



# ELEMENTARY VIRTUAL CONNECTION

## MESSAGE FROM THE PRINCIPAL



### Recipe for Successful Conferences

Family-Teacher Conferences are upon us: November 16-23, 2020. The Cohort C Virtual Teachers have been busily preparing for the family-teacher conferences this fall! Please sign up for your conference time through Microsoft Bookings. Information about this sign-up process has been shared by your child(ren)'s teacher. Please contact your child(ren)'s teacher if you have any questions.

We look forward to meeting virtually with families to discuss the essential ingredients that go into making this a rewarding year for our students. There are many things that we look forward to sharing with you, and in turn, we anticipate hearing about how things are going at home, as well. In preparation for the conference, we would like to share a few key points:

#### Before the Conference

- Ask your child what he/she would like to talk about with the teacher.
- Ask what he/she thinks the teacher will say.
- Ask about the things he/she likes and does not like, including successes and challenges.

#### During the Conference

- Be sure to share any good news you have about how things are going for your child as a virtual learner.
- Share frustrations and concerns so the teacher can work with you to address these.
- Use the conference to learn more about how best to support your child learning remotely.

#### After the Conference

- Discuss the positive things the teacher shared including good effort and engagement.
- Reinforce your child's goals including ways you can support those goals.
- Be sure to stay in touch with the teacher if there are any ongoing question or concerns.

Conferences are a great place for students, parents and teachers to share valuable information about a student's learning. They key ingredient for successful conferences is two-way communication. By exchanging information, and working together, parents and teachers can set the stage for a great school year!

Thank you for your support and communication as we continue to grow our virtual learning program. Please feel free to contact me with any questions or concerns by calling 715-852-3070 or by email at [lschlichting@ecasd.us](mailto:lschlichting@ecasd.us).

Partnering with you,

Laura Schlichting, Elementary Virtual Program Administrator

Eau Claire Area School District

## UPCOMING EVENTS

- Fri., Nov. 20 Materials Pick-up at Home Schools
- Tue., Nov. 24-Sun., Nov. 29 Thanksgiving Break; No virtual learning expectations



# Tips for Staying Active During Remote Learning Days



## RECESS AND EXERCISE

- It's recommended that children aged 6-17 get at least 60 minutes of exercise per day.
- Schedule recess to build in active movement into your child's daily routine.
- Take regular breaks that include standing, stretching, walking or other fun movement, like dance and play.
- Keep an eye on posture to avoid hunching/slouching in front of the screen that can lead to long-term discomfort.

## HEALTHY MEALS AND SNACKS

- Make a healthy breakfast and lunch part of your daily routine.
- Drink plenty of water throughout the day and include healthy snacks with playtime.
- Choose nutritious vegetables, nuts, fruit and whole grains to help encourage good physical and mental health.



## MINDFULNESS AND PLAY

- Healthy activity is supported by mindfulness and play.
- Make the most of screen time by limiting electronics to learning or scheduled time with a computer or other device.
- Create spaces for play and expression that encourage creativity and movement—both as part of class time and for brain breaks.
- During breaks, check in with your child to keep them engaged and focused.