



Havasupai Elementary

880 Cashmere Dr., Lake Havasu City, AZ 86404

<https://havasupai.lhusd.org>

<https://www.facebook.com/havasupaielementary>

T: (928) 505-6040

DEAR HAVASUPAI FAMILIES,

**WE HOPE THAT YOU HAVE A WONDERFUL FALL BREAK
AND CANT WAIT TO SEE EVERYONE BACK OCTOBER
12TH FOR FULL DAYS OF SCHOOL 😊**

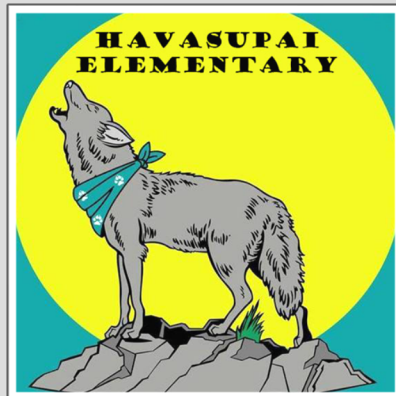
**STARTING OCT 12TH EVERY WEDNESDAY IS EARLY
RELEASE DAY; SCHOOL GETS OUT AT 1:00PM. PARENTS
PLEASE MAKE SURE THAT YOU AND YOUR STUDENTS ARE USING
THE CROSSWALK FOR SAFETY.**

Principal's Corner

I am so excited to welcome you back to full in-person learning! As you know, we will be following CDC and Governor Ducey's mitigation (safety) protocols to ensure everyone's safety. Although our city has lifted the mask requirement, the schools must comply until the governor waves the order. Please continue to send your student with a mask and water bottle. We will maintain distancing when as much as possible and allow for mask breaks when appropriate. We are pleased to announce that our students will now be participating in music, library, computers and physical education. Current drop off and pick up procedures will continue when we return. Thank you in advance for staying in your vehicles and allowing staff to take care of your children. They are in good hands! 😊

Thank you for your support,

- Mrs. Yates



Upcoming Events

October 1

Last Day of 1st Quarter & Parent Conferences

October 2

No School. Parent Conferences

October 5-9

No School, Fall Break

October 12

School Resumes Full Days

October 15

PTSO Meeting @3:30

October 22

Color the School, Spirit Day

October 27

Picture Day

October 29

Orange & Black Spirit Day

Raising Money for Our Students and School

Amazon Smile

Support HAVASUPAI PTSO by shopping at AmazonSmile. When you shop AmazonSmile, Amazon will donate to Havasupai PTSO. 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

Topic: Havasupai PTSO Meeting

Time: Oct 15, 2020 03:15 PM Arizona

Join Zoom Meeting

<https://us04web.zoom.us/j/74928018998?pwd=dGIwc05CVUxtNGVFNXZ1c0xIQW5hUT09>

Meeting ID: 749 2801 8998

Passcode: GoCoyotes!

SPIRIT DAYS:

*Every Friday is our Blue Coyote Spirit Shirt Day

*October 22- Color The School

K-Red 1-Yellow 2-Orange 3-Purple

4-Green 5-Blue 6-Pink

*October 29- Orange & Black Spirit Day

October Character Trait- Fairness

Fairness- is the act of doing things that treat all people equally and with respect.



Lake Havasu Unified School District No. 1

2200 Havasupai Boulevard, Lake Havasu City, AZ 86403-3798
928.505.6900 Fax 928.505.6999 www.lhusd.org

Parents' Right to Know Notice

Dear Parents or Guardians:

We are pleased to notify you that in accordance with the Elementary and Secondary Act (ESEA), as amended by the Every Student Succeeds Act (ESSA), you have the right to request information regarding the professional qualifications of your child's teacher. Specifically, you may request the following:

- Whether the teacher has met State qualification and licensing criteria for the grade levels and subject areas in which the teacher provides instruction.
- Whether the teacher is teaching under emergency or substitute status.
- The baccalaureate degree major of the teacher and any other graduate certification or degree held by the teacher, and the field of discipline of the certification or degree.
- Whether the child is provided services by paraprofessionals and, if so, their qualifications.

If you would like to receive this information or have any questions, please contact your child's school principal.

Sincerely,

A handwritten signature in black ink that reads "Rebecca Stone". The signature is written in a cursive, flowing style.

Rebecca Stone

Superintendent

Lake Havasu Unified School District



NURSES NEWS

Immunizations

Thank you to all the families that have updated your students' immunizations! I know what a challenge it can be especially now. If your student still needs immunizations for school, you should have heard from me recently. Please notify me of the day, time of your students' appointment, and if I can be of any help please call me! (928)505-6042

Screenings

Various screenings will be conducted through the school nurse office. If you do not wish your child to participate, please contact the school nurse.

