

# JOE MICHELL NEWSLETTER

DISTANCE LEARNING - MAY 2020

## A Message from Principal Laura Lembo

Dear Joe Michell Families,

The outpouring of support in celebrating our teachers and support staff during Teacher Appreciation week has been incredible. The email and video messages and signs posted around our school were heartwarming and so appreciated and another reminder how supportive our school community continues to be. On behalf of our staff, I want to thank you from the bottom of our hearts. Throughout this health crisis, I continue to search for good news to help balance the challenges our country and local community is facing. I am proud to share some really good news about Joe Michell School. First, our elementary and middle school have been recognized as Project Lead the Way (PLTW) Distinguished Schools for the 2019-20 school year. This is the first year for our elementary program and the third year in a row for our middle school program and one in 176 PLTW programs across this country to receive this recognition. Being a PLTW Distinguished School means that "We are empowering our students to thrive in an evolving world and are achieving exemplary results from our PLTW Gateway program." We are so proud to be able to provide these two programs for our students at every grade level, TK-8. Even though school has been dismissed, our LVJUSD School Board has approved the Bond Project construction to continue which is great news for our students. You will begin to see activity on campus in preparation for construction to begin as early as the end of May. Not having students and staff on campus may allow work to begin sooner than later, so we are so glad to something positive to look forward to.

Take care and stay well,  
Laura Lembo Ed.D



## Child Nutrition During Dismissal

The LVJSUD Child Nutrition Services Department is serving **FREE BREAKFAST AND LUNCH** as take-away meals for school-age children 18 and younger. We received a supplementary waiver

to now offer an additional **SUPPER** at two of our pick up locations- Junction K-8 and Marylin Elementary. **Please note: *Picking up meals for your children is considered an essential service and is allowed under the shelter-in-place order.***

Meals are available for pick-up at **four** school sites. You do not have to attend a school location to pick up meals. Meals all for ALL students and siblings 18 and younger.

Current Schedule: Please note- NEW PICK UP TIME

- **Starting Monday, April 20th, food distribution will take place from 9:30 - 10:30am, Monday - Friday at the locations below.**

Locations:

- Christensen Middle, 5757 Haggin Oaks Avenue
- East Avenue Middle, 3951 East Avenue
- Junction Avenue K-8, 298 Junction Avenue
- Marylin Avenue Elementary, 800 Marylin Avenue

Additional Food Sources:

[\*\*Alameda County's COVID-19 Food Distribution & Services Map!\*\*](#)

This interactive map enables you to search throughout the county for food & other needed services.

## News from our Nurse

School is dismissed, distance learning is happening, but please know - I am still your school nurse! Support for students and families is available, and resources are on our district page at <https://www.livermoreschools.org/Page/8830>

Please reach out to me if I can be of any help during this challenging time. A few ideas below may help keep you focused on the basics:



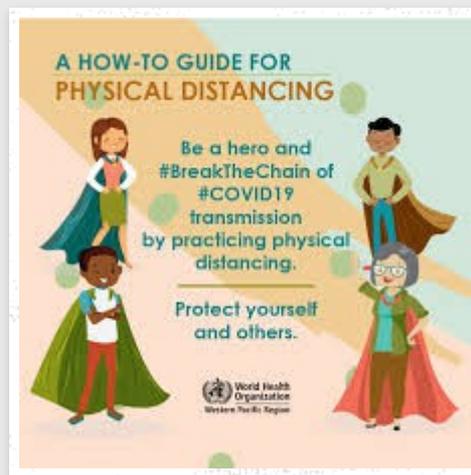
### **STAY CALM, LISTEN, AND OFFER REASSURANCE**

- **Be a role model.** Children will react to and follow your reactions. They learn from your example.
- **Be aware of how you talk about COVID-19.** Your discussion about COVID-19 can increase or decrease your child's fear.
- **Explain social distancing.** Children probably don't fully understand why parents/guardians aren't allowing them to be with friends. Social distancing means staying away from others until the risk of contracting COVID-19 is under control. Explain that while we don't know how long it will take to "flatten the curve" to reduce the number of those infected, we do know that this is a critical time—we must follow the guidelines of health experts to do our part.
- **Demonstrate deep breathing.** Deep breathing is a valuable tool for calming the nervous system. Do breathing exercises with your children.
- **Focus on the positive.** Celebrate having more time to spend as a family. Make it as fun as possible. Sing, laugh, and go outside, if possible, to connect with nature and get needed exercise. Allow older children to connect with their friends virtually.
- **Establish and maintain a daily routine.** Keeping a regular schedule provides a sense of control, predictability, calm, and well-being. It also helps children and other family members respect others' need for quiet or uninterrupted time and when they can connect with friends virtually.

