



Thursday, October 1, 2020

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## Message from the Principal

Hi Estrella Star Families!

I am so excited we have completed our first quarter of school and it's now time for Fall Break! What a crazy and wonderful quarter it was! So many challenges and successes along the way. We all deserve these next days off to relax, enjoy, and get ready for an amazing second quarter!

Sincerely,  
Jessey Johnson  
Kyrene de la Estrella Principal

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**Teacher Work Day - October 2**  
No School, Office Open for Flex Learners  
2nd Qtr Materials Pick up 8:30am-4:30pm

**Fall Break - October 5-12**  
No school and the office will be closed

**School resumes on Tuesday, October 13**  
Looking for a fun, exciting learning experience  
for your child during break?  
Community Education has options.

[Fall Break Options](#)

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**FROM THE LIBRARY:**

Parents if you have Library books at home from spring please have your children bring them to school and give them to their teacher. Flex student parents may drop the books off at the school office. Thank you so much!

## District Calendar

### 2020

**SEP 7:** Labor Day, No School

**OCT 2:** Teacher Day, No School

**OCT 5-9:** Fall Break, No School

**OCT 12:** District Work Day, No School

**NOV 11:** Veteran's Day, No School

**NOV 26-27:** Thanksgiving, No School

**DEC 18:** Teacher Day, No School

**DEC 21 - Jan 1:** Winter Recess, No School

### 2021

**JAN 18:** MLK Day, No School

**FEB 15:** President's Day, No School

**MAR 8-12:** Spring Break, No School

**MAR 15:** Teacher Day, No School

**APR 2:** No School

**MAY 31:** Memorial Day, No School

**June 8:** Last Day of School

[View Full Calendar](#)



### HEALTH OFFICE NEEDS:

**Water Bottles** - please make sure your in-person students bring in a water bottle to use throughout the school day. We are also asking families to donate a case of water if you're able to. Thank you.

We could really use some more underwear (girls and boys) in a variety of sizes.

5T, S (4-5) M (6-7) Boxer Brief and standard for boys and standard for girls.

We could also use: 5T and Small (6-7) girls shorts and pants.

Also, if your child has an accident at school, they will be given a change of clothes in the health office. Please wash and return the shorts/pants. Please keep the undies! :)

Thank you so much!

Melanie L. Hadlock, RDN

Health Assistant

P: 480-541-3020, E: [mhadlock@kyrene.org](mailto:mhadlock@kyrene.org)

### Strategies to Help Stop the Spread of Germs:

Good health habits protect your child from illness. Simple actions can help stop the spread of germs at school. Please remind your children and remember to:

1. Wash hands frequently with soap and water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
2. Cover the nose and mouth with a tissue when you cough or sneeze. Throw the tissue away after use and wash your hands. If a tissue is not available, cough/sneeze into your sleeve.
3. Stay home when sick.
4. Avoid touching the eyes, nose and mouth—germs spread this way.
5. Clean and disinfect surfaces and objects frequently touched at home and school—especially when someone is ill.
6. Get vaccinated against the FLU and all vaccine preventable diseases, such as pertussis and measles.

[Vaccine clinic dates and locations](#)



### YEARBOOK PHOTOS

Families,

The Estrella Yearbook Club would like you to submit pictures of your Estrella student enjoying Fall Break. Please send your pictures as an attachment to [Estrellayearbookclub@gmail.com](mailto:Estrellayearbookclub@gmail.com)

Subject line: FALL BREAK

Thank you so much!

Estrella Yearbook Club

**From the District**



Quarter 1 report cards will be available for parents to review in [ParentVUE](#) accounts beginning Monday, October 19, 2020.

Please see our annual Asbestos Notification letter [HERE](#)



## Estrella PTO Information

### PTO FAMILY FUNDRAISERS:

Get ready October 20th is the Step it Up fundraiser, it's the biggest fundraiser of the year - we are soooooo excited! Enjoy your fall break and be safe Stars!!



## Estrella School Counselor: Jessie Davis, M.A.

### How to Support Your Child's Mental Health During the transition back to in-person learning

With the recent shift to in-person learning for many students, we see a range of emotions with this transition. Some students barely say goodbye to parents and can't wait to get through the school doors in the morning. Other students that enjoyed virtual learning may not want to leave the comfort of their home and morning routine might be a source of stress. Just as adults cope with life and schedule

changes, kids experience transitions in unique ways, so it's important to pay attention to what their actions might be telling you.

**Here are some important tips that can make the transition back to school less stressful:**

- **Keep a structured bedtime routine.** Bedtime can bring up anxiety, so keeping it consistent removes some stress. Make sure your child goes to bed at the same time each night, and gets enough sleep, (10 hours is great!)
- **Set an after-school schedule, if you don't already have one.** Creating a checklist is a great way to keep your child on track with chores and homework and gives them a sense of accomplishment when they finish tasks. Its important kids know what's expected of them, and this helps!
- **Make sure your child gets a good amount of relaxation time after school.** Adjusting to wearing a mask all day and new procedures is tiring. Just like adults, kids need some unstructured down time.
- **Take interest in your child's day.** Whether it's at the dinner table, or at bedtime, make sure to check in and ask about your child's day. Try using open-ended questions instead of close-ended questions like 'how was your day?' which allows them to only give you a one-word answer. Try asking, 'tell me about the best part of your day,' or 'what was the highest point, and lowest point of your day today?' Open-ended questions prompt more of a conversation.
- **Remember: Your child takes emotional cues from you.** If you're feeling stress about all of the changes, be careful what you say in front of them. They pick up on your concerns, and it may unintentionally create anxiety or a negative mindset. Remaining calm, having a positive attitude and reassuring your child is important.
- **Limit Your Child's Exposure to News Coverage and Social Media.** Hearing constant news coverage and seeing age-inappropriate or inaccurate information on social media can incite fear or worry in your child, so be mindful and monitor these platforms.
- **Give your child some grace and patience as they transition back to in-person learning.** You might see behavior changes in your child as they transition to being at school. Patience is key. Give them a few weeks to adjust while providing support. Ups and downs are normal!
- **Be a Role Model for your child.** Taking breaks, getting enough sleep, eating healthy and exercising are important self-care strategies to have as parents. Our kids learn habits from us.
- **Spend Meaningful Time with Your Child.** Whether you're reading a book together, playing a board game, throwing a ball or watching a movie together; It doesn't matter what you do, just take some time to spend with your child without distractions if possible. When something is bothering them, they're more likely to tell you what's on their mind when you have quality time built in for them.

**You know your child best. If you see worrisome changes in your child, it's important to seek outside help. Warning signs of clinical anxiety or depression in your child could include:**

- Excessive crying
- Returning to behaviors they've outgrown or regressing in milestones
- Excessive worry or sadness
- Unhealthy eating or sleeping habits, (eating or sleeping too much, or too little).
- Drastic change in school performance
- No longer enjoying activities they once loved
- Psychosomatic pains, (i.e.- frequent body aches, stomachache, etc).

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/for-parents.html>

If you have any concerns about your child, please reach out to me. I'm here to help. :-)



Jessie Davis, M.A.  
Certified School Counselor  
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[Caregiver/Parent Counseling Referral Form](#)

## Contact Us

**Kyrene de la Estrella**  
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**Fax:** 480-541-3010  
**Attendance:** 480-541-3001

**School Hours:** 9:10 am – 3:25 pm

**Office Hours:** 8:30 am – 4:30 pm

*A+ School of Excellence™*

