

**We are safe,  
respectful,  
and  
responsible.**

# Prairie View News

**Edition Three 2020-21**

**Prairie View Elementary School**  
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## ***PBIS Update***

### **SEL Supply Kit**

This month, students received an at-home Social Emotional Learning kit. In this kit, you will find several posters to support social emotional learning at home including a Second Step calm down poster and our Zones of Regulation posters. You can also find some breathing strategies and calming coloring sheets to create an at-home calming corner!

### **Virtual Engagement Lesson**

Third and fourth grade and Oregon Online learners will receive a Virtual Engagement Booster Lesson when we return from winter break. We are working with learners to increase engagement in their virtual classrooms. The lesson reviews ways students can demonstrate their engagement and ensure they are marked present during their live meets. Cameras on, participating by talking or using the chat box and completing work throughout the lesson are some ways students can show engagement. If a student has their camera off for the entirety of a lesson and does not show any participation, they may be marked absent and asked to make up missed learning. You can view our **K-1 lesson here** and our **2-4 grade lesson here**.

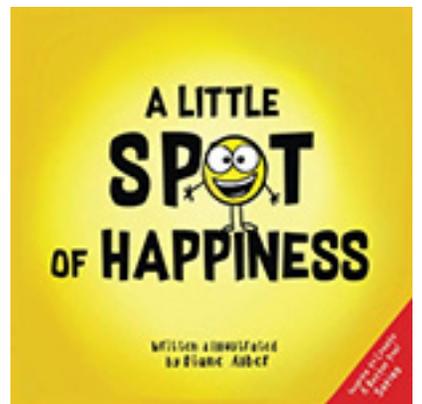
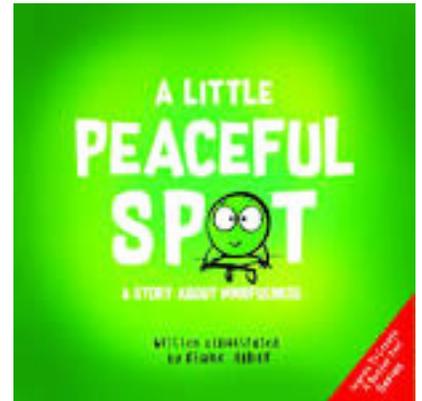
### **December SPOT Lesson**

Each month, the elementary school counselors plan lessons around our "A Little Spot" books. These books tell the story about a character named SPOT who teaches and reminds children how to demonstrate various traits such as kindness, empathy, and responsibility. This month, students listened to *A Little Peaceful Spot* and *A Little Spot of Happiness*. Students discussed ways they can practice mindfulness. We generated ideas of physical peaceful places we can go to when we need to take a break. We also practiced a mindful minute to help us achieve that peaceful feeling inside our own bodies. For *A Little Spot of Happiness*,

students discussed how to grow our own happiness by finding our own passions. We also practiced smiling and talked about the impact smiling can have on our own happiness as well as others'!

### **School Spirit Day Pajama Day — December 22**

We have seen students working so hard during this unusual year to keep everyone safe while still being respectful and responsible. As a celebration, we had a school-wide Pajama Day on Tuesday, December 22, before our winter break. Keep up the hard work PVE!



### **Looking Ahead — Important Dates**

No School: Winter Break	Dec. 23-Jan. 1
Classes Resumes	Jan. 4
Virtual PTO Meeting ( <a href="#">Link</a> )	Jan. 12, 6:30 p.m.
End of First Semester	Jan 15
No School: Professional Dev.	Jan. 18
No School: Professional Dev.	Feb. 15
No School: Spring Break	Mar. 29-April 2
School Resumes	April 5
No School: Professional Dev.	April 23



## Arrival Reminder

Children should arrive at school no earlier than 7:35 a.m. for morning cohorts and 11:55 p.m. for afternoon cohorts. Student supervision is not available before then. Children should arrive in time to be ready for class to begin at either 7:50 or 12:10, depending on their cohort time.

## Library News

From Mrs. Brauns & Mrs. Walowit



We wanted to reach out with some **important changes** to the Prairie View Library.

- You can still request library books by using the **Book Request Form** or the **Book Request Form in Spanish** which are also linked on the **PVE Destiny Discover** library page.
- **Library curbside pickup for Oregon Online K-4 and Phased Restart 3-4 students will change to the second Wednesday (with supply pickup; 12:00-6:00 p.m.) and the fourth Wednesday (3:00-6:00 p.m.) of the month.** Please have requests turned in by the Thursday before each pickup day, and return any books to curbside that your child is done reading.
- Library classroom deliveries for Phased Restart K-2 students will change to the first and third Tuesdays of the month during the am/pm sessions. Please have requests turned in by the Thursday before each delivery day, and have your child return any books to their teacher that they are done reading.
- Tutorials on how to place holds on library books and how to use the request system, as well as links to our weekly Storytimes, can still be found on our **PVE Library Tutorials & Read Alouds** page. This is also linked on our **PVE Destiny Discover** library page.