- **Identify projects that might help others.** This could include: writing letters to the neighbors or others who might be stuck at home alone or to healthcare workers; or reading a favorite children's book on a social media platform for younger children to hear.
- **Practice daily good hygiene.** Encourage your child to practice these simple steps to prevent spreading the virus. Wash your hands multiple times a day for 20 seconds. Compliment your children when they use a Kleenex or sneeze or cough into the bend of their elbow.
- **Foster a sense of control.** Offering guidance on what your child/children can do to prevent infection offers them a greater sense of control, which reduces anxiety.
- **Build the immune system.** Encourage your child to eat a balanced diet, get enough sleep, and exercise regularly; this will help them develop a robust immune system to fight off illness.
- **Offer lots of love and affection.**

Reference Information From: <https://www.nasn.org/nasn/nasn-resources/practice-topics/covid19>

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## Online learning Tips & Tricks

Visit our website for online Tips & Tricks.

Click [HERE](#) and click on the Additional Resource for at home learning photo in the banner.

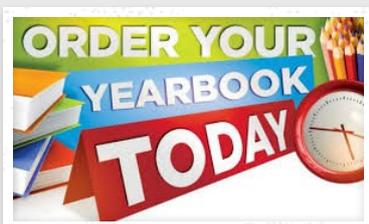
## News from Ms. Zarubin

Hello Joe Michell Families,

Thank you for everything you have done to support your students over the last (almost) two months. Although this has been stressful, challenging, and overwhelming at times, we have seen you meet this challenge with flexibility, resilience, and a can-do attitude! Thank you for embracing the highs and lows of this process - I am proud of what we have learned along the way. We are a strong community, we care about each other, and we are willing to work hard and come together.

***As we wrap up the last month of school, please make sure to make your mental health a priority! So often we feel too busy to take care of ourselves until we need to.*** The [Tk-2nd Social/Emotional Google Drive](#) and the [3rd-5th Grade Social/Emotional Google Drive](#) have resources on relaxation tools, family mindfulness, self-esteem, dealing with stress, and MORE. Our middle schoolers have been sent virtual advisory lessons each Wednesday that they are welcome to revisit! Some of our topics have been on: exercise, journaling, what we can vs. cannot control, and why it's important to be screen free! And of course, many of the newsletters and emails on mental health for JMS can be found [HERE](#) (including communication sent to our amazing middle schoolers)! Remember, you are more than welcome to pick one or two coping strategies to practice - the goal is to slow down, relax, pay attention to how we are feeling, be healthy, and to breathe, not to do *everything*.

**Thank you for being AMAZING, positive, and open-minded. Seeing you over WebEx, and getting your emails have made US SMILE!**



## Yearbook Update

Hurry, yearbook orders are coming to a close! Order yours TODAY!

Joe Michell 2019/2020 [Yearbook](#)  
Code 7842220

# JOE MICHELL VIRTUAL SPIRIT WEEK

## MAY 25-29: JOE MICHELL VIRTUAL SPIRIT WEEK

POST YOUR FUN PHOTOS ON THE FJMS FACEBOOK PAGE!  
WE WILL SELECT A WINNER[S] EACH DAY TO RECEIVE A TREAT!



**MAY 25**

### DISNEY DAY MONDAY

DRESS IN YOUR  
FAVORITE DISNEY SWAG



**MAY 26**

### TWIN TUESDAY

DRESS EXACTLY  
THE SAME AS A  
FRIEND/SIBLING  
/PARENT



**MAY 27**

### WESTERN WEDNESDAY

GIDDY UP ALL YOU  
COWGIRLS &  
COWBOYS!



**MAY 28**

### BOOK NOOK THURSDAY

WHERE IS YOUR  
FAVORITE PLACE  
TO CURL UP &  
READ?

