

January Charger News

2021



Cherry Chase Elementary School

1138 Heatherstone Way, Sunnyvale CA 94087

Phone (408) 522-8241

Sick child? cce.absence@sesd.org

Click [here](#) to be directed to the Cherry Chase Website

Is Your Child Sick or Unable to Attend School?

Is your child sick or unable to attend school?

Parents please report any student absences by calling the school office at 408-522-8241 or emailing cce.absence@sesd.org or jen.maylard@sesd.org



Volunteers

Our volunteer approval process has gone digital! Please complete the volunteer form online using this link: <https://permission.click/pjznJ/us>. **A TB test result or Risk Assessment must be uploaded to complete and submit the form.** You can begin volunteering once you receive an approval email from the District Office. *Volunteers would only be working in a virtual group environment; there are no onsite volunteer opportunities at this time.* Please contact Brenda Fox-Grugett with any questions at brenda.fox-grugett@sesd.org.





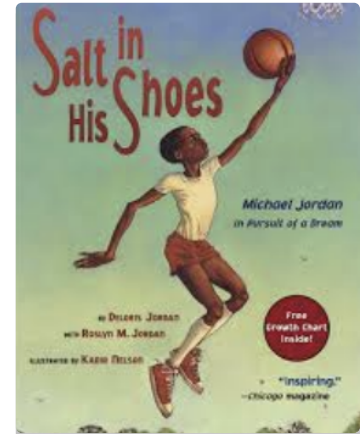
Cherry Chase is a CLOSED Campus

Even though students are not on campus, many teachers are present, teaching from their classrooms. Please remember that our campus is closed 8:00am-4:00pm to **ALL** visitors at this time. We appreciate your cooperation and understanding!

January Character Trait: Perseverance

"I keep trying even when an activity is hard."

During the month of January, teachers will be focusing on the character trait of Perseverance. Teacher may read the book *Salt in His Shoes* by Roslyn Jordan to emphasize this character trait.



What is Perseverance?

- Perseverance helps someone stick with an activity until it is finished.
- Perseverance is staying with something even when others might quit or give up.
- Perseverance is the character trait that helps you stick with an activity even if it is difficult or long. It is a trait that requires a great effort but provides a rewarding feeling.

How Can You Encourage Your Child To Show Perseverance?

- Acknowledge when your child is showing perseverance (riding a bike, doing a hard math problem, sports activity, etc.)
- Read books that show the main character showing perseverance.
- Be an example and show your child how to stick with a difficult task until it is complete.

Discussion Questions About Perseverance:

- Talk to your child about when he/she was learning to ride a bicycle without training wheels. It may have been difficult at first. Your child may have fallen off his/her bike. But he/she kept trying over and over, until he/she could ride the bike with ease.
- Discuss activities that would require perseverance (running a race, learning to tie shoes, learning to walk, etc.)
- Talk to your child about a time you had to show perseverance in order to complete a goal.



Citizen of the Month for December 2020.pdf

[Download](#)
159.8 KB

SEL (Social Emotional Learning): Self-Awareness and Self Management

According to the Collaborative for Academic, Social, and Emotional Learning (CASEL), social-emotional learning (SEL) is “the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible and caring decisions.”



Self-awareness and self-management are two of the five components that make up CASEL’s model of SEL.

Self-Awareness is the ability to be aware of one’s inner life—one’s emotions, thoughts, behaviors, values, preferences, goals, strengths, challenges, attitudes, mindsets, and so forth— and how these elements impact behavior and choices across contexts.

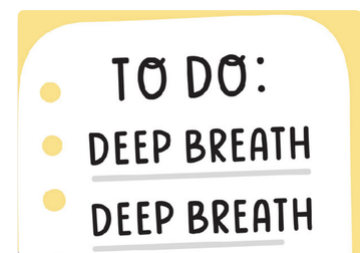
Self-management is the ability to navigate and shift in a healthy way one’s thoughts, emotions, and behaviors in order to make decisions and reach goals that benefit oneself and others.

Ultimately, self-awareness and self-management are closely linked. For example, being able to stop and calm down when one is upset (self-management), requires skills like recognizing and labeling the emotions and considering how they might be affecting one’s behavior choices (self-awareness).

Benefits of Deep Breathing for Self-Management

Deep breathing exercises are an excellent way to self-regulate.

According to the experts at Harvard, deep breathing benefits us in a few different ways. It regulates our arousal level, which helps us calm our bodies and achieve self-regulation.



It’s not complicated, but it might feel awkward and unnatural to practice deep breathing at first. There is actually a correct way to do it, to get the maximum benefits.

- Inhale slowly through your nose until you can’t take in any more air
- Your stomach should expand, if you’re lying down, place your hand on your belly, and you’ll feel it rise.
- Exhale slowly and completely through your mouth. Make sure you gently exhale, like you would if you were blowing on hot food.

Try doing deep breathing with your child for one-minute intervals:

- When they wake up in the morning
- After getting home from school
- At the dinner table just before supper
- During transitional times
- When it’s bedtime

Deep Breathing Exercises for Kids



Balloon

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pbbpbbpbb" sound.



Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "sssshhh" sound and release all your muscles, draining out the stress.



S.T.A.R.

Smile, Take a deep breath And Relax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.

