



Dear NRHEG Elementary Families,

As we continue to focus on all learners during the COVID-19 event, the information below, provided by the Minnesota Department of Education, highlights how as a school community, we can support our gifted and talented students, as well as all students.

Research indicates that many gifted children experience heightened sensitivity to environmental stimuli because of their rapid information processing (Mendaglio, 2007). Many of these students are dismayed by the news and the apparent lack of a solution to the pandemic. Some are imagining the worst possible outcome of the current or an imagined circumstance. Others may be feeling isolated or depressed. The National Association of School Psychologists (NASP) reminds us that during these uncertain times, children look to adults for guidance on how to react. As our anxiety rises so does the anxiety of our children. NASP recommends, "Parents reassure children that health and school officials are working hard to ensure that people throughout the country stay healthy. However, children also need factual, age appropriate information about the potential seriousness of disease risk and concrete instruction about how to avoid infections and spread of disease. Teaching children positive preventive measures, talking with them about their fears, and giving them a sense of some control over their risk of infection can help reduce anxiety."

Resources for Consideration Cultivating Calm With Children

Cultivating Calm Amidst a Storm

<https://www.nicolettreault.com/single-post/2020/03/18/Cultivating-Calm-Amidst-a-Storm>

Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease

https://www.nagc.org/sites/default/files/PHP_dec2017_Mindfulness-Kane.pdf

Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

What is Seesaw?

Seesaw is a platform for student engagement. Teachers can empower students to create, reflect, share, and collaborate. Students "show what they know" using photos, videos, drawings, text, PDFs, and links. It's simple to get student work in one place and share with families, and nothing is shared without teacher approval.

Advantages of Seesaw

- There can be two-way communication with families; translation tools helps with language barriers.
- There are a plethora of activities for students to work on and students can be creative and collaborative in their responses.
- Seesaw integrates with many popular apps and web tools, as well as Google Drive which is commonplace in many schools.
- Teachers can cater for students' individual needs, differentiate, and build on their progress.
- Seesaw is simple and intuitive for teachers, students, and parents to use.

When the Students Are Away, Lucy The Llama Will Play!



Attendance Information

- ~ It is extremely important that your child participate in the activities assigned and directed by their teacher.
- ~ Teachers have clearly shared with families what is required to be counted as present each day.
- ~ Please contact the classroom teacher if an illness or absence has taken place with your child.