



## Upcoming Events

September 7th	Labor Day
September 21 <sup>st</sup>	MJ Thomas- Picture/ID retakes 9am-12pm
September 24 <sup>th</sup>	Conferences, 4pm-8pm

## Welcome Back

After what was a rush to move entirely online, it felt great to see students again as we returned to school. All staff would agree that working with students in person is an integral part of being at Grand River.

We know the uncertainty of the COVID pandemic is causing reservations for many of our parents. Rest assured that we are doing everything we can to make sure that our school environment is safe. Your child's health and wellness are of paramount concern to us. For more information on COVID related measures that we are taking [view](#) this video or [read this document](#).

We have put a pause on clubs. The main reason is that our clubs draw students from many different grades. We are trying to maintain "cohorts" of students

## Thanks for All You Do!

Our students cannot be successful without the support and help that learning coaches

provide them at home. We know that schooling at home is a lot of work for the student and the learning coach. Whether the coach is a parent, grandparent, family friend, or someone else, we appreciate all the work our learning coaches do to make sure our students are successful.

We also thank parent(s)/guardian(s) for the partnership you form with us. We share your desire to see your child be successful at school, in academics, and as a whole child. We will work with you to provide educational experiences that will make them into a successful and well-rounded person.

This article gives some helpful tips for parents and supporting your learner. The part in this article to pay attention to is staying connected with your student's schooling. There are other helpful tips but this is the main point of this [article](#).

## The Lunch Lizard!

Grand River Academy has a closed campus for lunch (which means all students remain at Grand River throughout the lunch period). The exception, at this time, is for our juniors and seniors. They may leave campus to purchase food if they are not late to the next class. All students can bring lunch from home.

Usually, we have the Dino Cafe open to order food, but currently, we are not allowed to do so. Luckily, the district has arranged for the Lunch Lizard food truck to stop by on our onsite school days. They will offer lunch on Tuesdays, Wednesdays, & Thursdays.

The menu can be accessed at [D51 School Menus](#), then select "Bookcliff Middle School" or "BES" to see the food options for us as well. Once on the calendar, use the "lunch" tab located near the top. (Breakfast is not available at our location.)

All students using the Lunch Lizard Food truck will need to present either a school ID or state their district id# to receive a meal. During the school year, the cost for lunch from the Lunch Lizard food truck is listed below but is about \$3-\$3.50 for a basic meal depending on grade level. However, there is an update on prices. Please see the "NEW" item below.

The family data form, to see if you qualify for free or reduced-price lunch, can be picked up from the school office, or you can apply online [here](#). If approved for free or reduced lunch, you will receive a notice stating that, and there will be no charge for a standard lunch. That information is part of the district lunch program, so no documentation is required when accessing the food truck, just the student id or id#. For students with full pay eligibility, we recommend signing up for [My Payments Plus](#) so you can leave a larger sum deposited rather than carry money each time.

## Meal Prices

For the 2020-2021 School Year

### Elementary Grades K-5

Lunch \$3.00

### Secondary Grades 6-8

Lunch \$3.15

### Secondary Grades 9-12

Lunch \$3.40

### Reduced Graded K-12

Lunch \$0.00

## **\*\*NEW\*\***

Effective 09/02/2020

**The US Department of Agriculture (USDA) is extending the Free Meals for Kids program through the end of December 2020, or until available funding runs out. This means that all students in District 51 can access safe, healthy school lunches at no charge to the student's account.**

## Attendance

Consistent attendance is one crucial piece of the puzzle when it comes to your child's education. Our school is unique in that attendance is not required every day at our physical location. However, attendance online is required at least 25 hours per week in addition to the time on campus. If your student does not attend the physical campus during a week, then they must work for at least 30 hours at home that week. Students can work at different times of day, they can work on the weekends and miss a few weekdays, but the time on task at home is essential.

It is also vital for students to attend onsite. Our teachers work hard to create lessons that support your student's work in Odysseyware or K-12. Their attendance onsite will help them be successful online. If you have questions about attendance or need help accessing the curriculum, please let us know. We are here to help your student be successful.

## School Dress

School is like your student's workplace, and appropriate dress is essential for a workplace. Please check your student's attire before they come to school to make

sure that it is not revealing or that they are not wearing clothes with references to alcohol, tobacco, drugs, that have vulgarities on them, or otherwise disrupt the learning environment. Thank you for your help with this.

## School Pride

Did you know that Grand River Academy's mascot is a dinosaur known as a raptor? Our school colors are Navy blue, light blue, and yellow. Please share this with your student so they can show their pride and know their school colors and mascot.

