



Dear NRHEG Elementary Families,

Welcome Back to School! We have completed our first week and are moving on into week #2. 😊

As we continue to experience daily life affected by the COVID-19 pandemic, listed below are a few suggestions that may help you in supporting your children.

*Be a role model. Experience has shown that children will react to and follow your reactions. We all know that they will learn from our example.

*Be aware of how you talk about COVID-19. Your discussion about COVID can increase or decrease your child's fear. If true, remind your child that your family is healthy and you are going to do everything to keep loved ones safe and well.

*Demonstrate deep breathing. This is a valuable tool for calming the nervous system. Practice this with your children.

*Focus on the positive. Celebrate having more time to spend as a family.

*Establish and maintain a daily routine. Keeping a regular schedule provides a sense of control. It also helps children and other family members respect others' need for quiet or uninterrupted time.

*Let your children's questions guide you. Answer their questions truthfully, but don't offer unnecessary details or facts.

*Correct misinformation. Provide developmentally appropriate facts that will help to reduce fears.

*Practice daily good hygiene.

Thank you for everything that you are currently doing to support your child here at school and at home. It is greatly appreciated by all staff and by me. Have a great week!

Sincerely,
Mr. Anderson



School Pictures Scheduled

Brant Hemingway Photography will be at the elementary school on Tuesday, September 22 and Wednesday, September 23 to take our school photographs. Depending on the day your child attends, Group "A" will be on Tuesday, September 22 and Group "B" will be on Wednesday, September 23. The elementary office will be sending the order forms out to families.

AN AMAZING FIRST WEEK!

With all of the challenges that COVID-19 has brought to our elementary school, our first week was very successful. Here are a few observations from our school staff:

*The students did and continue to do an amazing job of wearing their masks. They have been wonderful troopers!

*We continue to work hard on maintaining our social distancing and it is not uncommon to see students walking sideways down the hallway with their arms outstretched to help them remember the appropriate distance.

*The one consistent message from staff is how absolutely wonderful it is to have our students with us, **back in school!**

*Our renovations are ALMOST complete! We are enjoying the new office space, and staff and students have appreciated the consistent temperature in the building that helps to keep us cool when it is warm outside.

*Although most Day One meetings occurred virtually we greatly appreciated and enjoyed having the opportunity to meet our students and families on the very first day of school. Thank you for accommodating this change.

THANK YOU, FAMILIES!