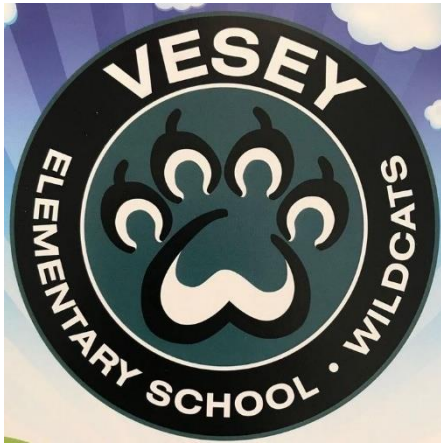


Vesey Elementary News

March 2021



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

- March Events
- The Principal's Podium: A letter from Mr. Uhrig
- Counselor's Corner
- Preparing Your Student To Return to Campus
- Registration for the 2021-2022 School Year has begun!
- 21st Century "Family Talks" Webinars
- Student Attendance
- Community Resources

March Events



Asynchronous Learning Days: Wednesday, March 10th and Thursday, March 11th

Grading Day-No Classes: Friday, March 12th

Spring Break- No Classes: Monday, March 15th- Friday, March 19th

Reopening of school for in-person learning: Monday, March 22

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

Vesey Families,

I wanted to communicate with you the latest information and changes that have been announced by the State of Arizona and TUSD.

- School will resume in person and online on March 22, 2021.
- The last day for in person learning labs will be March 9, 2021.
- There will be asynchronous work for students online on March 10-11, 2021. Please check into your zoom class for attendance and then work individually online.
- There is no school on March 12, 2021 for Grading Day.
- Spring Break is from March 15-19, 2021.
- There are three modes for learning starting on March 22, 2021 (Simultaneous, In Person & Remote). We have done our best to change schedules as little as possible. Due to teacher choice for Simultaneous, In Person, or Remote learning, some students will change their assigned teacher for the last quarter of school. If your teacher is being changed, we are asking that the new teacher contacts you to welcome your child into the new class.
- Our operating hours will be 9:10AM-3:25PM M,T,TH,F. Wed will be early release at 2:25PM.
- Children can arrive at school no earlier than 9:00AM. This is to ensure safe social distancing upon arrival.
- Parents & Visitors can make an appointment to come into the site for the remaining of the school year.



· Starting on the first day of school, students returning to school must bring the following:

- their school issued laptop
- a mask
- an extra mask in their backpack
- a water bottle
- any other school supplies you want to send your child's own personal use

We are looking forward to welcoming you back to campus!

Respectfully,

Jeffrey M. Uhrig MA.Ed./MBA

Principal

Vesey Elementary

(520) 908-4600 Jeffrey.Uhrig@tusd1.org

Counselor's Corner



Resilience and dealing with change

Hello Vesey Families,

As you've seen in our newsletter this month, we find ourselves in a time filled with changes. These changes can be hard on school staff, parents, and certainly our students. It is normal for students (and all of us) to be filled with conflicted feelings in the face of these changes: joy in anticipation of coming back to school, nervousness about health and safety, sadness about the possibility of losing their teacher. All of these responses are valid and expected from our students. Now is a time when they need our support emotionally. If you can, please try to listen to your student if they would like to talk about their feelings, try to help them identify the "feeling word" (sad, happy, scared, etc) that describes how they're feeling, and acknowledge those feelings.

Though it is difficult, our current situation also presents an opportunity for our students to practice a very important skill that will help them throughout their lives: **resilience**. Resilience is our ability to "bounce back" after we face a setback or a difficult situation. There's an important distinction we need to make when we consider resilience: it's not the absence of uncomfortable feelings or big emotional responses, it's our ability to continue trying even when we experience them. Resilience is a combination of self-awareness, flexibility, and strength. This challenge will provide our students with a chance to use their resilience skills. We can encourage this by listening to our students and validating their emotions, helping them come up with their own solutions to their problems, and by helping them when they need it, rather than doing things for them.

If your student needs extra emotional support (regardless of if they're in-person or on Zoom) or if you'd like to discuss resilience within this transition, please don't hesitate to reach out to me.

Allie Kerr, Vesey School Counselor

email: alexandra.kerr@tusd1.org

phone: (520) 352-9014

Return to Campus-March 24th



Parents/Guardians here are some tips on preparing your student to make sure that we have a safe and positive campus environment.

We look forward to seeing you soon!