## Weekly Schedule

K-2<sup>nd</sup> grades- Tuesday 8:30am-2:30pm

3<sup>rd</sup>-5<sup>th</sup> grades- Wednesday 8:30am-2:30pm

k-5<sup>th</sup> grades- Thursday 8:30am-2:30pm  
(optional day)

\*6<sup>th</sup> grade- Tuesday 8:30am-2:30pm

\*7<sup>th</sup> grade – Wednesday 8:30am-2:30pm

\*8<sup>th</sup> grade- Thursday 8:30am-2:30pm

9<sup>th</sup> grade- Tuesday 8:30am-2:30pm

10<sup>th</sup> grade- Wednesday 8:30am-2:30pm

11<sup>th</sup> grade/12<sup>th</sup> grade- Thursday 8:30am-2:30pm

\*6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade have “Stay & Play” from 2:30pm-3:00pm on their scheduled day (optional).

## Daily COVID tracker

Please complete the required COVID daily tracker before sending your student to the campus. The tracker can be accessed by going to [www.mesa.k12.co.us](http://www.mesa.k12.co.us) and clicking on the red button in the center of the page that says "Student COVID Daily Tracker." If a student has not had the daily tracker completed for them, they will be screened here at school. That includes a temperature check and screening for the symptoms of COVID. Students in middle and high school can complete the tracker on their own.

## Student Illness

Please do not send children to school if they are feeling ill. Completing the Daily COVID tracker will **help** you to know whether or not you should send your child to school. Students who have had a fever should not be sent to school unless their last fever was 24 hours ago, and no fever-reducing medication has since been used. Please call or email the school if you have any questions.

## Updating Information

Please be sure to update your email and phone information should either or both change. We send most communication through email and/or text. If you're not receiving emails and/or text from the school, please contact the school with your updated information.

**(continued on next page)**

## From the Counselor

### Talking with Children (from Center for Disease Control)

Messages for parents, school staff, and others working with children

#### Here are recommendations to help adults have conversations with children about COVID-19.

Children may worry about themselves, their family, and friends getting ill with COVID-19. Parents, family members, school staff, and other trusted adults can play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear.

#### Tips for talking to children

- **Remain calm.**
- Children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others.
- **Reassure them that they are safe.**
- Let them know it is okay if they feel upset.
- Share with them how you deal with your own stress so that

they can learn how to cope from you.

- **Make yourself available to listen and to talk.**
- Let children know they can come to you when they have questions.
- **Avoid language that might blame others.**
- **Pay attention to what children see/ hear on television, radio, or online.**
- Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety.
- **Provide information that is truthful and appropriate for the age** and developmental level of the child.
- Talk to children about how some stories on the Internet and social media may be based on inaccurate information.
- Children may misinterpret what they hear and can be frightened about something they do not understand.
- **Teach children everyday actions to reduce the spread of germs.**
- Remind children to wash their hands frequently and stay away from people who are coughing /sneezing or sick. Teach/Remind them to cough or sneeze into a

tissue or their elbow, then throw the tissue into the trash.

- **Discuss any new protocols that are being taken at school to help protect children and school staff.**

## Facts about COVID-19 to discuss with children

Try to keep information simple and remind them that health and school officials are working hard to keep everyone safe and healthy.

What is COVID-19?

- COVID-19 is the short name for "coronavirus disease 2019." It is a new virus. Scientists and doctors are still learning about it.
- Recently, this virus has made a lot of people sick. Scientists and doctors are trying to learn more so they can help people who get sick.
- Doctors and health experts are working hard to help people stay healthy.

**What can I do so that I don't get COVID-19?**

You can practice healthy habits at home, school, and play to help protect against the spread of COVID-19.

**What happens if you get sick with COVID-19?**

- COVID-19 can look different in different people.
- For **many** people, being sick with COVID-19 would be a little bit like having the flu.
- People can get a fever, cough, or have a hard time taking deep breaths.
- Most people who have gotten COVID-19 have not gotten very sick.
- Only a small group of people who get it have had more serious problems.
- If you do get sick, it doesn't mean you have COVID-19. People can get sick from all kinds of germs. What's important to remember is that if you do get sick, the adults at home will help get you any help that you need.

**If you suspect your child may have COVID-19**, call the healthcare facility to let them know before you bring your child in to see them.

## Anxiety- Basic Information That May be Helpful for Yourself or Others.

Adapted from Psychology Today

Author: Alice Boyes, PhD

In today's society, there are many expressions of discontent, disagreement, uneasiness, and all around discernment. Adults and children are at a place, often times, where the amount of information and opinions to listen to, weigh out, and sort through is overwhelming.

More times than not, a sense of societal uneasiness can lead to individual uneasiness and unrest. This unrest can then turn into a sensation of anxiety. The amount of continued lack of control then becomes a sense that there is minimal they are able to do to control their environment and their world. In a world where everyone is judged, and viewed as 'right and wrong' it is internalized as 'everyone is judging' and then into 'everyone may be judging me.'

