



Panther Post

1st Quarter
2020

Upcoming Events

November 6th

PTO BJ's Membership Fundraiser Ends
No late orders

November 11th

1st Quarter Report Cards will be mailed home

November 12th

Parent/Teacher Conferences
5:30-8:30
(*Virtual*)

November 13th

SCHOOL CLOSED
Parent/Teacher Conferences
(*Virtual*)

November 26th-30th

SCHOOL CLOSED
Thanksgiving Holiday



Welcome to CRIS! A Message From Your Principal, Dr. Vaughn

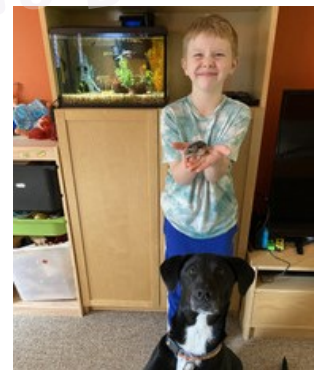
Hello everyone and welcome to 2020-2021 school year. My name is Dr. Ann Marie Vaughn, and I am your child's Principal. This past year has been the most challenging year in education and for our nation as a whole. Our children's way of learning has been shifting since March and we here at CRIS are working as hard as we can to give your child the best possible learning environment, whether it be fully virtual or through our hybrid model. I am also pleased to introduce you to our new Assistant Principals, Mrs. Angela Morrison, Grades 3 & 5 (*pictured on my left*) and Mrs. Vanessa Stultz, Grades 4 & 6 (*pictured on my right*). We look forward to "meeting" students and their families in the future but until then, please do not hesitate to reach out with any questions via e-mail at avaughn@pmsd.org. or by calling my office at (570)839-7121 ext 61412.



Camo Day



Disney Day



We Love Pets
Wednesday



Move It Monday

Parent Tips and Tricks for Distance Learning



Make a Space

Create a special, personalized corner of a room dedicated to learning, creating, and reading. Getting the space ready will help them get ready to learn.

Set a Routine

Little kids need more structure, so make sure to let them know what to expect. You can create a visual schedule they can follow. Older kids can use a calendar, planner, phone to keep track of what's happening. Have them follow a routine as if they're going to school (getting dressed, brushing teeth, etc.) instead of lying in bed in their pajamas, which could lead to less learning.

Review Expectations

Go over what the school and teachers expect around online learning. Set some expectations of your own as well. When should they avoid interrupting you? What can they do in their downtime? Come up with a list of "must dos" and "may dos" together to cover the essentials and activities of choice.

Keep them close

When it's hard for your kid to focus, try to keep them close. Consider setting up nonverbal or one-word cues to help get them back on track.

Depending on your circumstances, it may not be possible to keep your kid in sight all the time, but it'll definitely be harder to keep them on track if they're completely unsupervised. Try to make sure you or another family member has eyeballs on them as much as possible.

Encourage Self-Regulation

Talk to kids about the connection between bodies and brains and what happens in their bodies when they feel frustrated, excited, or sad. This awareness helps kids recognize and manage their emotions.

If you have other devices in your house, keep them out of your kid's workspace if possible. This can also mean shutting down phones, keeping phones in a designated place for the day, and putting away remotes if temptation takes over.

Give Detailed Praise

Instead of saying "good job," try giving specific details about your kid's work. If they tried hard, let them know you noticed. Have they made progress? Used a new technique? In what ways are their efforts kind, clever, beautiful, or insightful?

Also, encourage a growth mindset, which means reminding kids that it's not about being good or bad at something, but working toward getting better at it.

Use Movement and Humor

Sometimes we just need to move our bodies. Physical activity can lift our spirits and get our minds refreshed for learning. Try a lunchtime block walk or a 5-minute dance party to help everyone reset and bring new energy to the day.

Finding the funny right now is helpful on every front, including learning and well-being. Be silly, make wacky connections, come up with crazy answers so your kids correct you – whatever works!

Get Help When You Need It

You won't always know how to help your kid. Think about who could help fill in the gaps – look to family, friends, teachers, and others for help. Sometimes having another adult take over removes the tricky parent/kid homework battle dynamic and lets you go back to just being a parent.

Communicate with the school about how things are going, leading with positives first. Everyone's doing their best, AND it's important for teachers to know what's working and not working for your kid so they can get the help they need.