*Lice:

The nurse is always on the lookout for lice. Please take the time to check your student's hair for these little insects. The nurse has information on lice and how to rid your family of them. They do not fly or jump, they crawl. They cannot live more than 24-48 hours without a host. They feed on human blood. Your student is most likely to get lice when sleeping overnight at someone's house. Pets do not get or carry head lice.

- Watch for signs of lice:
 - Itching
 - Nits
 - Visible lice

Parents should check their student's head before and after any sleepovers or camps.

Remember, it will take several weeks for signs of lice to become obvious.

School resumes full, PLEASE BE AWARE:

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 pf 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.

October 2020 Counselor's Corner

Is your child feeling Anxious?

This year has been one of many changes and this may have resulted in your child feeling anxious.

Anxiety is a fear or worry about what is to come. Some anxiety is expected in certain situations like taking a test or giving a speech. It's our body's natural response to stress. If anxiety is interfering with daily routines, it may help to talk with someone, find an activity to do or reframe the situation.

If you notice that your child is exhibiting any of these signs on the next page and it is disruptive to daily life, try helping your child explain how they are feeling, draw a picture, or write about it. If the anxiety persists, contact a professional counselor or check the resources available in Lake Havasu on the Havasupai Elementary webpage under Counselor's Corner.

Anxiety does not look the same for everyone and can be easily missed.

Anxiety presents itself in many different ways...

The desire to control people and events



Difficulty getting to sleep



Feeling agitated or angry



Defiance and other challenging behaviors



Having high expectations for self, including school work & sports



Avoiding activities or events (including school)



Pain like stomachaches and headaches



Struggling to pay attention and focus



Intolerance of uncertainty



Crying and difficulty managing emotions



Over-planning for situations and events



Feeling worried about situations or events



Here are some other helpful links and ideas:

<https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>

1. The goal isn't to eliminate anxiety, but to help a child manage it.
2. Don't avoid things just because they make a child anxious.
3. Express positive – but realistic – expectations
4. Respect their feelings, be empathetic, but remind them it is okay to be scared and you are there for them.
5. Don't ask leading questions – this can feed the cycle of anxiety. Just ask how they are feeling about it and what they are anxious about.
6. Don't reinforce the child's fears. Sometimes we, as parents, are anxious about how they will respond to that situation next time it comes up. Children feel this anxiety, which reinforces their fear. Try to remain calm.
7. Encourage the child to tolerate the anxiety. You appreciate how they are working to deal with it.
8. Try to keep the anticipatory period short. If they are anxious about a doctor appointment, shorten the time period that you talk about it so they do not worry as long.
9. Think things through with your child. Help them make a plan.
10. Try to model healthy ways of handling anxiety.



Coyote Cohort Learners for the month of October



| | | |
|---|--|---|
| <p>Mrs. Nelson</p> <p>Nymar Castaneda Katie Daniels Isabella Garcia Nadia Hernandez</p> | <p>Mrs. Bravata</p> <p>Aria Lopez Charley Lockhart Keith Mitchell</p> | <p>Miss Mann</p> <p>Chance Whitney Daisy Novoa</p> |
| <p>Mrs. Anderson</p> <p>Cheyenne Rodriguez Evan Sniderhan Armani Castaneda</p> | <p>Mrs. Robison</p> <p>Ukiah Mitchell Alex Saldana Sariah Main</p> | <p>Mrs. Kuch</p> <p>Elena Aguayo Abraham Cortez Carson Espinoza Max Smith</p> |
| <p>Mrs. Berry</p> <p>Kadence Burns Sierra Casares Antony Romero Hernandez</p> | <p>Mrs. Hansen</p> <p>Avery Chipman Jordyn Meyer Aubree Write Jason Medina</p> | <p>Mrs. Neece</p> <p>Aubrey Brim Max Koning Brynn Jusko Kobe Trone</p> |
| <p>Mrs. Shauer</p> <p>Cameron Sutor Isabella Espinoza Mackenzie Welbourne-Snitker Crista Stidham</p> | <p>Ms. Dickinson</p> <p>Cody Parker Audrey Chipman Karla Sanchez</p> | <p>Ms. Johnson</p> <p>Malachi Mallot Emily Lockhart Zachary Walker Michelle Barker</p> |
| <p>Music- Beberlin Carpio, Jett Garcia, Memrie Whitney, Elijah Kovalchick</p> <p>P.E- Ukiah Mitchell, Memrie Whitney, Bella Casares, Carlie Pelfrey</p> | <p>Mrs. Barkett</p> <p>Kyleigh Olah Andy Kleefisch Luis Sotelo Gunner Grosz</p> | <p>Mr. Nigg</p> <p>Trystan Carter Travis Clark William Whittecar Connor Espinoza</p> |