10 things you can do to prepare for returning back to school

<http://www.tusd1.org/Portals/TUSD1/District/docs/NextSteps/GetReadyforSchool.pdf>

10 things you can do to prepare for returning back to school

1 Practice Hand Hygiene
Often throughout the day. Teach your child to sing their ABCs, their favorite song, or have them count for at least 20 seconds ensuring they wash front, back, & in-between their fingers, thumbs and under their fingernails.



6 Update Immunizations
Contact your child's pediatrician to see if your child's immunizations are up to date for school, make an appointment to get any re-required vaccines and ask about when to get a flu shot. Immunizations that are due can also be obtained at the Health Dept.
(https://webcms.pima.gov/health/preventive_health/immunizations/)



2 Practice Putting Face Covering On/Off.
TUSD mandates all K-12 students and staff wear a face covering on the bus and at school. Teach your child to not touch the inside of their face covering when taking it off and to not touch or play with the face covering while on.



7 Your Child Will Only Be able to use Inhalers for Asthma Medication Administration. Speak with your child's pediatrician to obtain the proper multi-dose inhaler & update their Asthma Action Plan.



3 Face Coverings.
Consider having multiple face coverings to give you proper time to wash them between use. It is recommended to wash and dry face coverings daily.



8 Make Sure to Send your child to school with a reusable water bottle for their safety. Water fountains will not be in service. Water for refilling bottles will be available.



4 Know The COVID-19 Screening Questions. (Find them here...) Review with your child each morning. Also, if your child is not feeling well, check their temperature before going to school and keep them home if it is 100 degrees or higher. Your child must stay home until fever-free without the use of fever-reducing medication for 72 hours. If they develop a fever or show symptoms of COVID-19 at school, they will be sent home immediately.



9 Verify/Update Emergency Contacts. Verify that your contact information is correct and up to date. If you have completed your child's registration and the information changes, contact your school with the correct information; they will update your contacts. It is important to update all emergency numbers so a contact can be reached at any given time.



5 Practice 6ft of Distance.
Measure the distance on the floor. Consider temporarily laying pieces of paper down for a visual.

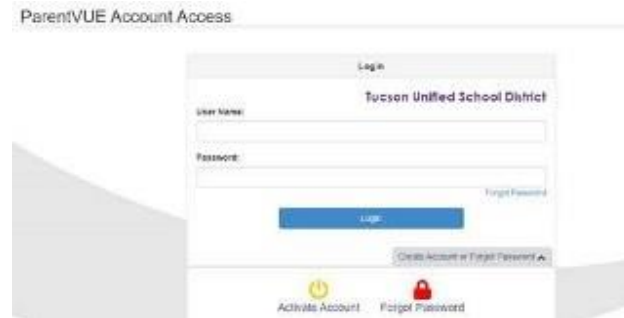


10 Stay Informed.
Educate yourself from reliable sources such as the CDC, (www.cdc.gov/coronavirus)
Pima County Health Dept, (webcms.pima.gov)
Arizona Dept of Health (azdhs.gov)
TUSD website (www.tusd1.org/COVID-19)



If you have questions, please contact School Health Services 225-3284

Registration for the 2021-2022 School Year has begun!



To register your child, please follow these steps:

1. Go to: <https://parent.tusd1.org/>
2. Log In to ParentVUE.
3. Begin the registration process.

Our office staff is available from 8:30 a.m. – 4:00 p.m. to help you with your ParentVUE login information or to help you complete the registration process. Feel free to call us at 908-4600. We look forward to continuing to serve your family.

21st Century Parent Webinars



PARENTS & STUDENTS PLEASE JOIN US FOR "FAMILY TALKS"!

Vesey's 21st Century Program staff will facilitate a series of webinars on a variety of topics selected to support and provide your family with information.

No registration is needed. Please choose a webinar you would like to attend and sign in using the Zoom link below for ALL sessions. Students and parents will each need a device to log into Zoom if possible, as each will have their own session for part of the webinar.

<https://tusd1.zoom.us/j/88215786195?pwd=SUJmeHI3ZVgrZEx4cW55YVpoK1lvdz09>

Meeting ID: 882 1578 6195
Passcode: family



Family Communication
Thursday, Feb. 18th
5:30PM-6:30PM

**How to Help Your Child
Cope with Stress &
Anxiety**
Thursday, March 4th
5:30PM-6:30PM

**Internet Safety: Tips for
Parents & Students**
Thursday, March 11th
5:30PM-6:30PM

**Community Resources OR
Helping Your Child
Through Grief
(Audience choice)**
Thursday, March 25th
5:30PM-6:30PM

**FOR MORE INFORMATION
PLEASE CONTACT:**

Ms. Kerr
@alexandra.kerr@tusd1.org

Or
Mrs. Lopez @
rachel.lopez@tusd1.org

908-4600

We're excited to announce a new program offered at Vesey. It's called "Family Talks".

