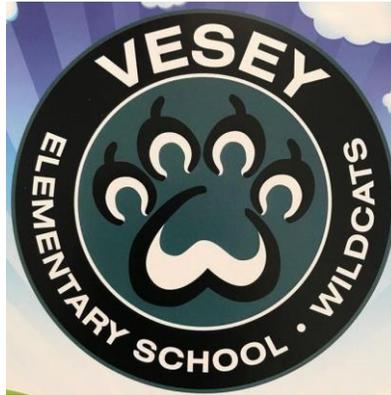


Vesey Elementary News

December 2020



In This Issue

Here's what you'll find included in this month's Newsletter:

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December Events

Friday, December 18th: Grading day, no classes

Monday, December 21st- Sunday, January 3rd: Winter Break, no classes



The Principal's Podium: A Letter from Mr. Uhrig

Dear Vesey Families,

Welcome to December 2020. It has been a very difficult year with COVID-19 and the closure of the schools. I want to say to each and every one of you to please know that we miss you and your children being in our halls and hearing the joyous noise of children learning and growing with us. The school feels empty without your children here and please know that we miss them and when we do return to in



person learning that we will appreciate the daily chaos and fun even more. A school is not supposed to be quiet and empty. The best part of my job is to be around the kids playing, laughing and being silly as they run with exuberance on the fields and playgrounds at Vesey. It has been very difficult since our closure to operate in a new online environment but we are persevering and doing our very best to engage your children in meaningful learning daily. Our teachers and support staff here at Vesey are working tirelessly to plan, prepare and deliver appropriate core content so that your child will progress and be ready for their return to school. This month we have Benchmark Testing for ELA, Math and Writing as well as survey's to complete. It is so very important that we finish this semester strong and that you help us with making sure the kids are attending zoom sessions and that they are learning. If we work together as we have been I am assured that we can move beyond 2020 and look forward to a happier more pleasant 2021. I want to thank all of the families for supporting one another and for supporting our efforts to help your children during this unusual time. I honestly believe that these difficult times will only make us a stronger community but will also allow us to be thankful for the good times to come. Happy Holidays to you and may God bless you and your families.

Thank you,

Mr. Jeffrey M. Uhrig MA.Ed./MBA

Very Proud Principal

Vesey Elementary School

Counselor's Corner



Self-care during the holidays

The end-of-year holidays are a very special time of year. For many of us, they are a time of giving, gratitude, and reflection. Despite the magic that we feel during this time of year, it can also be very stressful for people, even under the best of circumstances. Given that this year continues to be remarkable, it stands to reason that self-care is more crucial than ever. With that in mind, here are some self-care tips for this holiday season:

1. **Make time for yourself and be intentional in how you use it.** The holidays often have us running around trying to see people or get things done. To keep ourselves from feeling overwhelmed, it's important to set aside some time to take care of ourselves. Think of some activities that help you to feel calm and relaxed, and allow yourself the time to do them at least once per week.
2. **Take good care of your body.** Adequate sleep helps our bodies stay healthy (especially important this year) and can help us to better manage difficult emotions that we might feel around the holidays. A balanced diet and exercise can help to make sure that we have enough energy to get through the day. Trying to ensure that we have balance for our bodies will help our minds handle stress.
3. **Focus on gratitude.** This time of year, we on the Student Services Team like to encourage our students to have an "Attitude of Gratitude" and to consider the things they're thankful for. Gratitude can be a powerful thing and can go a long way in helping us to have a more positive, healthier outlook. And this isn't just true for our students, it's true for adults too! If things become overwhelming or we find ourselves feeling angry, afraid, or sad, few minutes thinking of things we're thankful for can go a long way.
4. **Be mindful of your own feelings, and try not to judge them.** Even though the holidays can bring great joy for many people, for others they can bring very difficult emotions. This holiday season, try to be aware of the feelings you're having and try not to focus on whether or not you're feeling the "right way". This mindfulness without judgment can foster self-awareness and help us to better understand the feelings we're having.

Counseling lessons and referrals

During our counseling lessons this month, students will be learning about the importance of growth mindsets and the joys of giving. Please reach out if you have any questions about what your students are learning!

