



Ralph E. Waite Elementary School

December 2020 Newsletter

December, 2020

Hello Waite Families,

Happy December! I hope that this letter finds you and your family healthy and happy. Online 3.0 is underway and students and staff are doing a great job moving forward with instruction and learning. Online instruction is planned through December 18th and for two weeks when we return from winter break (January 4th-14th). Thank you, families, for your continued support.

As our students have transferred back to at home learning, we recognize the many changes this makes for all of us (students, staff and families) during this time. Listed below are recommendations from Akron Children's Hospital on how to help adults and children deal with the changes and anxieties that might occur during this unusual time. I hope you find them helpful.

1. **Be active.** Even though we are staying at home more, find ways to be [active](#) every day. There are plenty of ways to be active outdoors and still practice social distancing (also called physical distancing). Exercise relaxes you. It generates hormones that boost the body's immune system. If you can't get out, take a fitness class online.
2. **Keep your balance.** Calming anxiety doesn't mean ignoring problems. It's about finding our balance so we can cope well; so we can help ourselves and each other through this situation. We can find calm and well-being even when we face great uncertainty.
3. **Keep it in perspective and notice the good.** Don't let anxiety run the show. It's one part of your emotional life, but it's not the whole thing. Leave room to challenge yourself: Is there anything going well? What positive things have happened that make me think this anxious thought might not be accurate?
4. **Reach out to others.** Staying in touch with friends and family is good for you and for them. Feeling close to others reduces anxiety, and has been known to boost the [immune system](#). Even though we're staying home more, we can reach out by phone, video chat, or social media. We can feel close, even while we're apart. Practice physical distancing, but social togetherness.

Stay healthy and have a safe and happy holiday and new year!

Sincerely,

Cindy Grice, Principal



Waite and Medina Spirit Wear!



Show your Waite Elementary and Medina Spirit with some new spirit wear! Just click on the links below to order online, and the items will be shipped right to your house! These make great gifts! Happy shopping!

[Waite Elementary Spirit Wear](#)

[Medina Bees Spirit Wear](#)



Drive to Help Those In Need

Waite Elementary would like to help the A. I. Root Middle School Builders' Club who is sponsoring a donation drive to help those in need:



- December 7th-18th
- 8:00-5:00 p.m.
- Donation bin is located at Root Middle School (333 W. Sturbridge)
- Items needed: Gently used/new blankets, backpacks, sleeping bags, thermal underwear, socks, hand/foot warmers, flashlights, gloves, hats, bottled water.
- All items will be donated to the Theresa Bartley Foundation which helps the homeless in Akron, Ohio



Weekly Grade Level Town Halls!

Town Hall Meeting



It has been so much fun getting to see the students at our grade level town halls each week! The purpose of these town halls are for the students to have a chance to see their Encore teachers live!, see friends from other classrooms and MODA!, and to have fun connecting with one another through fun games and conversations. Students even have a chance to win fun prizes delivered to their house! Our town hall schedule during Online 3.0 is:

- Mondays: 10:00 Kindergarten, 2:15 1st Grade
- Tuesdays: 2:15 2nd Grade
- Wednesdays: 2:30 3rd Grade
- Thursdays: 2:30 4th Grade
- Fridays: 10:00 5th Grade



Congratulations!

Congratulations to fourth grader, Noah Parker, on winning this year's county-wide Top Dog Essay Contest! Congratulations to Noah and his dog, Shelby, on this great recognition!

Welcome Back, Mrs. Terrion!

Welcome back, Sharon Terrion, as a secretary in the Waite office! Mrs. Terrion was in the Waite office from 2013-2015 and has recently served at Northrop Elementary. Mrs. Terrion is so excited to be back serving the students, staff and families of Waite!



We need substitute teachers!



We need your help! If you are interested or are aware of anyone interested in being a substitute in the District, please see the information below!

Substitutes must possess a Bachelor's Degree, complete FBI and BCI fingerprinting, and apply to the Ohio Department of Education for a substitute license. Once the license is received, an application can be completed for a substitute position through the Medina Educational Service Center.

Medina City Schools contracts with the Medina County Schools Educational Service Center for all of our substitute teachers. Following is the link to the substitute teaching process page of their website - <http://www.medina-esc.org/SubstituteTeachingProcess.aspx>. Any additional questions about subbing in Medina City Schools can be directed to Medina City Schools Human Resources Department. Thank you for your support and help!

Staying Safe During the Holidays of 2020



Holidays 2020

Evaluating Risk during COVID-19

Is it safe to gather this holiday season and celebrate with family and friends? Should my family still travel across the country to visit relatives? Now is the time to start making tough choices and consider how your holiday plans can be modified to reduce the spread of COVID-19 to keep your friends, families, and communities healthy and safe.

Experts at Akron Children's recommend that you consider holiday festivities and traditions on a risk scale, taking into account crowds, community spread, ability to keep a safe 6 feet distance from others, compliance with mask guidelines, personal and family health history, and current virus activity levels in your community.



LOW RISK	MODERATE RISK	HIGH RISK
<ul style="list-style-type: none"> Sharing a holiday meal virtually with distant family. Wrapping gifts with your family. Decorating your house inside and out. Baking cookies or building a gingerbread house with your family. Driving around and looking at lights and exterior home decorations throughout your neighborhood. Watching classic holiday movies at home. Writing holiday cards and sending them to loved ones. Cooking traditional holiday recipes with your family at home. Shopping online and waiting for packages to arrive at home. Recording a video caroling and posting it on your social media profiles. Driving through holiday light exhibits. 	<ul style="list-style-type: none"> Traveling by car is less risk than flying. Wearing a mask while gathering with those outside your immediate family. Riding on a train or other crowded public transportation if it is not essential. Visiting holiday exhibits or performances. 	<ul style="list-style-type: none"> Sitting on Santa's lap. Hosting or attending private holiday parties, especially those that are indoors or crowded. Traveling from a busy airport and staying with distant family without quarantining or wearing a mask. Shopping in busy stores where people are not all wearing masks. Shuffling between multiple small gatherings while visiting away from home. Participating in pot luck meals at work or at your place of worship.

Wearing a mask is the most meaningful thing you can do this holiday season. We are at a critical moment in this pandemic, and your actions make a difference. If you do choose to gather, it is critical that you still wear a mask, maintain a 6 foot distance, and wash your hands.

Sources: The U.S. Centers for Disease Control and Infection, The Ohio Department of Health, Summit County Public Health and Akron Children's Division of Infectious Disease

Waite Artists At Work!

