

# December Charger News

2021



## 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.



## Virtual Coffee with the Principal on December 2nd at 9am

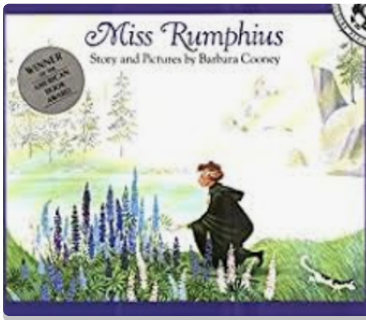
The topic will be counseling. CHAC (Community Health Awareness Council) will be presenting along with Ms. Marchant.





## Lost and Found

The Lost and Found rack will be outside the front office all day every Friday in December. There are many jackets, sweatshirts, sweaters, and water bottles on the rack so please stop by to see if any items belong to your student.



## 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 emphasis 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 2021.pdf

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

[Download](#)

282.5 KB

## 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.

# Examples of Writing From the Classroom

## 3rd Grade Narrative Writing

**A Terrifying Dog**  
Liam was playing in the yard when he heard a loud growl. He turned around and saw a big black dog with its mouth open, ready to bite. Liam ran as fast as he could, but the dog was following him. He hid behind a tree, but the dog was still there. He was so scared that he started to cry. Just then, a man came and took the dog away. Liam was happy to see the dog go, but he was still a little bit scared.

**My Trip to the Zoo**  
I went to the zoo with my family on Saturday. We saw many different animals, like lions, tigers, and bears. I was really interested in the penguins. They were so cute and fluffy. I also saw a big elephant and a giraffe. The zoo was very nice and I had a great time. I wish I could go back soon.

**The Night of the Storm**  
Last night, there was a big storm. The wind was blowing really hard and the rain was falling. I was in bed and I was scared. I stayed under my blanket and didn't go to sleep. My mom came in and told me to go to bed. I was still scared, but I tried to go to sleep. The storm was really scary, but it was over in the morning.

## 4th Grade Haunted House Writing

**Living Agent Josephine**  
You go into the house, you hear "SCREECH" and "WHEEEEE" as you enter the house. You know it's a haunted house! The house is big and spooky with the walls of dark. One room is full of skeletons and you hear the sound of a door creaking. You hear the sound of a door creaking and you hear the sound of a door creaking. You hear the sound of a door creaking and you hear the sound of a door creaking.

**Selling BY: Fchinrealtors.com**  
This is a very nice house with a lot of rooms. It has a big yard and a garage. The house is in a great location and is very close to schools and parks. It is a great investment opportunity. Call today to see this house!

**HAUNTED HOUSE FOR SALE**  
Looking for something spooky to live in? Here's your chance! This is a really nice house with a lot of rooms. It has a big yard and a garage. The house is in a great location and is very close to schools and parks. It is a great investment opportunity. Call today to see this house!


## 5th Grade Informational Article Unit

**Dehydration Of Spill**  
Dehydration is the process of losing water. It can happen to people and animals. It is caused by not drinking enough water. Dehydration can be dangerous and can lead to death. It is important to drink enough water to stay hydrated.

**Great White Sharks**  
Great white sharks are one of the most dangerous predators in the ocean. They are known for their size and speed. They can reach up to 30 feet long and weigh up to 10,000 pounds. They are found in all the world's oceans and are a major threat to marine life.

## 5 Grade Informational Writing

**J.K. Rowling**



**J.K. Rowling**

What do you know about J.K. Rowling? How did she become so famous? How many books did she write? How many awards did she win? How many movies were made from her books? How many people love her books? How many people hate her books? How many people are still reading her books? How many people are still watching the movies? How many people are still talking about her books? How many people are still talking about the movies? How many people are still talking about her books? How many people are still talking about the movies?

**Early Life**

What do you know about J.K. Rowling's early life? How did she become so famous? How many books did she write? How many awards did she win? How many movies were made from her books? How many people love her books? How many people hate her books? How many people are still reading her books? How many people are still watching the movies? How many people are still talking about her books? How many people are still talking about the movies?

**Before Fame**

What do you know about J.K. Rowling's life before she became famous? How many books did she write? How many awards did she win? How many movies were made from her books? How many people love her books? How many people hate her books? How many people are still reading her books? How many people are still watching the movies? How many people are still talking about her books? How many people are still talking about the movies?

**Works Cited**

Rowling, J.K. (1997). *Harry Potter and the Philosopher's Stone*. London: Bloomsbury.

**Quora**

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## Helpful Parent Resources

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