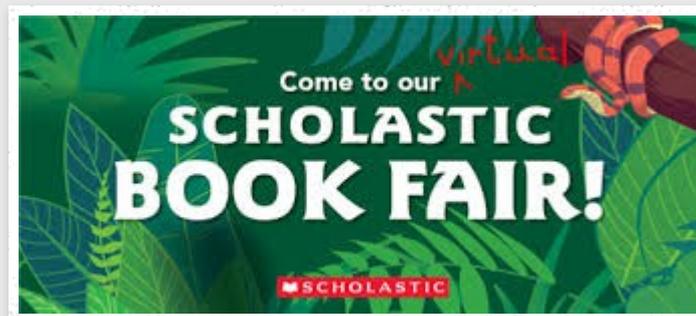


**MAY 29**

### PET PHOTO FRIDAY

POST A PHOTO WITH  
YOUR K9 CUTIE [OR ANY  
PRECIOUS PET]

## SCHOLASTIC SPRING “VIRTUAL” BOOK FAIR



May 1st- May 14th

When are we open? The Book Fair is open all day for the first fourteen days of May, on-line. You can access the catalog and place an order here, but it won't be live until May 1st:

<https://bookfairs.scholastic.com/bf/joemichellk8school1>

How does it work? All on-line purchases will benefit the Joe Michell School Library. Shoppers can take advantage of free standard shipping on book-only orders over \$25\* and all orders ship to the location of your choice, which is great for gifting. Combine orders with others to avoid shipping charges.

Staff Appreciation Week is May 4 – May 8. Support your classroom during the Covid-19 crisis.

Preview the catalog and find something perfect for an amazing teacher:

<https://shop.scholastic.com/parent-ecommerce/parent-store.html>



## Q & A

Q: How can I check out a Chromebook for my student?

A: Please email April Mata at [amata@lvjUSD.org](mailto:amata@lvjUSD.org)

Q: How can I pick up Medication?

A: If you have an "Urgent" need to pick up your students medication, please contact Nurse Shelley at [scasey@lvjUSD.org](mailto:scasey@lvjUSD.org) or April Mata at [amata@lvjUSD.org](mailto:amata@lvjUSD.org). All other medication that is not urgent will be passed out at a later date.

Q: When can I drop off textbooks & musical instruments ?

A: When we have a date we will inform you on the procedure and drop off information.

Q: When can I pick up my students PE locker things?

A: When we have a date we will inform you on the procedure and drop off information.

Q: Can I still order a Yearbook?

A: Yes, you can order from our School Website or by clicking on the link on the newsletter.

Q: When can I drop off my students library books?

A: Library books for TK-5 students can be dropped off on Tuesday 5/12 and Thursday 5/14 between 10:00am -2:00pm. A cart will be in front of the school labeled "LIBRARY". No other items will be collected at this time, only library books.

## Connect a Chromebook to Wi-Fi

To connect to the Internet use a compatible Wi-Fi network.

Step 1: Turn on Wi-Fi

1. At the bottom right, select the time.
2. Select Not Connected-Note: If you see your Wi-Fi network name and a signal strength, the Chromebook is already connected to Wi-Fi.
3. Turn on Wi-Fi (if not already on.).
4. The Chromebook will automatically look for available networks and show them to you in a list.

Step 2: Pick a network and connect

### Connect to an open network

Select the Wi-Fi network Remember, your information might be visible to other people on this network.

### Connect to a secure network

Select the secure Wi-Fi network Type the network password Select Connect

### Connect to an unlisted network

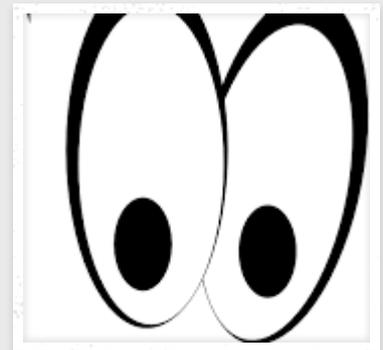
Administrators may hide networks so only certain people can use them. To connect to an unlisted network:

1. Select Join other network
2. Enter the network information in the box that appears
3. Select Connect

Information for this network is automatically saved so you can connect automatically later.

## Middle School Students

Just a friendly reminder that all middle school students should be checking School Loop **AND** Google email as both are highly used by all teachers for assignments and communication. Please check your emails regularly. Thank you.



## Attention 5th and 7th grade students

Have you completed your Healthy Kids Survey? If you have not, please click on the link and complete it ASAP, this is a required survey for all 5th and 7th grade students in LVJUSD.

[Healthy Kid Survey](#)

Thank you for your cooperation.

## TK-5 Library Book Drop Off

Please bring any library books you may have at home on Tuesday 5/12 or Thursday 5/13 between 10:00am-2:00pm. A cart will be labeled "library" in front of the school. No other items will be collected at this time, only library books.

Thank you

