When we abruptly left school last March, none of us could imagine the new world that would lie ahead. Waiting in lines outside the grocery store, wearing face masks when leaving our homes, not being able to embrace family members and friends, and children learning from home full time were once unfathomable concepts that are now part of our daily realities.

Over the past few months, I’ve had the opportunity to listen to and learn from experts, colleagues, and parents, and I’d like to share some of the tips that seem to have led to increased levels of success and happiness. It’s important to point out that these tips are relevant for both online learning and as we transition back to in-person schooling.

**Establishing Schedules and Routines**

We thrive on having schedules and routines, as they enable our brains to anticipate what’s to come, and they give us some control over our daily lives - both of which make life easier to navigate. It’s important for children to have a morning routine. They should wake up at the same time each day, engage in hygiene activities, get dressed for school (we all know how un conducive comfy clothes can be for our productivity!), and eat breakfast. Going through the motions of getting ready for school signals to the brain that it’s time to learn, which enables children to be ready to actively participate in the day ahead.

At the end of the school day, it’s important for children to have some time scheduled for movement and play, whether it’s riding their bikes around the neighborhood, playing sports, or engaging in a family activity. Following dinner, children also need a routine for winding down and getting ready for bed, which may involve a warm bath, reading a book, or listening to a story. Just as a morning routine signals to our brains that it’s time to get ready to learn, a nighttime routine signals that it’s time to rest.

**Having a Dedicated Learning Space**

Children benefit from having a dedicated learning space at home, whether it’s used to complete homework or to support with online learning. Because children learn differently, their learning spaces should also differ. Some children do better in a quiet space that they have all to themselves, while others thrive from working in a busier place in the home. Some children benefit from having a watchful eye looking over them, while others need some privacy and autonomy to be productive. When determining the best learning space for your child, consider their individual personality and how they learn best. Regardless of where the space is located, it’s important that children have a consistent space, clear expectations for using the space, and the supplies they need to manage their learning.

**Engaging in Ongoing Communication with Teachers**

Our teachers no longer have the ability to look over their students’ shoulders to see how the learning is taking hold, nor can they see their students’ facial expressions throughout a lesson. Because parents are now the ones who are observing their children in the midst of their work and have gotten to know their children as learners like never before, they have invaluable information to convey. Our teachers will need to rely on parents to share critical feedback about how lessons are being received and how the work is going, so they can partner together to support their children’s education.

**Modeling Mindsets**

Finally, it’s important to remember that children look toward adults when learning how to react to situations and respond to setbacks. The ways
in which adults navigate challenges teaches children valuable lessons that they’ll carry with them and draw from when faced with their own challenging times. Therefore, it’s critical for parents to model a positive attitude, a growth mindset when making and learning from mistakes, and how to persevere through challenges.

Closing
Although there have certainly been many trying times over the past few months, I am incredibly excited about the opportunities that have also emerged. Teachers have learned new ways of engaging their students through the use of technology, and parents have had the opportunity to see their children in amazing new ways. I have no doubt that when we’re on the other end of this, our children will benefit from all that we’ve learned, as well as from a stronger partnership between school and home.

Warmly,
Stephanie Hasselbrink, Ed.D

Stephanie Hasselbrink, Principal

Our Back-To-School Picnic is a long-standing tradition when LJES families congregate on campus after hours to kick off the new academic year by picnicking, dancing, and laughing with friends old and new. This September, we gathered once again, albeit virtually, at beaches, parks, and backyards. Some still danced while others swam and played games. Though different, the joy of friends and community was still to be found. Thanks to our PTO President, Kat Peppers, for keeping the tradition going!

FAMILY BACK-TO-SCHOOL, COVID STYLE

Coach’s Corner with Coach Kelly Wiskus

I hope you are all making the best of this unusual start to the school year! Although I miss seeing you all in person so much, I am truly grateful for the opportunity to still be able to provide Physical Education Instruction in some type of way. Now, more than ever we need to make sure we are taking care of ourselves and a huge part of that is staying active! It has been so great to hear about all of the ways so many of you and your families are doing this! I also wanted to send out a huge THANK YOU to all who have committed to either attending the Coach’s Zoom classes and/or completing Seesaw/Google Classroom assignments as well as for the positive feedback we’ve received. Coach Restivo and I look forward to seeing you all continue your progress in the Physical Education Standards no matter what the year brings! Stay healthy and active everyone and keep up the great work!

LJES HALLOWEEN PARADE, CORONAVIRUS DRIVE-THRU EDITION

Goblins, princess, and super heroes showed up to keep our Halloween Parade magic alive. In lieu of our usual Halloween parade on the upper yard, students paraded in cars this year. They were greeted by teachers, Dr. Hasselbrink, Ms. Susie, and Ms. Lisa, who had decorated and dressed in costumes to celebrate with the students during October distribution day.

With gratitude,

The La Jolla Elementary School PTO

LJES HALLOWEEN PARADE, CORONAVIRUS DRIVE-THRU EDITION

FAMILY BACK-TO-SCHOOL, COVID STYLE

LJES HALLOWEEN PARADE, CORONAVIRUS DRIVE-THRU EDITION

LJES HALLOWEEN PARADE, CORONAVIRUS DRIVE-THRU EDITION

LJES HALLOWEEN PARADE, CORONAVIRUS DRIVE-THRU EDITION

Cathy Wallace retired at the end of the 2019-2020 school year after teaching 2nd grade at LJES for 20 years! Her many students over the years loved her outgoing personality and passion for teaching. As another teacher at LJES said, “Cathy teaches with her full heart and soul.” She was also selected by her peers as the La Jolla Elementary School Teacher of the Year. To celebrate her retirement, Room Parent, Ali Murphy, planned a surprise caravan in June. Over thirty cars of former and current students lined up to say “thank you!”

