

# December Charger News

2022



## Cherry Chase Elementary School

1138 Heatherstone Way, Sunnyvale CA 94087

Phone (408) 522-8241

Sick child? [cce.absence@sesd.org](mailto: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](mailto:cce.absence@sesd.org) or [jen.maylard@sesd.org](mailto:jen.maylard@sesd.org)

Please include student name, teacher name, grade, and reason for absence.



## Lost and Found

If your student is missing anything, please be sure to check the lost and found rack located on campus.





## December Character Trait: Caring

"I feel and show concern for others."

During the month of December, teachers will be focusing on the character trait of Caring. Each class will be reading the book Mrs. Rumphius by Barbara Cooney to emphasize this character trait. Classes will be discussing what it means to be a caring person.

### What is Caring?

- Caring is something you show for others.
- When someone is caring, he/she shows concern for others.
- You can show caring by helping those in need, being kind to others, and doing something nice for someone else without expecting anything in return.

### How Can You Encourage Caring In Your Child?

- Have your child make a get well card for a family member or friend.
- Work with your child to find items that can be donated to Goodwill or Salvation Army. While doing this, discuss why it is good to help those in need.
- Encourage your child to help his/her younger sibling do something (put a puzzle together, make something, etc.)
- Let your child help care for any family pets.

### Discussion Questions About Caring:

Encourage your child to express different ways that he/she can show caring toward others. Here are some sentence starters. Have your child finish the sentences with something they can do that shows caring for others.

When someone is sick I can...

When my friend is sad I can...

When someone needs help setting the table I can...



Citizen of the Month for November 2022.pdf

See who was awarded citizen of the month for the character trait of FRIENDSHIP during the month of November.

[Download](#)

253.9 KB

## December is Disability Awareness Month

This December, Cherry Chase celebrates Disability Awareness Month, which informs about types of disabilities and the contributions of those who have disabilities. There are many times throughout the year that celebrate this community.

- Disability Employment Awareness Month - October

- National Disability Awareness Month - March
- Disability Pride Month - July
- International Disability Awareness Day - December 3rd
- National and California State Disability Awareness Day - July 26th
- [Various days/weeks/months for specific disabilities](#)

Our community will celebrate in December because March will focus on Women's History, October focused on LGBTQIA History, and December does not have a community observance attached to it.



At school, teachers will be sharing biographies of influential people from these communities. We will also read books about and by people who have disabilities, both visible and invisible.

Want to celebrate and learn more at home:

- For an explanation of the month, visit:
  - [National Disability Employment Month- White House Declaration](#)
  - [National Disability Awareness Month](#)
- Websites and videos for caregivers to learn more:
  - [Why we need to talk about disabilities- TEDxSavannah](#)
  - [Normalizing Disability Begins at School - TEDxMSUDenver](#)
  - [Not all disabilities are visible - TEDxBrum](#)
  - [Living with an Invisible Disability - TEDxYouth@Dayton](#)
- Books are a great way to dive into a culture! Here are some book lists for kids:
  - [16 Shelf-worthy Children's Books about Disability for All Students](#)
  - [Picture books to Help Kids Understand Physical Disabilities and Differences](#)
  - [23 Children's Books about Disabilities that are Educational and Fun](#)
  - [Disability Awareness Books](#)

## SEL (Social Emotional Learning) Tips

"Social and emotional learning is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions."



