



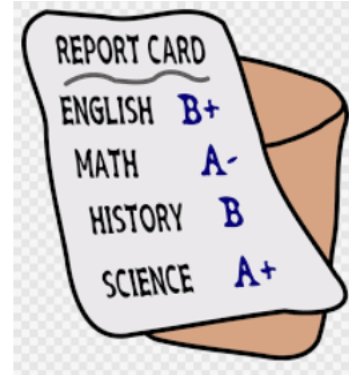
Dear NRHEG Elementary Families,

Good Morning! As we eagerly look forward to all students returning I'd like to share with you a few mental well-being resources provided by the MN Department of Health.

Good mental health and well-being helps children think, learn, and socialize well – and it leads to self-confidence and high self-esteem.

Ensure your child has these mental health basics:

- ♣ Unconditional love from family
 - ♣ A feeling of safety and security
 - ♣ Face-to-face play time with other children
 - ♣ Encouragement and support from teachers and caregivers
 - ♣ Appropriate guidance and discipline
 - ♣ Make time for listening – talk to children about their experiences and challenges.
 - ♣ Give the gift of responsibility – give kids important jobs they can do at home, at school, and in the community.
 - ♣ Create family traditions – like family meals, and seasonal and holiday activities.
 - ♣ Encourage responsible use of technology – talk about social media and technology, and create phone-free and other tech-free zones.
 - ♣ Make time to play and create – support unstructured playtime.
 - ♣ Encourage learning – help them find out who they are and what they enjoy. Explore interests and cultures, take a new class, read a book for fun.
 - ♣ Support exercise and nutrition – encourage them to move every day and eat nourishing food.
 - ♣ Help them enjoy nature – go for a walk together, plant a garden.
 - ♣ Create healthy sleep routines. For more information, visit www.health.mn.gov/communities/mentalhealth/ Take care and stay well!
- Mr. Anderson



Quarter Two Report Cards

Quarter two report cards will be emailed to families on Monday, February 1 rather than Thursday, January 28. Please check your inbox on Monday, for a message from JMC, to view your child's report card. Thank you!

Return to In-Person Learning for All Begins February 1, 2021

We are eagerly looking forward to the week of February 1 when all students will be back for in-person learning. We are also excited to share that beginning that week, we also plan to bring back all students on Wednesday, February 3, 2021, for a half-day of instruction in the a.m. This will continue to be the updated learning model for the elementary. Our students will be attending school full days on Monday, Tuesday, Thursday, and Friday, and for a half-day in the morning on Wednesdays. Beginning at 12:30 p.m. on Wednesdays, all students will be dismissed.

Wednesday afternoon will continue to remain a designated distance learning planning time for school staff as it has in the past. We look forward to welcoming all students back to school the week of February 1. Please contact the elementary office at 507-684-3181 if you have any questions.