Balloon Breathing

Drain Breathing

Star Breathing



Printable breathing cards.pdf

Click here for printable breathing cards to practice with your child.



Download

553.6 KB

Additional Resources:

How Can We Help Kids With Self-Regulation?

Click here to read an article by the Child Mind Institute on how to help kids with Self-Regulation.

5 Steps to Managing Big Emotions

Click here for strategies on how to manage big emotions.

Self Regulation Picture Books

Click here for information on picture books that deal with the topic of self regulation and how to deal with different emotions.

Covid-19 Reminders

COVID-19 cases and deaths are rising across the United States. We all must remain vigilant. The changes we have had to make to routines and daily life are extremely hard, but these changes are even more important



now and in the future. We must stop the spread of this dangerous virus. The more steps you and your family can take to prevent the spread of COVID-19, the safer you will be. Here are some tips according to the CDC.

Three Important Ways to Slow the Spread

- Wear a mask to protect yourself and others and stop the spread of COVID-19.
- Stay at least 6 feet (about 2 arm lengths) from others who don't live with you, and avoid crowds.
- Wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol.

How to Protect Yourself When Going Out

- Wear a mask that covers your nose and mouth to help protect yourself and others. Masks offer some protection to you and may protect those around you if you are unknowingly infected with the virus that causes COVID-19.
 - Choose a mask with two or more layers of washable, breathable fabric that fits snugly against the sides of your face.
- Stay 6 feet apart and avoid crowds.
 - The more people you are in contact with, the more likely you are to be exposed to COVID-19.
- Avoid indoor spaces as much as possible, particularly ones that aren't well ventilated.
 - You may find it harder to stay 6 feet apart in indoor spaces.
- Wash your hands often.
 - Use soap and water for 20 seconds, especially after you have been in a public place or hand sanitizer if soap and water aren't available.

How to Cope with Stress

- Care for yourself one small way each day.
- Unwind by doing yoga, listening to music, or gardening.
- Find new ways to connect with family and friends, get support, and share feelings.
- Eat healthy foods and get enough rest
- Relax by reading, listening to music, or starting a new hobby.

Helping Children Cope During the Pandemic

[Click here for ways to support your child during this difficult time.](#)

The School Library Is Open



Library Schedule

Date	Monday	Tuesday	Wednesday	Thursday	Friday
Dec. 7-11	Grade 5 Books on Hold	Grade 4 Books on Hold	Grade 3 Books On Hold	Grade 2 Books on Hold	Grade K & 1 Books on Hold
Dec. 14-18	Grade5 Pickup 8:30-3:30	Grade 4 Pickup 8:30-3:30	Grade 3 Pickup 8:30-3:30	Grade 2 Pickup 8:30-3:30	Grade K & 1 Pickup 8:30-3:30
Jan. 4-8	Grade 5 Return 8:30-3:30	Grade 4 Return 8:30-3:30	Grade 3 Return 8:30-3:30	Grade 2 Return 8:30-3:30	Grade K & 1 Return 8:30-3:30
Jan. 11-15	Grade 5 Books on Hold	Grade 4 Books on Hold	Grade 3 Books On Hold	Grade 2 Books on Hold	Grade K & 1 Books on Hold
Jan. 25-29	Grade5 Pickup 8:30-3:30	Grade 4 Pickup 8:30-3:30	Grade 3 Pickup 8:30-3:30	Grade 2 Pickup 8:30-3:30	Grade K & 1 Pickup 8:30-3:30
Feb. 8-12	Grade 5 Return 8:30-3:30	Grade 4 Return 8:30-3:30	Grade 3 Return 8:30-3:30	Grade 2 Return 8:30-3:30	Grade K & 1 Return 8:30-3:30

[Click here to learn how to put books on hold](#)

Library Guidelines

Following the CDC and Charger Safety Protocols, we have decided to extend the library services on a trial basis. We are requesting all the students, parents, and teachers to follow these guidelines:

- Be Safe: Wear a face covering - Mask must cover both nose and mouth.
- Be Respectful: Maintain a minimum distance of 6 feet during return and pickup times.

- Be Responsible: Return books on time.

A maximum of two books can be put on hold.

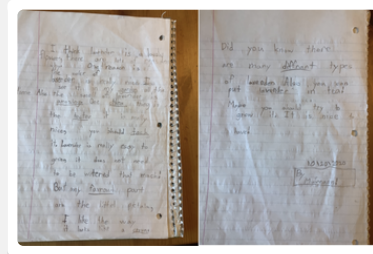
No two books from the same series will be issued at the same time.

Examples of Writing in the Virtual Classroom

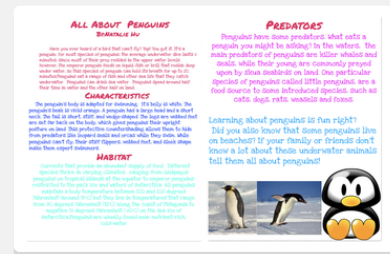


2nd Grade Imaginative Fiction

<https://read.bookcreator.com/En4fi1a0CrhmKJcMFmzrD2x7zkz2/1ZPPI6L-Rp26D6ljgFV1bA>



2nd Grade Opinion Writing



4th Grade Informational Writing

Helpful Parent Resources

[Click here to go to the Cherry Chase PTA Website](#)