

South Middle School

News & Announcements

December 6, 2020

Quick Links

- [South Middle School Website](#)
- [South Middle School Facebook page](#)
- [Daily Announcements](#)
- [Middle School Menu](#)



Mathcounts students were hard at work before Thanksgiving break.



Hello Falcon Families:

I hope this message finds you and your loved ones well. Starting December 10, we will be back in our hybrid teaching model. This will start with Cohort B students attending South in person as they did previously, and Cohort A students meeting with their Encore teachers. Cohort C students will continue their normal school schedule.

As we transition back, it is important to keep the school informed of all absences. We want to keep every student engaged and learning even while not attending in person. We will still continue to practice and monitor our safety protocols around COVID-19. It's very important to remind your student to wear their mask, sanitize regularly, and stay 6' from other students. We are excited to have the students back and active in our hallways and classrooms.

If you have any questions, please reach out to me. Our school is your school, and we are here to help.

Be well,

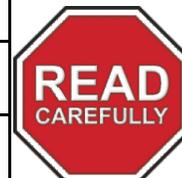
Trevor Kohlhepp
Principal – South Middle School
715-852-5210

tkohlhepp@ecasd.us



#FALCONPride

Monday, November 30 – Wednesday, December 9	100% PK-12 virtual instructional model continues
Thursday, December 10 – Tuesday, December 22	PK-12 blended instructional model returns
Wednesday, December 23 – Friday, January 1	Winter Break (No School)





8th grade ONLY- ACP guides- 2021-2022 (course catalog) will

be sent home the week of November 23rd. After reviewing the ACP presentation and the ACP guide, **please keep the guide in a safe place**, as you will need them for high school registration after winter break. If you have not already viewed the Academic and Career Planning (ACP) presentation, please click the link to view. <https://www.loom.com/share/6fd56491e4d3409b842a0866e745097c>

Parents cannot be constant companions, teachers, or saints at this time. You can be enough.”

– Dr. Lynne Siqueland, Ph.D.

Dr. Siqueland adds that kids may refer to this time as boring but, they love time spent with their parents and family - they will remember this extra time, including your teens.

Ideas and links to helpful resources in an effort to maintain mental and physical wellbeing during closures due to COVID-19:

- Keep familiar routines: Waking up, self-care/hygiene, regularly scheduled meals, daily productivity, exercise, and bedtime.
- Get an extra hour of sleep in on occasion by going to bed early, sleeping a little later or a combination of the two. With sleep, the mind and body have a chance to rest, heal and re-energize, putting you on track for improved mental alertness, emotional regulation, and physical endurance.
- Carve out time to be alone and to be together as a family to “check-in” or “debrief” about your daily experiences and mood/attitudes. This will be a purposeful opportunity to stay connected and support one other – celebrating happy moments while comforting and sharing wisdom in the challenging ones.
- Call family members/friends on a regular basis
- Play a board or card game after dinner, switch it up and watch a movie or documentary
- Practice an old or new hobby/skill. Introduce or share your achievement with one another in your spare time
- Try researching plants, flowers, trees, or bugs and then identify them on a walk
- Go for a scenic drive and order take-out, somewhere different/try a new food
- Cook/bake, decorate
- Go through family pictures, memory (“baby books”) or videos together
- Make daily or weekly household/yard cleaning and organizing a family chore – turn music on!

LINKS:

Fitness activities by age 4-12. Check out: <https://www.neofitness.com/concepts/neo-kids>

Schedules for the day to guide you for each grade and engaging, interactive academic activities for all ages. Check out: <https://www.khanacademy.org/>

- Podcasts: [25 best podcasts for kids](#)
- Authors are reading their books online each day – [Storyline Online](#)
- Check out: <https://www.susankaisergreenland.com/mindfulness-for-kids->

REFERENCE:

SIQUELAND, Lynne, Ph.D. (2020, November 18). *Parents- Being “Good Enough” Right Now is OK.*: <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/parents-being-good-enough-right-now-ok>

Campaign Corner:

There is a saying that goes:
"It's not that joy causes gratitude but gratitude that brings joy."

