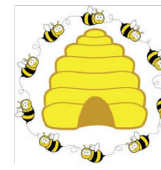




What's The Buzz



Volume 1 Issue 9 <https://www.knoxschools.org/fairgarden>

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Please make sure to check our school-wide Dojo, your child's class Dojo, and our school website to stay informed about events that are happening at Fair Garden. Please join our electronic platform: **Fair Garden's Twitter:**

https://twitter.com/fair_garden Thank you. 😊



Important Dates:



Of course, all the below activities depend on whether or not we are back in school for the 2019-2020 school year.

- 4/6- Distribution of "KCS at Home" packets (Given out at KCS food sites)
- 4/27- Students' KCS Hearing Screenings
- 4/27- Tentative Date For KCS To Return Back To School
- 5/1- Field Day (8:30 am)
- 5/4- School Lunch Hero Day (celebrating our cafeteria staff)
- 5/6- Nurse's Day
- 5/8- Fair Garden's Mother's Day Celebration (9:00 am)
- 5/20- Stepping Up & Transitioning (Greater Warner-9:00 am)
- 5/21- Last day for KCS students (**11:15 dismissal**)
- 5/22- Last day for staff



Below is a link where you can use your Knox County library card to LISTEN to books.

The first link is from the Knox County library page. The second link is the direct link to the app. This is such an awesome resource!

<https://www.knoxlib.org/about/services/apps-library-services>

<https://www.overdrive.com/apps/libby/>

A Note From Our Social Worker Kid's Making You Crazy?

You've got this, Caretakers! You didn't expect to have your children home for 6 weeks and they didn't expect to be maintaining their schooling at home. Some children with certain temperaments sit down readily and work on learning. However, many aren't used to it and are making you pull your hair out. What can you do during this time that will help your children learn while preventing you from going crazy?

First, give them a schedule. Kids thrive on structure and routine. A few tips for setting up a schedule? Make sure your children's meals are eaten at approximately the same time every day. Alternate low energy and high energy activities. So, if your children sat and worked on a puzzle for 20 minutes, get them up and dancing, moving, or playing make-shift instruments (got pots & pans?). After they've gotten rid of some energy they can be ready to sit down again.

If you are able, use some research-based, educational courses or videos that are appropriate for your Preschooler. Remember though, children learn through play. You are improving your child's math skills by playing board games and card games with them. As they match sets, colors, and numbers, it is reinforcing their numbers and one-to-one correspondence. They are also learning valuable social skills such as sharing, patiently waiting for a turn, and being a good sport whether they win or lose. Jigsaw puzzles are also amazing tools that build children's brains as they learn to use color and shape to figure out how a picture is put together. Some more ideas? How about a treasure hunt? Children love treasure hunts! You don't even have to offer money or toys as prizes but can allow each child to celebrate with an ice cream cone if they follow the clues and find the object you hid. Treasure hunts are masterful for teaching children problem-solving! Lastly, but most importantly? Just read to your children. Read a book or two and then have them read to you. They may not be able to truly "read" but you'd be surprised how many letters they can identify. Also, they are benefiting just by looking at each page and telling you what they think is happening in each picture.

Your children love being with you and will thrive on playing, being read to, and even doing a chore or two each day. Don't underestimate how much your child learns just by watching you do your work, hearing how you talk with other people, and interacting in play with you.

Deanna Gnage

Fair Garden Social Worker





Positive Quote:



A Message from Mrs. Spikes

"I believe the children are our future. Teach them well and let them lead the way. Show them all the beauty they possess inside."
- Whitney Houston

"Every child deserves a CHAMPION – an adult who will never give up on them, who understands the power of connection and insists that they become the best that they can possibly be."
- Rita Pierson
The Darling English Teacher

I have truly missed seeing our precious Fair Garden students. Their precious smiles and desire to please is so heartwarming. Our precious students make every day at school worth every moment. While students are at home, they might be feeling different emotions because they don't completely understand what is happening. As stated in one of my **Wish You Well** videos, you can practice breathing, exercise, and talk with your child about his or her emotions. All of these strategies, help us decrease stress, encourages happiness, reduces anxiety, helps us to remain calm, strengthens sustained attention, sharpens our ability to focus and learn, helps keep our bodies healthy, and helps us control our emotions. It is important to first practice the breathing exercises when your child is calm and happy.

As stated previously, if you or your child want to talk, you can direct message me on ClassDojo and I'll call you. Only together can we make a difference. Let's ignite GREATNESS at Fair Garden.

Warm regards,
Mrs. Spikes



Remember, **ReadyRosie** is a fun way for you and your child to learn together at home and reinforce what we are learning at school. Happy learning! Please visit ReadyRosie for some learning fun. Thank you for partnering with Fair Garden and joining ReadyRosie.



We have **103 families** that have joined ReadyRosie. We want to have 164 families, which would be 1 family represented for each student. **WE CAN DO IT, FAIR GARDEN.** We are close to 100% parent participation. Yippee!!!😊





En-lightening News with Nurse Amanda



The **COVID-19 Health Emergency** has brought about feelings of distress, uncertainty and confusion for many people. This can be scary for young children. Talking to your children in a **simple and honest** way can help ease fears and provide comfort.

- Take time to **listen** closely. Answer questions in a simple, direct manner. Giving too much information can be overwhelming to young children.
- **Respect** their feelings and concerns. Help them name their feelings and talk about them.
- Point out how people in the community are **helping** each other.
- **Trust** your instincts. You know your child best. Children of different ages will have different questions and needs, and a wide range of reactions is normal.

Explain that COVID-19 is a virus. It is so small it is invisible, but it can make some people sick. We can help protect ourselves and others such as washing hands with soap and water for 20 seconds, saying hello in new ways like waving from a distance or giving air hugs, and staying a safe distance from other people.

You are your child's best resource! Your positive outlook and calm reassurance will go a long way in helping your child thrive during difficult times. You make the difference!

You can find more resources for parents and children at <https://www.sesamestreet.org/caring>.



Stay Informed...

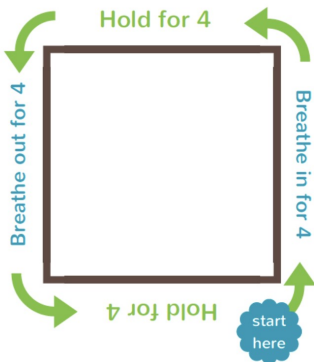
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>



Types of Breathing

SQUARE BREATHING



TRIANGLE BREATHING



At first, practice breathing techniques every day when your child's body is calm so they can learn the techniques properly. Remind your child why we are practicing these techniques. These techniques help our bodies relax so we can stay or get calm. 😊

STAR BREATHING



Pinwheel Breathing



- Step 1** With a pinwheel for your child and yourself, sit with your back straight and your body relaxed.
- Step 2** Blow on your pinwheels together using long, deep breaths, and notice how you feel. Do you feel calm and relaxed? Is it easy or hard to sit still?
- Step 3** Now blow on the pinwheels using short, quick breaths. How does your body feel now? Do you feel the same way after breathing quickly as you did after breathing slowly?
- Step 4** Now blow on the pinwheels normally. How does this feel?
- Step 5** What did you notice about how different ways of breathing makes you feel?