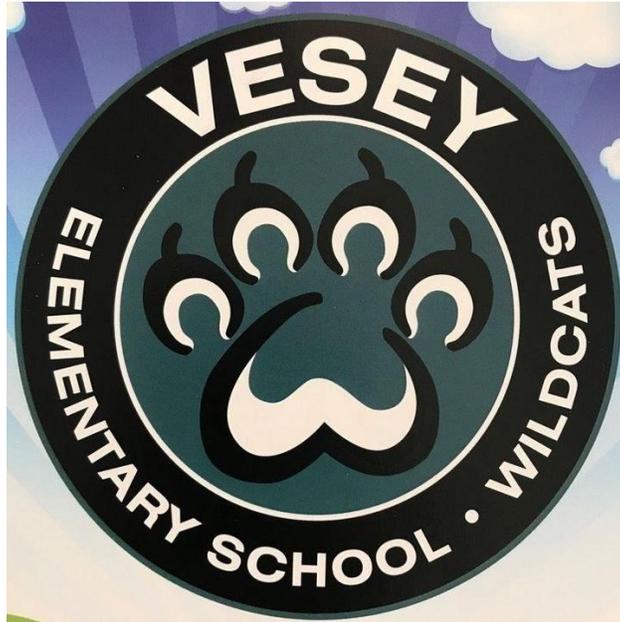


Vesey Elementary News

September 2020



In this issue



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

- Events and happenings around Vesey
- Words from the Principal
- Counselor's Corner
- Tips for learning from home
- Community Resources

September Events

SEPTEMBER 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12

Parent-Teacher Conferences:

- Sept 16th
- Sept 17th
- Sept 18th

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



Hello Vesey Families,

Welcome to September, 2020 and to hopefully some cooler weather temperatures. I wanted to share with you my appreciation for your flexibility during the online learning currently taking place. The staff and the students have had an interesting start to the school year and we are operating as best we can given the circumstances. Our Parent/Teacher conferences are scheduled for the 16th – 18th and we are looking forward to the day when we can safely reopen Vesey for children and staff. We miss the joyful noise and bustle of our kids here on campus. It is quite lonely and the site isn't the same without our kids. The district is working closely with Pima County and the Health Service professionals to gauge when it might be possible to come back to in person learning. Please stay advised for updates in the coming weeks. We are completing our initial diagnostic testing for all students and we are preparing for our first School City Benchmark testing. All of our preparations in Reading and Mathematics are aligning with the district pacing calendars to measure the learning of your child. We at Vesey are excited to demonstrate the proficiency rates of our students and are teachers are working diligently to teach the standards to your children as we move forward at

light speed. The nature of the testing has vastly changed so as a school we need to have that same sense of urgency to ensure that every child is prepared to be successful in this high stakes-testing environment. We invite you to join us online at our many Zoom meetings to keep you updated with the latest information at Vesey. We miss you and your kids and we are hopeful to be together at school sometime soon.

Thank you,

Jeffrey M. Uhrig M.A.Ed./MBA

Very Proud Principal

Vesey Elementary

Counselor's Corner



[Riding The Wave: A Helpful Way to Think about Our Emotions](#)

For many reasons, now is a time in our community that is full of emotions. Both for our children, and for us adults. When experiencing these powerful emotions, it can be helpful to think of them in a different way. One of the ways that counselors encourage people to think of their emotions is to look at them as if they were the ocean.

Sometimes our waters are still and serene, and other times there are sea storms; massive waves that shake us and leave us feeling blown away. Sometimes we feel quiet and calm, and other times we have strong ups and downs. These fluctuations in our feeling are normal and often healthy. It is not wrong for us to feel the strong waves of emotion. What is most important is that we learn how to "surf" these waves.

Picture a surfer: they don't fight the waves in the ocean. Instead, they learn how to move along them, using them to return themselves to shore. Our emotions are much the same way: if we fight them, we can experience quite the struggle, resulting in feeling overwhelmed and lost, filling our lives with more turmoil. By learning to be with our emotions, we can learn to ride them back to a feeling of calm. This is advice that can help both us adults and the children in our lives.

Here are some tips for helping you and your children "ride the wave":

- Be aware of your emotions-- what are you feeling? How do you know?
- Let yourself feel your emotions-- struggling to push an emotion away can result in feeling even worse
- Know that this feeling is not permanent-- sitting in uncomfortable feelings can be scary and we often want to avoid it. It can be helpful to remind yourself that you will not feel this way forever
- Find positive ways to cope-- anger, fear, and sadness can often lead us to unhealthy coping strategies. Find healthy ways to get through those strong feelings. For our kiddos, I like to recommend deep breathing, counting down from ten, and taking a walk. Many of these strategies will also work for adults. If those don't appeal to you, you could consider cleaning, cooking a meal, exercising, or baking, among others. The main idea is that we want to find a healthy way to channel the energy we feel from our emotions.

It is often not possible to avoid uncomfortable feelings altogether, but by riding the wave, we are able to make it through those strong emotions in a healthy way. I'm hoping this can help all of you and your families, I know it has helped me. If you have any questions, please feel free to reach out to me, I'm happy to discuss it further with you!

Allie Kerr (alexandra.kerr@tusd1.org)

Learning From Home



Tips to help your child be successful during online learning:

- Build routines and expectations.
- Have a designated space for learning.
- Stay in touch with teachers.
- Help your student "own" their learning.
- Be mindful of your student's needs.

TUSD Family Guide to Remote Learning:

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

How to answer your child's questions about Covid-19:

Tips from TUSD Counseling Department:

<http://www.tusd1.org/Portals/TUSD1/District/docs/Counseling/TalkingWithChildren.pdf>

Tips from TUSD Health Services:

<http://www.tusd1.org/COVID-19/ctl/view/itemid/204274?returnurl=http://www.tusd1.org/COVID-19>

E-Book: <https://www.apa.org/pubs/magination/kids-guide-coronavirus-ebook.pdf>

Family Engagement



Parents/Guardians if you would like to be a part of Vesey's Family Engagement Team, please join us for our first meeting on Tuesday, September 22, 2020 @ 8:30am-9:10am.

Zoom link to meeting: <https://tusd1.zoom.us/j/88267126721>.

Community Resources



Childcare/Recreation:

Boys & Girls Clubs of Tucson (open to serve working families)

<http://www.tusd1.org/Portals/TUSD1/District/docs/NextSteps/BoysAndGirls2020.pdf>

City of Tucson KIDCO and TUSD Programs

<http://www.tusd1.org/NextSteps2020/Childcare>

Rent/Mortgage/Utility Assistance:

<https://webcms.pima.gov/cms/one.aspx?portalId=169&pageId=24822>

Crisis:

<https://webcms.pima.gov/cms/One.aspx?portalId=169&pageId=51815>

Community resources in Pima County:

<https://211arizona.org/pima/>