Helping someone with anxiety can be intimidating. Often, the anxious person feels completely overwhelmed by their anxiety, especially if they experience panic attacks or find themselves gripped by anxious thoughts (health anxiety- someone has an obsessive fear of having/ developing a health problem; social anxiety- the person is intensely bothered by thoughts of

embarrassing themselves in social situations or being judged and rejected by others).

If you're looking for suggestions on how to help someone or yourself with anxiety:

### 1. Educate yourself about what can help reduce anxiety.

There are specific anxiety strategies that are suited to being done alone or with a partner:

- Exercise (or any type of physical activity)
- Going to a yoga class, or doing meditation or breathing exercises together.
- Mindfulness- Concentrating on what is occurring in the here and now, and not thinking in past or futuristic terms.
- Recognizing anxiety related thoughts. What triggers the anxiety: what is the negative message that your brain is focusing on.

### 2. Break free of avoidance behavior.

- Avoidance behavior is a huge part of what causes anxiety. When someone avoids something they need to complete, their anxiety will snowball over time.
- Working through a list of things you are avoiding or putting off.

- Set aside where you have an hour, at least once a week to actively resolve something you've been avoiding due to feeling anxious or overwhelmed.

Common examples of such behavior include avoiding:

- Getting started on a task that feels intimidating
- Repairing mistakes
- Asking for things (such as asking a teacher for help or asking a boss for time off)

The more the anxious person puts off what they need to do, the more likely they are to experience intrusive thoughts about it. Whatever the person is avoiding, they may find it helpful to talk through the steps they'd need to do to break free of their avoidance. For example, "Well, the first step I'd need to do is....".

### 3. Destigmatize anxiety.

- People who have high anxiety are often embarrassed by their anxiety related symptoms.
- There may be a fear that anxiety will show up while in a performance or social situation, and/or worry that it will be visible to others. For example, a fear that other people will notice the sweating or if the voice shaking during a meeting. The key is not to reassure the person that those things will never happen, but to reassure them that they can cope if/when they do.

- For people who have anxiety attacks, the fear of having one is often as debilitating as the attacks themselves. The person may fear having a panic attack in specific, or that they will experience one out of the blue, at an unexpected time.
- If it is more of a clinical anxiety disorder, and the anxiety feels out of control, there may be a worry of losing their mind or "going crazy." Anxiety may be perceived as a sign of being weak or having doubt that there are effective therapies that will help.
- Anxiety is not a weakness, character flaw, or a sign of being incompetent.
- There are many anxiety-based thoughts that even relatively non-anxious people experience from time to time. For example, most people can relate to the fear of being judged or of asking for something and being told no.
- It's extremely common to have thoughts of doing something odd, dangerous, or out of the 'norm'. Individuals with anxiety may not realize that many people have these types of thoughts.

### 4. Beware the reassurance-seeking

In particular types of anxiety, a person can become desperate for reassurance and may ask repeatedly, "Are you sure....? Should I ... again? Do you ... knows what s/he is doing?"

If you notice these types of patterns emerging, limits will need set and this

degree of anxiety has very intense, demanding reassurance-seeking behaviors likely requires working with a therapist. Intense reassurance-seeking is part of the process of how anxiety snowballs.

### **5. Consider getting help with anxiety**

You can't expect to cure your anxiety yourself, no matter how smart you are, how much you care about them, or how much time you're willing to put in.

Sometimes the best solution is to access a therapist. Cognitive Behavioral Therapy (CBT), is a good place to start for anxiety. It has the most evidence behind it for treating anxiety.

Become aware of/practice useful insights, or anxiety management techniques learned that are working.

If something isn't working with a therapist, talk to the therapist directly. People who are anxious often avoid bringing up certain topics with their therapist. There are many different options for what can help with anxiety, and it's all about finding the best fit. It's no big deal if one particular approach doesn't work for an individual, since there are many other options to try.

Getting help for anxiety is often a big step for someone who avoids things that make them feel anxious.

### **6. This may help with anxiety attacks**

Anxiety attacks are false alarms of the fight/flight/freeze system. They're different from high anxiety or worry in that they come on suddenly and typically reach peak intensity within 10 minutes. You will generally know if someone is having an anxiety attack. They may appear frozen and not very coherent, or they may act very afraid and distraught. The person may fear that they're having a heart attack or other medical emergency, because their physical symptoms feel so intense.

The best thing you can do when someone is having an anxiety attack is to be physically present with the person and help them concentrate on slow breathing. Pay attention to what seems calming and what seems aggravating when having an anxiety attack. Someone's thoughts may be all over the place when they're in the middle of an anxiety attack, so help them focus their thoughts on their breathing.

It's important to get checked out medically for any issues that might be contributing to their anxiety attacks. For MOST people who have anxiety attacks, this is not true, however when someone does have a medical component to their anxiety attacks, it can be dismissed or missed.



**1-877-542-7233**

**safe2tellco.org**

Anonymously Report Concerns 24/7

