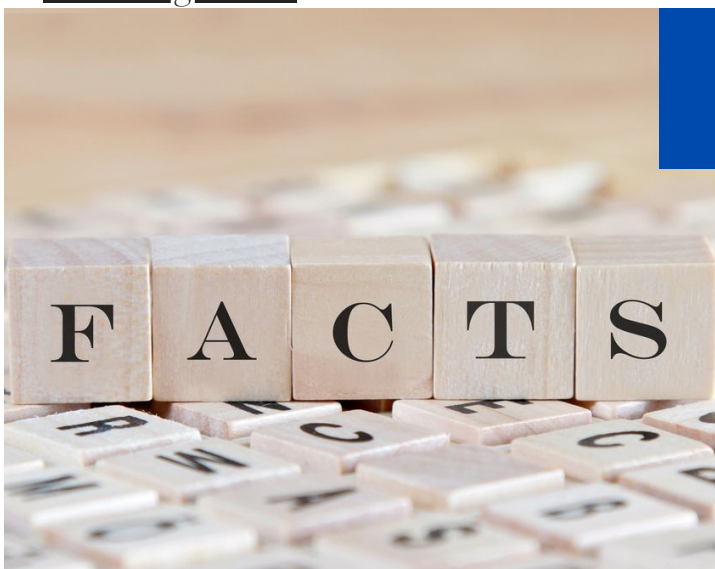
SEL TOPIC

The Social Emotional Learning Topic this month will focus on Introducing Emotion Management. Recognizing how our feelings can effect many parts of our life from school focus to friendships. [Check out More By Clicking Here](#)



COPING SKILL

Check The Facts: When we feel strong emotions, it can be difficult to think clearly. Try checking the facts to help your brain calm down. Ask yourself: Is this true, Am I safe, What is the Positive View, What would a Friend Say about this thought, What is it that I am assuming will happen, Will this matter in one year.





Virtual Learning Recipe for Success

ingredients

- Consistency
- Positive reinforcement
- Frequent breaks
- Communication
- Taking care of yourself

preparation

1) **Consistency is key.** Kids crave structure and consistency. Develop as much routine as possible. The best time to start is right after breakfast. Do as much as you can right away in the morning, while they are well-rested and have full stomachs. This is when their energy level and attention span is at its best. The longer the day goes on, the more tired and bored they will become.

2) **Positive reinforcement.** Use as much positive reinforcement as you can. For example, every sentence your child writes, they earn a sticker towards a reward that suits them best. Try to give as many small, immediate rewards as

possible and work their way to a bigger, end goal (i.e., once they fill up their chart, they get to stay up 30 minutes later, or earn extra Ipad time.)

3) **Allow for frequent breaks.** If your child gets frustrated with their work easily, allow frequent, timed breaks. For example, once you write 2 sentences, you can play with your toys for 5 minutes, then come back and write 2 more. Using a timer can allow for consistency so they do not take advantage of the breaks.

4) **Communicate at their age-level.** Use as many emotion words as you can. For example, "I can see you are getting frustrated. Let's take some deep breaths together. What can I do to help you? What do you need from me?" Validate their feelings and that it is okay to get upset. Point out how well they handled a situation when they were upset. "Wow, look at how well you took those deep breaths when you got mad."

5) **Take care of you .** Don't forget to take care of yourself, also. If you can sense yourself getting frustrated, then it's okay to walk away for a moment and calm your own emotions.