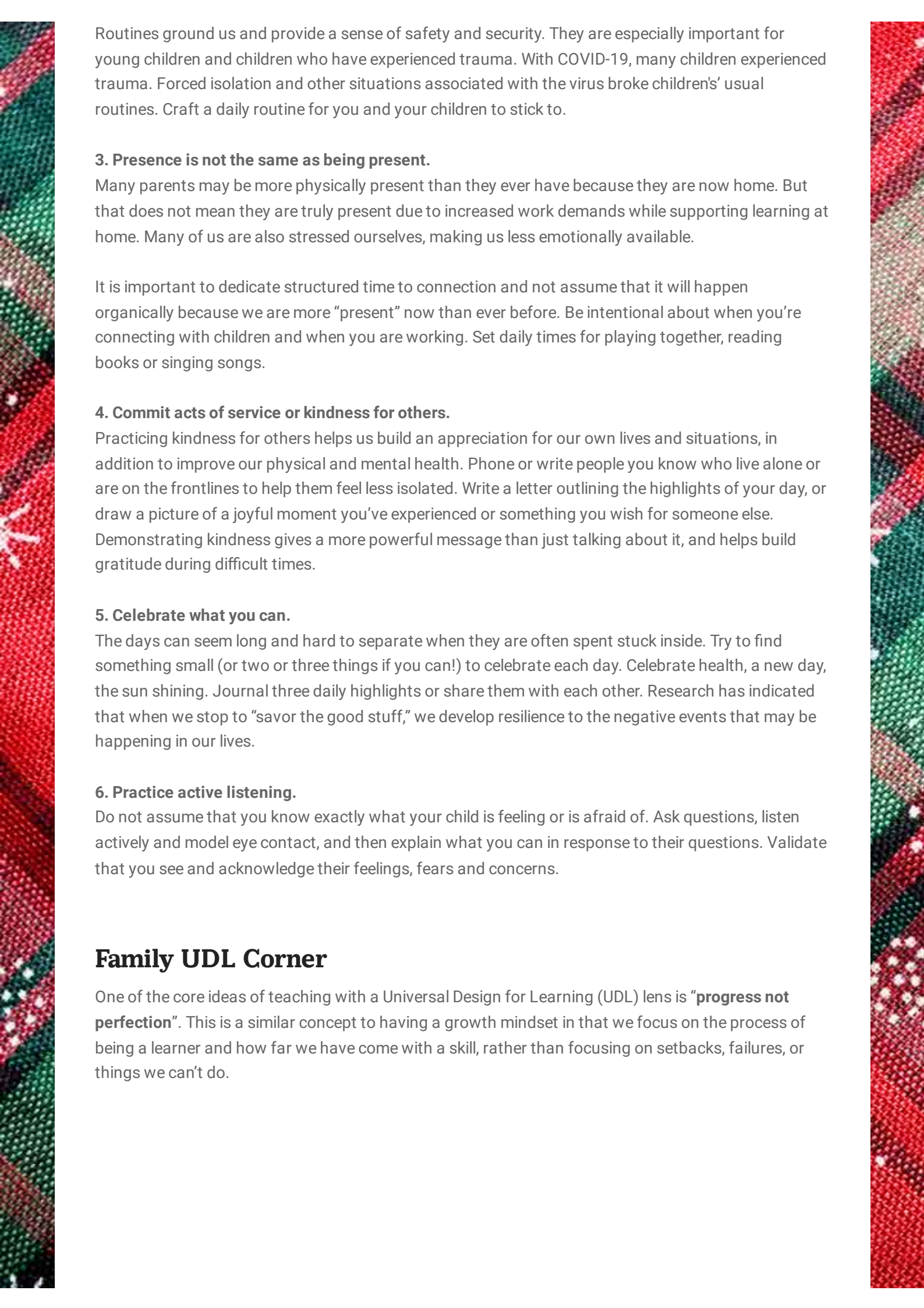
Social emotional learning (SEL) strengthens us as individuals and as communities, especially during uncertain times. When we practice and build our skills in self-awareness, self-management, social awareness, relationship building and decision making, we are better equipped to navigate stressors, anxieties, and challenges.

So how can we practice SEL at home? Here are some tips that families can follow.

### 1. Take care of yourself, even when it feels like the last thing you can do right now.

In order to cultivate the social and emotional skills of young people, you must take care of your own mental, social and emotional wellness. Young children are sensitive to the stress of their caretakers. We must stay calm and realistic. They sense when we are worried and anxious, and our emotions directly affect the emotions of our children. We must build in time, even if only 10 minutes a day, for our own wellness practices—journaling, going for a walk, meditating, exercising, for example.

### 2. Establish Routines



Routines ground us and provide a sense of safety and security. They are especially important for young children and children who have experienced trauma. With COVID-19, many children experienced trauma. Forced isolation and other situations associated with the virus broke children's' usual routines. Craft a daily routine for you and your children to stick to.

### **3. Presence is not the same as being present.**

Many parents may be more physically present than they ever have because they are now home. But that does not mean they are truly present due to increased work demands while supporting learning at home. Many of us are also stressed ourselves, making us less emotionally available.

It is important to dedicate structured time to connection and not assume that it will happen organically because we are more "present" now than ever before. Be intentional about when you're connecting with children and when you are working. Set daily times for playing together, reading books or singing songs.

### **4. Commit acts of service or kindness for others.**

Practicing kindness for others helps us build an appreciation for our own lives and situations, in addition to improve our physical and mental health. Phone or write people you know who live alone or are on the frontlines to help them feel less isolated. Write a letter outlining the highlights of your day, or draw a picture of a joyful moment you've experienced or something you wish for someone else. Demonstrating kindness gives a more powerful message than just talking about it, and helps build gratitude during difficult times.

