

The Sandmeier Times



May 2020

Welcome to this month's issue of *The Sandmeier Times*.

The school hopes that its TLS Families are well and safe during these difficult times.

Please know that the school will continue to support your child(ren) during this ongoing (online) digital remote learning environment.

Please check your email regularly for updates from our administration, as well as the district's website for any viable information pertaining to this current global situation.

Again, we thank you for your support and understanding during these trying times. Please do not hesitate to contact your child's teacher, the Principal, and/or the Counselor should you be in need of additional assistance.

WE MISS YOUR CHILD(REN) DEARLY!

STAY TLS Strong!!

MAY 2020



**TLS HEALTH OFFICE,
PATRICIA MADER-KARAN, RN**

DEAR SANDMEIER PARENTS,

The TLS school culture of dedicated instruction, student-to-student respect and team building continues to be evident, even on our online learning platform. TLS is grateful to our parents and guardians for consistently being a vital component of our school community.

VACCINATIONS: Please keep the dialogue open with your primary care providers for a plan to keep up to date on vaccinations, particularly for upcoming 6th graders.
https://www.state.nj.us/health/cd/documents/imm_requirements/childhood_recommended_vaccines.pdf

World Asthma Day, First Tuesday in May

Two bills are currently under consideration to set national standards for the care of children with asthma while in school. H.R. 2285 and H.R. 2468
<https://www.aaaai.org/SAMPRO>

Health promoting behaviors, such as ensuring adequate sleep, nutrition, and physical activity work to increase our resistance to infection by bolstering our immunity.

CONTINUE TO FLATTEN OUR CURVE:

Hand washing, respiratory hygiene, cough/sneezing etiquette and surface cleaning are classic fundamental skills in the prevention of self-inoculation as well as in the promotion of health for our community.

1. Regularly wash hands with soap and water for a minimum of 20 seconds. Dry thoroughly with a disposable paper towel.
2. Use of hand sanitizer with minimum of 70% alcohol when necessary. Let hand sanitizer air dry.
3. For special considerations concerning sharing a household with a sick member, please access:
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>
4. Young children mirror our use of a tissue, as they cannot see behind the tissue to know what the sounds being emitted are clearly from. Please reinforce alternating closing off each nostril with a full, gentle blow from the opposing side into a clean and tissue to clear nasal secretions. Nasal congestion is particularly frustrating to our students as they are frequently looking down at their laptop or desk area which promotes nasal drainage. Instruct to have the tissue folded like a pocket instead of bunched up and blocking outflow.
5. Avoid touching the T- Zone: eyes, nose and mouth
6. Wear a protective mask when out in public
7. Maintain social distancing standards
8. Clean and disinfect objects and surfaces



Counselor Connection
From your School Counselor
Christina Marchese

TLS Families,

I hope that your families continue to stay healthy and strong. Everyone is truly missed! We put together a special tribute for all of you and hope you enjoyed it. If you haven't seen it, please click this link:

<https://click.email.vimeo.com/?qs=a57c09a9b7697f0ea94f58a46e22bbceedc9864f9e567e446f39ab9efd3031c15350eadbc633fa67cb6d62ad1f3b8e86b4d8c1e65be29fae00cc82b19f3a4671> and enter Password: ***TLS-Strong***

As we are now into our second month of Remote Learning at home and gradually adapting to our new routine, I would like to remind everyone that our mental health and wellbeing is just as important. Below are a few tips for you and your children.

VIRTUAL PLAYDATES AND CONNECTIONS

- Use a free video platform to connect with other kids. Zoom, FaceTime, Skype, WhatsApp and Google Hangouts are some of our go-tos.

HELPFUL TIPS FOR PARENTS

How to talk about COVID-19 with your children

- Meet children where they are.
- Help them feel like they're in control.
- Be realistic about them getting sick.
- Provide reassurance.
- Keep up a normal routine.

https://www.huffpost.com/entry/kids-mental-health-coronavirus_1_5e81fb57c5b66149226b540e

Self-care Ideas

We must remember to take care of ourselves so we can take good care of our children!

1. Seek accurate information from legitimate sources & set limits around news on COVID-19.
2. Look after yourself – exercise & meditate.
3. Reach out to others and support people around you.
4. Maintain a sense of hope and positive thinking.
5. Acknowledge your feelings.
6. Take time to talk with your children about the COVID-19 outbreak.
7. Ask for professional support.
8. Remember you are not alone.

Breather Breaks

<https://www.parent.com/3-breathing-exercises-to-calm-kids-of-all-ages/>

10 Benefits of Deep Breathing Exercises for Children (source: Your Therapy Source):

1. Decreases stress.
2. Reduces anxiety.
3. Helps you to remain calm.
4. Strengthens sustained attention.
5. Sharpens the ability to focus and learn.
6. Slows the heart rate.
7. Lowers blood pressure.
8. Helps to control your emotions.
9. Promotes appropriate social behaviors. Encourages happiness.

Create a Routine

While you are home with your children, a routine will be helpful for both your kids and you! We love to make plans, but stay flexible and leave room for the “magic” of the moment to happen.

- Use school as the framework and honor what had been your child’s routine.
- Dedicate time for play.
- Schedule in some easy indoor activities.
- Go to recess.
- Make a screen time routine.

COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A- wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

Furthermore, as mentioned by the Superintendent, NJ Mental Health Cares is New Jersey's free, confidential statewide health information and referral helpline. If you or a loved one needs support during these trying times please utilize the following contact information: Phone: 1.866.202.4357 Email: njmentalhealthcares@mhanj.org

As always if you need anything, we are all here to help! Stay safe and well!

Christina Marchese-Velazquez
School Counselor
 Google Voice # 973-936-8605
cmarchese@springfieldschools.com