

Ms. Serenity Newsletter

Hello Lewistown Indians! I wanted to reach out to all of our students and families during this transition to homebound learning to tell you that I miss all your smiling faces very much and think about you everyday. I know the school closure can cause confusion, anger, sadness, excitement and worry. It's ok to feel all these feelings/emotions, but it's what you do with those feelings/emotions that matter.

Recently our students at PreK-6th grade have been learning about feelings/emotions, body language and coping with big emotions like sadness, anger and worry. Our students have learned that all of our feelings have a job and we need to listen to our bodies warning signs to be able to cope with these feelings in an appropriate way.

Worry

During this time worry can be a big emotion for everyone. Our students have been learning that worry can be a good emotion at times but if we let our worries grow out of control they can stop us from enjoying our daily activities. We've been learning to shrink our worries through positive thinking, focusing on things we can control and asking for help from an adult. Here are a list of books we have read in class and a few new ones that you can review with your child. Most of these books can be found on YouTube.

Wemberly Worried by Kevin Henkes

Parts by Tedd Arnold

Wilma Jean The Worry Machine by Julia Cook

Pout-Pout Fish by Deborah Diesen

Ruby Finds a Worry by Tom Percival

Jonathan James and the Whatif Monster by Michelle Nelson-Schmidt

How to contact me:

This is a difficult time for many of the families in our community. If there is anything I can do to help make this time less stressful for our students and families please don't hesitate to contact me.

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Junior High and High School Students

- Maintain a daily schedule and self-care
- Video chat with classmates during your normal lunch hour
- Have a to do list daily so you can see what you've accomplished
- Help others-offer to help younger siblings or family members
- Keep a gratitude journal
- Try a new hobby
- Exercise
- Spend quality time with your family

Tools we use at school that you can also use at home



Ohana means family and family means no one gets left behind or forgotten.

We are an INDIAN FAMILY!!