



December Newsletter

Havasupai Elementary

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<https://havasupai.lhusd.org>

<https://www.facebook.com/havasupai elementary>

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Havasupai Elementary would like to say a big shout out to our families for being so supportive of everything during these trying times. We cannot believe that this year is almost over and hope that everyone has a safe and wonderful Holiday Break.

School Hours:

Monday, Tuesday, Thursday, Friday 8am-2:30pm

Wednesdays 8am-1pm- Parents, please mark your calendars to help you pick your student up on time.

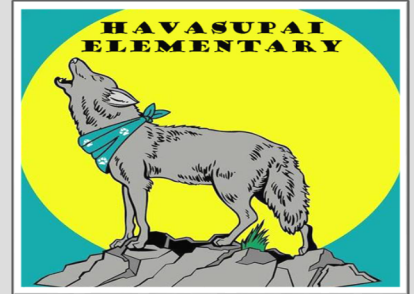
Parents,

If you still have a school laptop, it must be returned before Christmas Break. Our teachers need them for instructional purposes at school.

Thank you 😊

December Character Trait- Kindness

Kindness means being friendly and doing nice things for others.



Upcoming Events

December 2

Formal Dress Day

December 3

PTSO @ 3:15(Zoom)

<https://us04web.zoom.us/j/77631750740?pwd=UEFVTDVncHh2b1hveTc0SEdBTIFBUT09>

December 8

Cookie Dough Delivery

December 9

Re-Take Picture Day

December 15

Christmas Hat and Sock Day

December 16

Christmas Red or Green Day

December 17

Last Day of School, Report Cards go home

Spirit Day- Pajama Day

December 18 - January 3

No School Winter Break

January 4

School Resumes

Help Support Havasupai Elementary!

Amazon Smile

Support HAVASUPAI PTSO by shopping at AmazonSmile. When you shop AmazonSmile, Amazon will donate to Havasupai PTSO. It's easy – you can support us every time you shop by going to <https://smile.amazon.com/ch/47-5199232> or smile.amazon.com and choosing Havasupai PTSO. Thank you for supporting our school!

PTSO MEETING

Time: Dec 3, 2020 03:15 PM Arizona

Join Zoom Meeting

<https://us04web.zoom.us/j/77631750740?pwd=UEFVTDVncHh2b1hveTc0SEdBTFIBUT09>

Meeting ID: 776 3175 0740

Passcode: GoCoyotes!

Principals Update:



Havasupai is Thankful

This holiday season, Havasupai Elementary School has a lot to be thankful for! I want to express my gratitude to our students and their families for all of your support throughout the year. Thank you from the bottom of our hearts for standing with us through the difficult decisions and new educational experiences this year has brought. We appreciate your dedication, warmth, and collaboration to give our students the best education possible. We couldn't do it without you!

As you are out and about, please be sure to thank the following community members for their support and kindness...

K-12 Foundation	\$1,000 that will be used for Homework Club
United Way	Additional masks for replacement in classrooms
Walmart	3 palettes of school supplies
Unisource	\$1,000 of playground equipment so each grade level has their own
Sunshine Realty / Rotary	Recorders for our music program

Have a fantastic winter break and holiday season. We can't wait to see you back January 4th!

Sincerely,

Tamara Yates, Principal



NURSES NEWS

Parents – thank you for doing your part to keep our students and staff safe!

We ask that you follow this daily checklist before sending your child to school. If your child displays any of the following symptoms, please keep him/her home and report it to our attendance and health office.

*Fever of 100.4 or higher

*Shortness of breath or difficulty breathing

*Chills, Coughing

*A student with daily runny nose or congestion due to allergies should NOT be kept at home.

In the event your child gets sick at school, please have a plan in place of who can pick him/her up if you are not available.

Students will need to be out of school as quickly as possible for any symptoms. Your diligence will help us keep our students and staff safe.

We appreciate your support!

Is it coronavirus (COVID-19), the flu, a cold or seasonal allergies?

All 4 can look very similar, making it hard to tell the difference. Use the chart below to help you decide when to seek care for your or your child's symptoms.

