

COUGAR NEWS

UPCOMING DATES:

June 12th - CES Student Consideration/Parent Form Due

June 23rd - Last Day of School for Students

CES Student Consideration/Parent Input Form

We have posted our annual CES Student Consideration/Parent Input Form for the 2020-21 school year on our CES website <https://ces.hcpss.org>. In the next few weeks, we will be starting on our classroom placement process for next year. Your input is important to us. Please take the time to **complete the form and submit by June 12th**.

Optional “Office Hours” with Band, Chorus, and Orchestra

CES Performing Arts Teachers are offering **optional** Google Meet “office hours” as a team on **Friday, June 5** from **1:30 – 2:00PM**. No instruction will be provided, but any CES band, chorus, or orchestra student in grades 3 – 5 is welcome. Students do not have to stay the whole time & can drop in any time during that time frame to share a celebration, ask a question, or just say hello. The Google Meet meeting code will be homeroom teachers Canvas pages.



Welcome to June...summer is right around the corner! We finally have made it to the last month of school! Woohoo! This week we are celebrating lots of fun events...on June 1st, it is National Olive Day as well as National Say Something Nice Day. Be sure if you are a Rocky Road Ice Cream lover, you go and get yourself some on June 2nd...National Rocky Road Ice Cream Day! On June 3rd, we will be celebrating National Egg Day. Also, calling all our runners....it is also National Running Day! For all of our kitty lovers....June 4th is Hug Your Cat Day. In addition, for all our cheese lovers, June 4th is National Cheese Day. Finally, Friday is a great day to take a trip to your local Dunkin Donuts or Krispy Kreme...it is National Donut Day! Also, on June 5th, it is World Environment Day.

It is with a heavy heart that I want to take the opportunity to address the recent sad events that have occurred in our nation. Incidences such as this weigh heavily upon us as a larger community. They serve as a stark reminder that we still have much work to do to address systematic racism, inequities, and disparities in our country. I appreciate the partnership that we have with our families and school community and know that we can count on working together through the difficult times that lie before us. As we move forward, we must persist in thinking about, reading about, learning about, and talking about race and racism. It is a time for thoughtful reflection for all of us. Each of us has a role to play whether it is in our workplace, our family, our relationships, or in our community create safe spaces for people to heal and share together. It is never too early to start to talk to your children about race and racism. I have listed some helpful resources for working with your children that have been shared through HCPSS Office of Diversity, Equity, and Inclusion. It is truly about caring for one another and lifting each other up. Let's make sure we are spreading messages of hope and love. These are challenging times for our country and personally for many of us. As Dr. Martirano and Board Chair Ellis's message stated, let's create an environment where every student feels safe and feels that he or she belongs.

Resources:

[RESilience: Uplifting Families through Healthy Communication about Race- Parent Tip Tool](#)

[Reading and RES: Choosing and Using Books to Discuss Race and Ethnicity](#)

[Supporting Vulnerable Students in Stressful Times: Tips for Parents](#)

[Race in America: Tips on Talking with Children About Racism](#)

[10 Tips for Teaching and Talking with Kids About Race](#)

[NASP Calls for Action to End Racism and Violence Against People of Color](#)

[Center for Racial Justice in Education](#)

So, I would like to leave you with a quote for the week. I wish you a great rest of the week. Stay safe and healthy! Keep washing those hands!

Warm Regards,

Ms. Malcotti

From our CES ART Teacher



Mrs. Riley wants to say thank all the CES artists who participated and shared art this week! You all are so creative and I love seeing your work! ❤️

IMPORTANT INFORMATION about Related Arts grades:

Students must complete 2 out of 5 lessons for each Related Arts class including Chorus, Orchestra, & Band (if you are enrolled) in order to earn a grade of "Pass". Otherwise, students will be marked as "Incomplete".

PLEASE watch this short video on how to check your child's completion:

<https://hcpss.instructure.com/courses/9495/pages/parents-viewing-grades?panel=2>

*Note: As explained in the video, Canvas' percentages do not necessarily reflect if your child has completed the required number of tasks.



Birthday Celebrations

The following students are celebrating a birthday this week. We want to wish them all a Happy Birthday!

June 1st – June 7th

1st Arav Bethi

Liana O'Neal

2nd Mark Zheng

3rd Samraj Dhillon

4th Tessa Clement

Justin Zhao

6th Ethan Marlow

Fatima Sadiq

Our Music Teacher, Mrs. D'Avella has put together a special Birthday Video:

<https://hcpss.instructuremedia.com/embed/1c00cd9f-6471-4814-9ea3-33ed37e7705b>

Optional Related Arts "Office Hours"

CES Related Arts Teachers are offering *optional* Google Meet “office hours” as a team on **Friday, June 5** from **12:30 - 1:15PM**. No instruction will be provided, but any CES student in grades K – 5 is welcome. Students do not have to stay the whole time & can drop in any time during that time frame to share a celebration, ask a question, or just say hello. Visit Mrs. Volker’s Technology homepage in Canvas or your homeroom teacher’s weekly Canvas announcement or homepage to find the Related Arts’ Google Meet code

#1

GO TEAM

CHAMPS



CLARKSVILLE ELEMENTARY

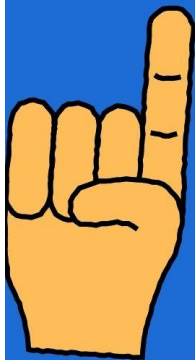
CHEER

CES SPIRIT WEEK



Show your Cougar pride by wearing your **favorite pajamas** to your **virtual check-ins**.

