

# Oak Chan Elementary



Principal's Weekly Message  
November 6, 2020

Good Day OC Families!

## Highlights from this Past Week:

Our team has spent the last week getting ready to close out the first trimester and also prepare for our Hybrid/Virtual Academy format. A special thank you to our front office staff and Mr. Doug for all the extra time they have put in to support our staff.

Important information and updates have been sent home as well as posted on our website. For those returning to campus, we ask that you watch the Welcome Back video and go over the Family Agreement, sign, and return to your teacher next Thursday. Your adherence to our expectations and policies is greatly appreciated by all.

**Weekly SKORR Challenge:** This upcoming week's challenge is to practice [Taking Care of Yourself](#). Click here for the activity.

**Distance Learning Updates** Please [CLICK HERE](#) to see the most recent update from the district

## Social Emotional Learning (SEL) Tip of the Week

Good Day OC Families!

### 8 Ways to Build Resilience in Children:

1. Let them experience disappointment so they learn sadness doesn't last forever.
2. Validate their fears and help them make plans to do things even if they're scared.
3. Let them take (reasonable) risks and experience natural consequences.
4. Encourage them to try new things, make mistakes, and learn from their mistakes.
5. Give them opportunities to make their own decisions and help them problem solve.
6. Tell stories of people who faced hard times, persisted, and grew stronger as a result.
7. Reframe challenges as short-term problems, and opportunities for learning.
8. Remind them that although we can't control everything that happens to us, we *can* control how we respond.

## Food for Thought:

[Back-to-School Anxiety During COVID](#)

**On the Horizon:**

Mon 11/9 2<sup>nd</sup> Trimester Begins (Class Meeting followed by Async Learning)  
Tues 11/10 Class Meeting followed by Async Learning  
Wed 11/11 Veteran's Day – Holiday/No School  
Thurs 11/12 Hybrid Students begin 'in-person' instruction  
Friday 11/13 Report Cards go home

Keep tracking your child's Reading and Math Fact practice minutes. The Principal's PRC and PMC are underway! [Challenges](#)

**Stay Connected!** Bookmark our [website](#) - which we update often, and follow us on our **Oak Chan PTO** [Facebook](#) page. Visit [MrsBahrysOffice](#) Take your 'mouse' and wherever the 'hand' lands on a picture, such as the Squirrel, click and you will find something fun.

**And stay strong by focusing on *Relationships, Routines, and Resilience.***

*"A relationship means you come together to make each other better. Support each other. Build each other. Believe in each other. Be their peace, not their problem."*

As always, please call or email us if there's anything you need.

Sincerely,  
Principal Bahry