	Coronavirus (COVID-19)	The Flu	A Cold	Seasonal Allergies
What are the most common symptoms? <small>Keep in mind: You may have 1 or all of these symptoms.</small>	Fever Cough Shortness of breath or difficulty breathing Chills Repeated shaking with chills Muscle pain Headache Sore throat New loss of taste or smell	Aches Chills Cough Diarrhea (loose poop)* Fatigue Fever Headaches Runny nose Sore throat Stuffy nose Vomiting* <small>*more common in children than adults</small>	Cough Fever* Mucus dripping down your throat (post-nasal drip) Runny nose Sneezing Sore throat Stuffy nose Watery eyes <small>*rare</small>	Itchy eyes Runny nose Sneezing Stuffy nose Watery eyes
How long does it take for you to have symptoms after you are exposed?	2 to 14 days	1 to 4 days	1 to 3 days	Right away
How long do symptoms last?	Not known	3 to 7 days	7 to 10 days	As long as you're exposed to allergens

For more information, visit [AtriumHealth.org/Coronavirus](https://www.AtriumHealth.org/Coronavirus)

COUNSELOR'S CORNER

Working on Our Anger

If your child is having a hard time expressing or recognizing their anger, here are some signs to look for & ways to help them cope at home...

Mind goes blank	Insult the other person	Face turns red
Body or hands shake	Start sweating	Throw things
Heavy or fast breathing	Stare at the other person	Scowl or make an angry face
Scream, raise voice, or yell	Clench fists	Feel sick to the stomach
Punch walls	Feel hot	Become aggressive
Become argumentative	Go quiet and "shut down"	Crying
Pace around the room	Headaches	Can't stop thinking about the problem

Coping Skills:

- Pop bubble wrap
- Squish playdough
- Wrap your arms around yourself and squeeze
- Talk about it
- Jump on a trampoline
- Write down what's bothering you and rip it up
- Squeeze a stress ball

Remember that it's OK to be angry

We need to help our kids understand and expect that they will experience a variety of feelings as they go through life, including anger. It's normal to feel angry at times. It's what you do with those feelings that matter.

It's OK to feel

MAD

WORRIED

Sad

ANXIOUS

Frustrated

but....

Don't hurt yourself

Don't hurt others

Don't hurt property

Keep talking to a minimum

When a child is in fight, flight or freeze mode, they can't process information as well as when their body is in rest and digest mode. This is not a teachable moment, and they can't take in a lecture at this point. Your goal is to get them through this rough moment.

Phrases that you can say at that moment.

You are mad; I get it."

"I love you."

"I want to help you."

"Let me know when you're ready."



COYOTE OF THE WEEK FOR THE MONTH OF NOVEMBER



<p style="text-align: center;">Mrs. Nelson</p> <p>Nimzay Valverde Abigail Main</p>	<p style="text-align: center;">Mrs. Bravata</p>	<p style="text-align: center;">Miss Mann</p> <p>Analiah Gil Keller Kal-EI Faust Raegan Lodgsdon</p>
<p style="text-align: center;">Mrs. Anderson</p>	<p style="text-align: center;">Mrs. Robison</p> <p>Kristopher Yanez Aubrey Chavez</p>	<p style="text-align: center;">Mrs. Kuch</p> <p>Anastazia Villarreal Valeria Carranza Carinthia Duncan</p>
<p style="text-align: center;">Mrs. Berry</p> <p>Bradley Diaz Candice Smith Reed Klatt</p>	<p style="text-align: center;">Mrs. Hansen</p>	<p style="text-align: center;">Mrs. Neece</p> <p>Quentin Robison Layla Corson</p>
<p style="text-align: center;">Mrs. Shauer</p>	<p style="text-align: center;">Ms. Dickinson</p> <p>Bryn Farshler</p>	<p style="text-align: center;">Ms. Johnson</p> <p>Cash Garcia Emma Crawford Alexis Joy Brady</p>
	<p style="text-align: center;">Mrs. Barkett</p>	<p style="text-align: center;">Mr. Nigg</p> <p>Conner Espinoza Kamryon Trone</p>