### **5. Celebrate what you can.**

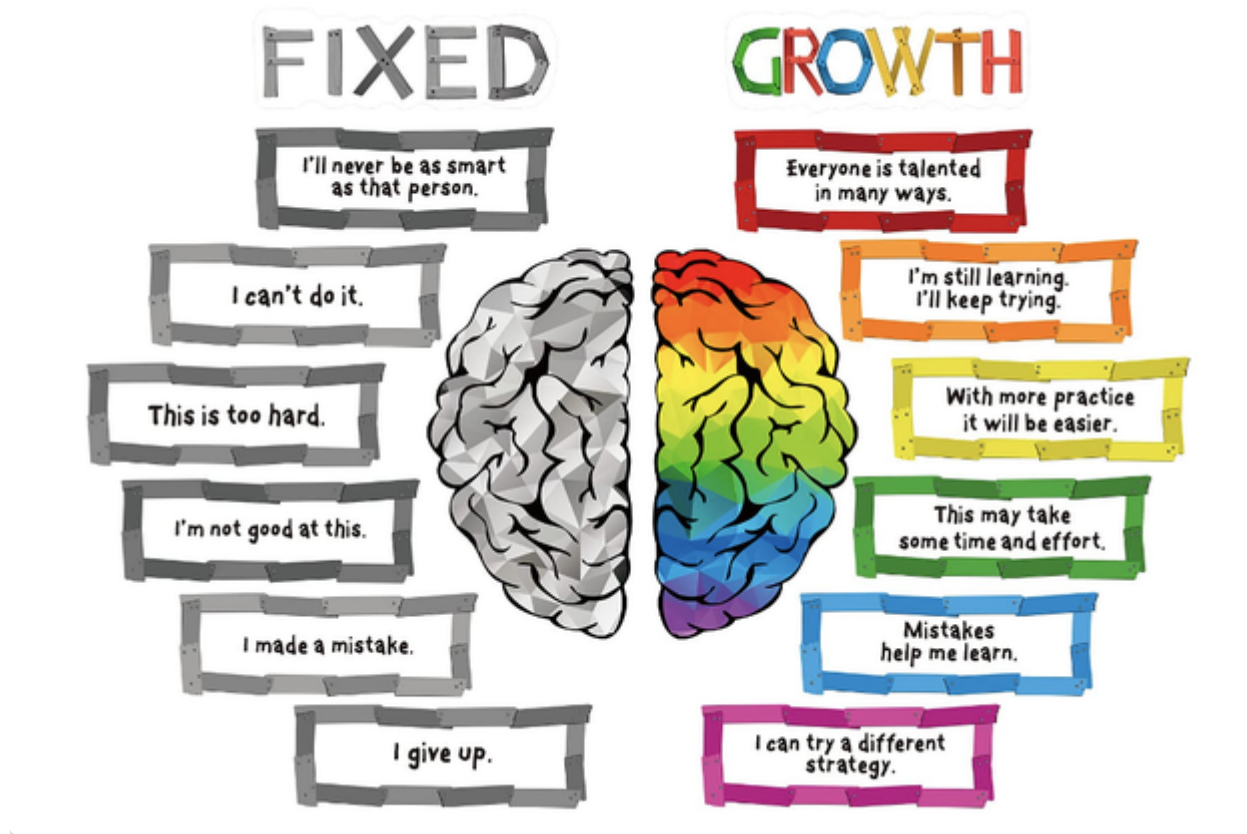
The days can seem long and hard to separate when they are often spent stuck inside. Try to find something small (or two or three things if you can!) to celebrate each day. Celebrate health, a new day, the sun shining. Journal three daily highlights or share them with each other. Research has indicated that when we stop to "savor the good stuff," we develop resilience to the negative events that may be happening in our lives.

### **6. Practice active listening.**

Do not assume that you know exactly what your child is feeling or is afraid of. Ask questions, listen actively and model eye contact, and then explain what you can in response to their questions. Validate that you see and acknowledge their feelings, fears and concerns.

## **Family UDL Corner**

One of the core ideas of teaching with a Universal Design for Learning (UDL) lens is "**progress not perfection**". This is a similar concept to having a growth mindset in that we focus on the process of being a learner and how far we have come with a skill, rather than focusing on setbacks, failures, or things we can't do.



Families can help their children make this shift to a growth mindset by adopting a “progress over perfection” attitude towards school and learning.

- Praise your child’s process and perseverance not only when your child succeeds at a task or problem, but also when overcoming a setback or when they get a wrong answer.
- Normalize making mistakes, getting “stuck” in a problem or situation, and being unsure. By showing how you work through your own setbacks in a positive way helps children see that mistakes are what help us learn and grow.
- Find the fun in competitive spaces. Emphasizing the positive parts of games, sports, and learning shows children that winning is not the only goal of participating. Some questions you could ask:
  - Did you do better than last time?
  - Did you try something new?
  - Did you work/play with a new friend?
  - What did you do today that made you proud?

Resources for families to use together:

- [The Incredible Power of Yet](#)
- [Read Aloud: The Magical Yet by Anglea DiTerlizzi](#)
- [The Power of Yet TEDxNorrköping](#)
- [18 Perfect Read Alouds for Teaching Mindset](#)
- [Read Aloud: The Girl Who Never Made Mistakes by Mark Pett](#)

## Helpful Parent Resources

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