The PBIS theme for December is **Gratitude**. Throughout the month, staff will emphasize this theme at South Middle School. According to a study by Harvard Health Publishing:

"Gratitude is a way for people to appreciate what they have instead of always reaching for something new in the hopes it will make them happier or thinking they can't feel satisfied until every physical and material need is met. Gratitude helps people refocus on what they have instead of what they lack. And, although it may feel contrived at first, this mental state grows stronger with use and practice."

Here are some ways to express gratitude: write a thank-you note, tell someone, keep a journal and meditate.

More information can be found here: <https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

Special Education PTA (SEPTA) Meetings

December 8, 2020 from 7-8:30pm Zoom Meeting
Meetings will be held the second Tuesday of each month from 7-8:30 pm.

A zoom link will automatically be sent to you if you are on the SEPTA e-mail list. **If you are not receiving emails from SEPTA and would like to, please e-mail septaec@gmail.com to be added to the distribution list.**



ECASD
Special Education PTA

Watch the [People Like Me](#) video to learn more about AVID.



FREE Breakfast and Lunch in school or Pick-Up Meals-to-Go!!

Free meals can be picked up at all three middle schools and both high schools.

- **When:** Monday – Friday on School Calendar Days
- **What Time:** 8:30-9:30AM
- **Who:** Children up to age 18
- **Details:** Children do not need to be present to pick up meals.

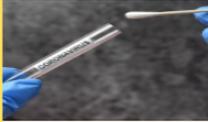
Eating with us is a Win/Win

How it helps us:

- Each breakfast and lunch served helps with school funding

How it helps ECASD Families:

- Less grocery expenses each week
- Less hassle preparing meals at home, it is already prepared for you
- Each meal is nutritionally analyzed and meets USDA regulations as a healthy choice.



FREE Drive-up COVID-19 Testing

For people who do not have COVID-19 symptoms

WHAT	COVID-19 antigen test
COST	FREE
WHO	<p>People over the age of 5 who:</p> <ul style="list-style-type: none"> • do not have COVID-19 symptoms • attend, live, or work in a group setting (school, daycare, shelter, group home) • interact with vulnerable populations • travel frequently • or have been in close contact with someone with COVID-19.
WHEN	<p>Saturdays, 12pm-8pm Sundays, 12pm-8pm Wednesdays, 12pm-8pm *Beginning Sat. Nov 14th Through Mid-December</p>
WHERE	<p>Memorial High School 2225 Keith Street, Eau Claire, WI 54701</p>



Must register on the day of your test here:
<https://www.doineedacovid19test.com/>

Testing site is operated as a partnership between UW-Eau Claire, Eau Claire Area School District, Eau Claire City-County Health Department, and US Dept of Health and Human Services.

? What is the difference between an antigen test and a PCR test?

- **Antigen tests** identify the presence of certain proteins on the surface of the virus. A positive antigen test means you likely have COVID-19 and you will need to confirm it with a PCR test. You **MUST** isolate while waiting to get a PCR test and before you have the results.
- **PCR tests** detect the genetic material of the virus that cause COVID-19. A positive PCR test means you have COVID-19 and you need to begin isolation.

FREE Flu Shots for Students & Public

*This is a walk-through clinic. **COVID-precautions will be in place.**



Date: Wednesday, Dec. 9th

Time: 3:30pm-6:30pm

Place: North High School

Open to all children (ages 6 months - 18 yrs).
Limited supply of adult flu shots will be available.



Sign up for an appointment here:
bit.ly/NHSflushot



Bring completed consent form to
appointment (if possible): bit.ly/FluShotForm

*All minors will need parent/guardian consent to get a flu shot.



If any of the statements below applies to you, we **cannot** give you a flu shot.

- If you or anyone in your household is under quarantine or isolation due to COVID-19.
- If you or anyone in your household is experiencing any of the following symptoms: Headache, fever, cough, chills, shortness of breath, vomiting, diarrhea, nausea, fatigue, loss of taste or smell, sore throat, congestion, or runny nose.
- If your child is uncooperative, due to safety reasons.

Questions? Call us at 715-839-4718
or visit flushot.echealthdepartment.org



Eau Claire City-County
Health Department