These weekly webinars will help you and your family talk through the difficult situations we are facing during this pandemic.

You can pick and choose which webinars you want to attend or you can attend them all.

No registration is needed. Please choose a webinar you would like to attend and sign in using the Zoom link below for ALL sessions.

<https://tusd1.zoom.us/j/88215786195?pwd=SUJmeHI3ZVgrZEx4cW55YVpoK1lvdz09>

Meeting ID: 882 1578 6195

Passcode: family

Attendance Matters

What Is Your Attendance Like?
Missed Days and Minutes Add Up!



2 absences per month
 \times 9 months of school a year
1 month school missed
When the pattern continues for K-12th that equals 1 year of school missed during K-12th

CCPS

Just a little bit late doesn't seem much but.....

He/She is only missing just....	That equals....	Which is....	and over 13 years of schooling that's...
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly Half a year
20 minutes per day	1 hour 40 mins per week	Over 2.5 Weeks per year	Nearly 1 year
Half an hour per day	Half a day per week	4 Weeks per year	Nearly 1 and a Half years
1 hour per day	1 day per week	8 Weeks per year	Over 2 and a half years

be on time...
ON TIME
all day
EVERY DAY

DID YOU KNOW?

- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up. Attending school regularly helps children feel better about school—and themselves.

Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work.

<https://www.attendanceworks.org/resources/handouts-for-families/>

Community Resources



TUSD Family Resource Centers provide:

- District information and resources
- Referrals to community resources
- Clothing bank and food pantry services
- Classes and workshops for parents, guardians, and other adult caregivers
- Access to computers and internet
- Support for School Choice applications

March 2021 Family Resource Newsletter:

<http://www.tusd1.org/Portals/TUSD1/District/docs/Family%20Centers/FRC%20Newsletter%20March%202021.pdf?ver=2021-03-01-134822-713>

Southwest Family Resource Center 6855 S Mark Rd.

Phone: (520) 908-3980

Hours: 8:00 a.m. - 4:00 p.m.

(Closed 1:00-1:30 p.m. for lunch)



TUSD Family Resource Centers- Welcome Back School Supply, Backpack and Face Mask Giveaway*

March 22-23 • 7:30 a.m.-6:30 p.m.

Catalina Family Resource Center 3645 E Pima 520.232.8684

Palo Verde Family Resource Center 1302 S Avenida Vega 520.908.3980

Southwest Family Resource Center 6855 S Mark 520.584.7455

Menlo Family Resource Center 1100 W Fresno St. 520.225.2100

*While supplies last

Arizona's Children Association- Free Virtual Parenting Workshop First Five Years™ ONLINE Includes materials and gifts for attending

This 4-session series will help you nurture your child with a “just right” combination of freedom and positive discipline. Participate in First Five Years™ and learn: ❖ Your child’s development and growing brain ❖ Preventing tantrums and other problems ❖ Using mindfulness to keep calm ❖ Six ways to prepare your child for school success For parents and caregivers of children ages birth to 5 years.
Registration Required



Free Virtual Parenting Workshop First Five Years™ ONLINE Includes materials and gifts for attending!

This 4-session series will help you nurture your child with a “just right” combination of freedom and positive discipline.

- Participate in First Five Years™ and learn:
- ❖ Your child's development and growing brain
 - ❖ Preventing tantrums and other problems
 - ❖ Using mindfulness to keep calm
 - ❖ Six ways to prepare your child for school success

For parents and caregivers of children age birth to 5 years.

Registration Required



A 4-session series on ZOOM

**Thursdays, April 1, 8, 15 & 22
9:00am – 10:30 a.m.**

To register:

<http://bit.ly/3sCcMGx>

For more information, contact
Catalina Family Resource Center
at 520-232-8684



Supported By:



We are Arizona's best resource for helping children and families!
For more information, visit us online at www.ArizonasChildren.org

Casa de los Ninos-Parent Enrichment Classes

<https://www.casadelosninos.org/programs-resources/child-abuse-prevention-programs/register-for-free-parent-enrichment-classes/>

Tu Nidito-Grief and Loss Support <https://www.tunidito.org/>

Parent Aide-Parenting Support <https://parentaid.org/calendar/>

TUSD Talk it out-Family

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

Utility Bill Assistance

Visit Pima.gov/utilitybillshelp now for assistance with water, gas, electric, garbage and sewer bills.

Available to both City of Tucson and Pima County residents.