YAY



#1

JUNE 1ST - JUNE 5TH

Tweet Us @hcpss_ces

GO TEAM

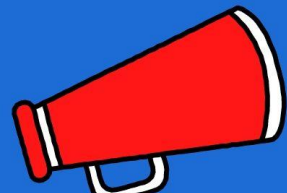
GO COUGARS!!!!

CHEER

YAYYY

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CHEER



From our Technology Teacher – Mrs. Volker

General Technology Resources:

- [Student Technology Resources](#)
- [Forgot Student Username or Password](#)
- [Form to Request for Tech Support for HCPSS device](#)

Canvas:

- ***important*** [Parents – Viewing Elem. Grades in Canvas](#)
- [Your Canvas Dashboard](#)
- [Canvas for Parents vs. Canvas for Students](#)
- [How to use the Canvas Inbox](#)
- How to Sync your Canvas calendars with [Outlook](#) or [Google](#) calendars

Google Meet:

- ***new*** [Update Grid View extension](#)
- [2 Ways to Join a Google Meet](#)
- [Troubleshooting Google Meet Camera/Microphone](#)

From our Guidance Counselor

Dear Cougar Parents,

As I watched the news unfold this week, as an educator, a parent, a counselor...a human...my heart felt like it was breaking over and over again. I am sure that many of you, like myself, are struggling with how to help my children understand and feel safe in this world.

If we were together in the school building, our kids would have the opportunity to talk to their teachers and their classmates about all of their thoughts and feelings. I truly believe that talking to each other when things are hard or confusing and being able to hear how other people are feeling is one of the small things we can do to make change in our world.

I would encourage you, as parents, to talk with your child or children. You might feel nervous or not know what to say or where to start when talking about racism or protests. You might be scared to talk about what happened to George Floyd. I cry every time I talk to my children about what happened to Mr. Floyd, but I keep doing it. It's important.

I've put together a few resources that you might find helpful. This is from The Child Mind Institute <https://childmind.org/blog/talking-to-kids-about-george-floyd/>

We must engage, comfort and reassure our young people and offer them productive ways to channel their anger and frustration and most of all be heard. How do we begin?

- **Don't avoid talking about it.** Racism and violence are things parents are reluctant to address, wanting to protect children from being frightened or upset. But children can come to harmful conclusions about race when it's not discussed openly.
- **Try to be calm and factual.** Children take their cues from parents, so talking to them calmly helps them process information. You don't have to be a robot! It is appropriate to have emotional reactions, but try not to let them overwhelm the conversation.
- **Validate their feelings.** Do your best to acknowledge whatever fears, anger or other negative feelings come up for them. This will look different for every child. Your child might be afraid of riots or they might be afraid of being hurt by the police themselves.
- **Encourage questions — and don't worry if you can't answer them.**

And this is **How to Talk to Your Kids About Racism**, from "Good Morning America", with advice from psychiatrist Dr. Janet Taylor.

1. Tell the truth. "You say their names -- George Floyd, Ahmaud Arbery, Breonna Taylor, all black people. One was being arrested. One was jogging. The other one was killed by the police [in her home]. We use those words and say that the protests are happening because [people] want justice, they want change and there are peaceful ways to do that. It's an opportunity to teach, when you have conflict, how to speak up and do the right thing instead of inflicting more pain."

2. Celebrate the differences. "You can point out the differences in skin color, hair texture, things that our kids know anyway. . . . We need to celebrate differences and we also need to point out that we can come together and make a difference and it has to be that way. Black people cannot be the only ones teaching Americans about racism. It's a combined effort."

3. Set the example as parents. "Look at mommy-and-me get togethers. You look at playdates. People need to look around and think, How diverse are those playdates? As important as it is to talk about racism, our children are not born racists. That is something that develops based on what they hear, what they see. It's really important to teach our children as early as possible to be allies, to stand side by side with their classmates. Stand side by side by your playmates. Speak up when you see someone who is not involved or not invited to a birthday party and to support. We can teach that at birth by examples as parents."

Even though we are not all together in our school building, we are still CES and we are still a community that cares about and supports each other. If you want to talk to your kids but aren't sure how, reach out. If you talk to your kids and they have questions that you aren't sure how to answer, reach out. If you need to talk, reach out.

Sincerely,

Jen Palich, School Counselor

jennifer_palich@hcpss.org