The Student Services Team would also like to remind you all that we are here to support your children! If you think your child would benefit from social or emotional support, please fill out our referral form [here](#) (also available in Spanish [here](#)). This will help us to understand the concerns you're having for your child and begin working with them from there! Please feel free to reach out to any of us individually if you have any questions or concerns. Here are our email addresses:

Allie Kerr (School Counselor): alexandra.kerr@tusd1.org

Sheila Lofgreen (School Counselor): sheila.lofgreen@tusd1.org

Rachel Lopez (Social Worker): rachel.lopez@tusd1.org

Parent Volunteer Opportunity

Parents, Guardians & Vesey Staff:

Your feedback & participation is needed! 😊
Please join Vesey's Attendance Committee to help support the success of our students.
For questions and to sign up, please contact:

Rachel Lopez, Vesey School Social Worker
rachel.lopez@tusd1.org¹
908-4691

Community Resources

From TUSD Family Resource Centers:

We are giving away FREE gently used jackets! ¡Estamos entregando chaquetas poco usadas GRATIS!

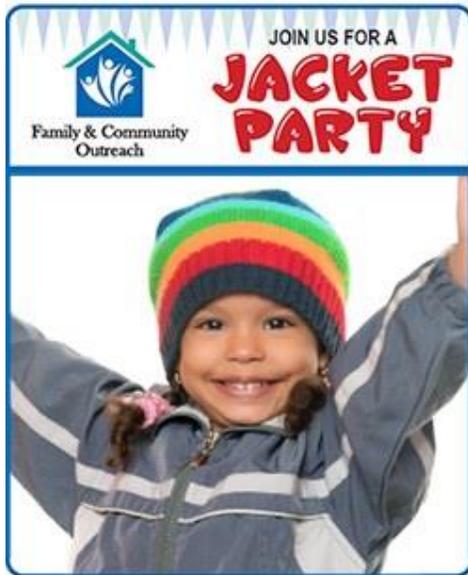
[Jacket Party/Fiesta de Chaquetas Flier](#) (in PDF)

FREE and open to ALL students enrolled in a Tucson Unified School District school. Please have student's name, school name, grade, birth date, Student ID number (if known) and jacket size so we can serve you quickly. (All sizes/ while supplies last)

Please, help us to stay safe. Wear masks, and send a friend if you are not feeling well.

GRATIS y disponibles para TODOS los estudiantes inscritos en una escuela del Distrito Escolar Unificado de Tucson. Tenga disponible el nombre del estudiante, el nombre de la escuela, el grado, la fecha de nacimiento, el número de identificación del estudiante (si lo conoce) y talla de chaqueta para que podamos atenderle rápidamente. (Todos los tamaños / hasta agotar existencias)

Por favor, ayúdenos a estar seguros, use cubre bocas o envíe a un amigo si no se siente bien.



- Duffy Clothing Bank 5145 E. 5th Street November 23 | 23 de noviembre | 10 a.m. - 2 p.m.
- Catalina Family Resource Center 3645 E. Pima Street December 2 | 2 de diciembre | 12 - 4 p.m.
- Palo Verde Family Resource Center 1302 S. Avenida Vega December 3 | 3 de diciembre | 12 - 4 p.m.
- Southwest Family Resource Center 6855 S. Mark Road December 9 | 9 de diciembre | 12 - 4 p.m.

Questions?

Contact Us

Family & Community Outreach

520.232.7055

Other Community Resources



Family Resource Center services are FREE to TUSD students and their families.

If you need assistance with basic needs such as food and clothing please contact one of TUSD's Family Resource Centers.

Open the link below for the most updated information:

http://tusd1.org/Portals/TUSD1/District/docs/Family%20Centers/FRC_Newsletter_December.2020.pdf?ver=2020-12-01-133845-467

Talk It Out Counseling Services



FREE Counseling Services for all enrolled TUSD students and their families
SERVICES ARE NOW BEING OFFERED REMOTELY.

Click below for more information:

<http://www.tusd1.org/Portals/TUSD1/District/docs/Family%20Centers/TalkItOut.pdf>

Tips on managing any anxiety your child may be feeling about returning to school & preparing for success:

<https://childmind.org/article/back-to-school-anxiety-during-covid/>

<https://childmind.org/article/preparing-for-back-to-school-success/>

Family Engagement Survey



Dear TUSD Parents and Guardians,

Family engagement is fundamental to student success. Since you know better than anyone about your own experiences at your child's school, we'd like to hear from you. **Please take a few minutes to complete this survey before January 4, 2021.**

The information from this survey will help us learn better ways to help families to be involved in their children's education. Individual responses will remain confidential.

Thank you for your help.

Click this link to complete survey:

<https://www.surveymonkey.com/r/GLP8LRT>