Mrs. Wallace is looking forward to spending lots of time with her family, especially her husband, John, and her adorable grandson, E.J.

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Mrs. Wallace is looking forward to spending lots of time with her family, especially her husband, John, and her adorable grandson, E.J.
Hi, I’m Steve Susalla the new school counselor. I am excited to be working here at La Jolla Elementary. After retiring from a 20-year career in the Navy, I did not know what I wanted to do next so I started substitute teaching and realized I loved working with kids. Teaching was great but was not giving me enough time with each student so I looked into counseling. I loved it! I enrolled in Point Loma Nazarene University in their Guidance and Counseling program and received a Masters this past May.

I have four children. They are 10 days old, 8, 9, 11 so I am well versed in the elementary school aged child. I coach softball and baseball and help out with soccer. I love spending time with my family, vorites are soccer, dancing, hiking and, recently, scuba! I have always had a deep love for sports and being active. I share my passion for sports and physical activity with students. The ultimate goal is promoting an enjoyment of physical activity that will last a lifetime. I believe in providing a fun, positive, cooperative space for students to develop a variety of skills and activities in. I want to expose students to a wide variety of activities with the hope that they will find at least one that they enjoy and stick with for the rest of their life.

My email is ssusalla@sandi.net

Stop and chat or send me an email if you would like to talk or feel your child would benefit from counseling. That is a little about me. You will see me out and about when school goes back. Please feel free to talk with me. My email is ssusalla@sandi.net.

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**OUR STUDENTS ARE LEARNING AND GROWING...**

Students were asked to create strong, realistic spider webs that would hold 2-3 spiders.

Voting for the winner will take place at the end of the month. Congratulations to Ada Sharp, grade 3, who was selected as one of three winners for Feeding San Diego’s Hunger Action Month Art Challenge. The funds raised as part of Hunger Action Month will help support food distributions across SD County.

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**Halloween Poem**

By Ava Vizmeg

I can smell the annual pumpkin spice latte all the way from Starbucks. I can hear the witches crackling in the night and blood curdling screams of frightened kids. It feels like the Covid-19 building up on my finger from the doorknob. Tastes like warm, milky outer shell and a crisp wafer of the KitKat. I can see all of the unique Halloween costumes and fun decorations of Frankenstein.

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**Halloween Poem**

By Levi Nunn

I can see all of the unique Halloween costumes and fun decorations of Frankenstein. I can hear the witches crackling in the night and blood curdling screams of frightened kids. It feels like the Covid-19 building up on my finger from the doorknob. Tastes like warm, milky outer shell and a crisp wafer of the KitKat. I can see all of the unique Halloween costumes and fun decorations of Frankenstein.
Get the freshest news from our market.
Click here to receive our newsletter!

All market proceeds provide funding that supports and enriches the education of the children at LJES.
The market is open every Sunday from 9:00am to 1:00pm.
We hope you make us part of your Sunday routine!

LA JOLLA OPEN AIRE MARKET

The Alvarado-Snoeren Family
The Badamchi Family
The Baker Family
The Branstetter Family
Chelsie Byrnes
Matthew and Mary Cantonis
The Cavaiola Family
Linda and Jeff Chang
David Chu and Debbie Yelon
Nick and Paula Conway
Ramakrishna Dhanekula
The Duehr Family
Mark and Consuelo Egan
Elsie Felicione and Carlos Sattler
The Gilliam Family
Amelia Glaser
Todd Gluth and Jona Hattangadi-Gluth
Shamini and Ajay Gupta
The Golde Family
Katy and Chet Hall
Neil and Summer Hadley
Erik Hemmen
Michael and Carol Henry
Alex and Bill Higgins
The Hochberg Family
The Huhn Family
Alemendra Ibarra-Pablos
Micaela and Stephen Jeffery
Martin Armen
The Kervorkian Family
Jay and Laurel Keyes
Adrienne and Michael Kincaid
George and Diana Lin
Sara and Darren MacDonald
Mala Mathur and Subal Sahni
Ella Miltom
The Nejad Family
Jose Oldak
Ulka and Chris Pandya
The Pham Family
Quinn Quackenbush
Asha Ramachandran
The Rastogi Family
The Sabir Family
Akiko Sakurai
Christian Schell
Frenesca Schoeder
Martina and Randy Shaw
Gregg Smith
The Strott Family
Aimie and Mark Takata
The Thibault Family
Carolina Tiller
Christina Tovar
The Turner Family
Elizabeth and David Van Clief
Angela Viera
Casimir Wierzynski and S. Jean Kim
Natasha Wong and Kevin Chen
The Worland Family

Thank you to the following families for their support of LJES and Friends!

LA JOLLA ELEMENTARY IS NOT YOUR “ORDINARY” PUBLIC SCHOOL. IT IS AN EXTRAORDINARY SCHOOL BY ANY STANDARD, PUBLIC OR PRIVATE.

Please consider a donation to Annual Giving Campaign in any amount that is appropriate for your family. 100% of donations are tax deductible and the goal is 100% participation.

Questions? Contact Elizabeth Van Clief at elizabethvanclief@gmail.com.
Donations can be made at www.friendsofljes.org/annual-giving-campaign/.

P.S. - We have extended the deadline for yard signs! Donors who have contributed or pledged $1,000 or more by November 15, 2020, will receive a “Friend of La Jolla Elementary” yard sign in recognition of your support.
PLEASE SUPPORT OUR PEARL SPONSORS

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