Happy reading!

## Tips for Coping with Change

Hello, Families! With the upcoming return to the building for our Phased Restart third and fourth grade students, as well as changes between PR and OO instructional models for some students at every grade level, we know big emotions may be surfacing for both you and your children. Remember all emotions are okay :-)

We know that kids learn best when they feel safe and secure. The mental health and well-being of our students has been in the forefront of our minds since March 13, and it will continue to be as students begin to cope with yet another set of changes to life as they know it. Here are a few things that we have been doing and/or are planning to do at PVE to help kids feel safe and connected to the people with whom they are interacting.

At the beginning of second semester, each class will have 20 minutes of SEL (Social Emotional Learning) time built into their schedule. This time will be used to build relationships, promote connections between students and teachers and, of course, have fun! Knowing that some students may experience a change in teacher and classmates due to a switch between OO and PR, as well as students returning to the building for the first time since last March, we understand how valuable this time will be for both students and staff.

Regular emotional check-ins — where teachers get a read on how students are feeling and what is going on in their lives beyond the classroom — are an effective relationship-building strategy, and one we utilized within our classrooms regularly last school year. Some classes continued to use emotional check-ins in the virtual classroom; now as students return to in-person instruction, ZONES of Regulation Check-Ins will be used within classrooms. We want EVERY student to know they are SEEN.

This year, students have participated in weekly, Wednesday SEL lessons asynchronously with elementary school counselors, and this will continue. Most recently these lessons have focused on emotion management and strategies to help calm strong emotions. These strategies can prove helpful as students cope with changes to their class structure and schedule. Our first lesson in the new year will focus on strategies to help cope with change. Our December materials pick-up contained an SEL packet



that included steps for calming down, breathing strategies and ZONES of Regulation poster — all strategies that have been introduced to students during SEL lessons. If you have any questions regarding any of these materials or how to use them, please feel free to reach out to your school counselor or SEL coach.

Change can be hard, even for us as adults. There are some things we can do as adults to help our children deal with challenges and changes in a healthy matter as we make transitions.

**1. Allow for Feelings:** It can be challenging to see our children upset and our gut instinct may be to rescue them from those feelings. Acknowledge their emotions and let them know it's okay to feel all kinds of feelings. Saying, "I know you're disappointed that we have to be apart right now and it's okay to be sad when good times end," lets your kids know what they're feeling is normal, validated and okay.

**2. Listen:** Resist the urge to talk and just listen with no distractions. Talk about the highs and lows of their days. Sometimes writing out thoughts or drawing a picture can lead to good discussion. Conversation starters can be found on the OSD website under SEL resources.

**3. Keep a Routine:** When you're facing a big transition, keep the rest of your children's lives as consistent, predictable and routine as possible. Routine breeds consistency and safety.

**4. Ensure Proper Sleep and Nutrition:** When kids are going through transitions, it's critical they get enough sleep to keep them rested. Plenty of sleep helps them feel more in control and able to deal with new experiences. Be sure your kids get plenty to eat and keep it nutritious and sustaining by including protein, veggies and whole grains.

**5. Offer Autonomy and Choices:** One of the best ways to help kids cope with change and a lack of control and autonomy is to give them the ability and ownership to make smaller decisions.

**6. Don't Make Your Anxiety Theirs:** While our children need to know we're human and that we have emotions (and that it's okay to express sadness, frustration and hurt), we have to be careful not to project all of our emotions and anxiety on to our kids in a new situation.

Be calm, grateful, and reflective about a big change. Approach it with optimism and as though it's a new adventure or experience by focusing on what you can be appreciative about.

If you have any questions, please reach out to any of us!

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### **PTO Information**

**Virtual PTO meeting: January 12, 6:30 p.m.**

**Meeting link: <https://epic.webex.com/epic/j.php?MTID=mda39c8fbd7d587b2a7d4233c4dba15a9>**

### **Dine out for Education**

January Dine Out for Education will be at Papa Murphy's on January 14, 10:00 a.m.-8:00 p.m. The PTO gets 15% of the online sales using the code: School

This is a great way to support the PTO!

**Oregon Elementary**  
**PTO**  
*Together for Children*



OREGON SCHOOL DISTRICT

*PVE mission is to "nurture learning in a safe and positive environment where all can achieve their best and become responsible and respectful citizens..."*

