



Dear NRHEG Elementary Families,  
 Good Morning! Having made the difficult decision to move to *Distance Learning*, our school staff has been diligently working to update and refine our learning model to better meet the needs of all students. Yesterday and today we have been meeting as a building, by department and grade levels to prepare expectations, communications and lessons for our students beginning on Monday, December 7. The teachers will be sharing with you detailed schedules that highlight the activities, teaching lessons, and opportunities for learning at each grade level. Our specialists and support staff have also been busy creating and refining lessons and learning opportunities. Although we will not be together in person, we do look forward to a distance learning model that will support all students and will make the best of the current situation that we are in.

A reminder that Wednesday afternoons will continue to be devoted to teacher preparation time. Teachers will not be meeting with students, teaching or holding office hours on Wednesday afternoons.

While needing to make the move to *Distance Learning* was disappointing, I am proud of our students and staff for everything that they did to keep us in the *Hybrid Learning Model* for as long as we were able to. Social distancing, masks, intensive cleaning and diligence in remaining at home if ill, all helped to keep us here until last Tuesday. Thank you for the support and encouragement that you also provide to our students and our school staff. It is greatly appreciated!

During this time of *Distance Learning*, do not hesitate to contact your child's teacher with any questions or concerns that you may have. Most have established office hours that will allow them to connect with you. Stay safe and healthy as we navigate these next few weeks.

Sincerely,  
 Mr. Anderson



**The Final Totals Are In  
 THEY ARE UNBELIEVEABLE!**

NRHEG Elementary School has been participating in a *Diabetes Coin War* with absolutely amazing results! Students brought in coins in an attempt to see which grade level could bring in the largest amount. A pizza party will be provided to Grade 2 and Grade 5 as their total amounts are so close! During the Coin War daily facts, questions and answers were provided to the students. A special thank you to *First National Bank of Ellendale* for counting all of our coins!

**DIABETES IS BECOMING MORE COMMON IN KIDS.** Diabetes is one of the most common diseases among American youth. More than 205,000 U.S. children and teens have a diagnosis – and the number is growing. The most current statistics available show that the number of children and adolescents with type 2 diabetes increased by 30 percent between 2001 and 2009.

**BOTH TYPES OF DIABETES AFFECT KIDS.** “Most children younger than age 10 with diabetes have type 1,” says Santhosh Eapen, M.D., a pediatric endocrinologist at K. Hovnanian Children’s Hospital. “The condition occurs when the body stops making the hormone insulin. Type 2 diabetes cases are growing among youth ages 10 and older. With type 2 diabetes, the body produces insulin but doesn’t use it properly.”

**SYMPTOMS ARE SUBTLE.** The first symptoms of type 1 diabetes include weight loss, fatigue, blurry vision and frequent urination. Early type 2 symptoms can resemble those of type 1. But sometimes patients with type 2 diabetes don’t have any indications.

**SCREENING MAY GIVE KIDS AN ADVANTAGE.** Risk factors for type 2 diabetes are similar for adults and kids. They include not getting enough physical activity, being overweight and having a family history of the disease. A doctor can evaluate risk factors and recommend diabetes screening, if needed. Early screening can lead to treatment that can prevent or delay diabetes-related problems.

**PHYSICAL ACTIVITY IS VERY IMPORTANT.** Physical activity helps insulin work better and keep blood sugar levels under control. “Children with diabetes should be active for an hour every day,” advises Dr. Eapen. “Kids can, and should, do activities they enjoy.”

**KIDS WITH DIABETES CAN LEAD FULL, FUN LIVES!** “Living with diabetes can be challenging. But with extra support from loved ones, children with diabetes can still enjoy all the things that make childhood memorable,” says Dr. Eapen.

Grade	Total
Bridges/Kindergarten	\$260.05
First	\$144.77
Second	\$926.71
Third	\$49.60
Fourth	\$333.85
Fifth	\$924.72
Blue Jeans/Jump Jacks	\$125.00
Donation	\$235.53
<b>Total</b>	<b>\$3,000.23</b>