



PRINCIPAL'S MESSAGE - STRATEGIES FOR SUCCESSFULLY NAVIGATING ONLINE LEARNING AND BEYOND

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 unproductive 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

IMPORTANT UPCOMING DATES

NOVEMBER.....

- 11 Veterans Day
NO SCHOOL
- 15 Yearbook Early Bird Pricing Ends
- 16-29 Online Book Fair
- 19 Virtual Family Rock Out Bingo 6pm
- 23-27 Thanksgiving Holiday
NO SCHOOL

DECEMBER.....

- 21-1/1 Winter Holiday
NO SCHOOL

*Please note that all dates are tentative and subject to change. See for latest updates.

<https://docs.google.com/document/d/1Vp17D0J-Hm5nNQYhPh7XmtgWwhzPmEqKxEaiE5rh8Bk/edit#>

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,
 Principal

FAMILY BACK-TO-SCHOOL, COVID STYLE

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!



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 heros 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.



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.



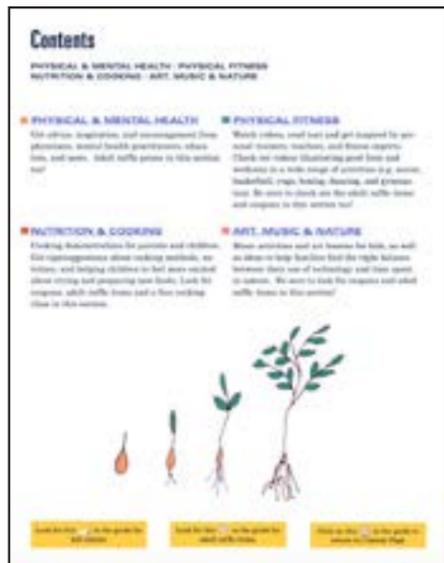
LJES FAMILY WELLNESS GUIDE BE WELL. STAY CURIOUS. HANG IN THERE.

Wellness matters, especially now more than ever. Adapting to these challenging times, our Family Wellness Chairs, Debbie Hanoch and Dorka Hegedus-Lum, have put together a comprehensive electronic [guide](#) filled with information and videos for multiple aspects of wellness: physical and mental health, physical fitness, nutrition & cooking, art, music and nature. Here's just a short sample of what is included:

- Advice about managing during these times from experts like Susan Wais, Laine Lipsky, Debbie Zeichner;
- Dance ideas from Ms. Polen and activities from Coach Wiskus;
- Yoga, boxing, circuit training, and skill tips for basketball, soccer;
- Free zoom cooking lesson with one of our LJES parents, Masha Itkin; and,
- Fun music and art activities.

In case you need a bit more motivation, enter by November 15th for a chance to win prizes like a kayaking tour, guided swim & snorkel tour, a cruise deck for a skateboard, music lessons and more.

Thanks again to our dedicated Chairs and to Coach Wiskus for sharing your wellness vision.



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, mountain biking and working on old cars.

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



Hello! I'm Jason Restivo, the new PE teacher for grades 4 and 5. I grew up in San Jose, CA and played many different sports throughout high school and college. Some of my favorites 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.

OUR STUDENTS ARE LEARNING AND GROWING...

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



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 doorbell
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

Halloween

Looks like haunted houses on every block with the shadows of ghosts and witches.

Sounds like screaming witches in the distance, mixing their cauldron.

Feels like empty candy wrappers in my pocket and stickiness on my fingers.

Tastes like candy that is so sweet, sour, and full of sugar.



Halloween time

Looks like witches and ghosts trying to scare the kids off
Sounds like kids screaming as they run home terrified
Smells like candy in bowls trying to be taken by goblins and ghouls
Feels like I have a spider on my shoulder
Tastes like candy melting in my mouth as I eat Twix

By Hannah Huston

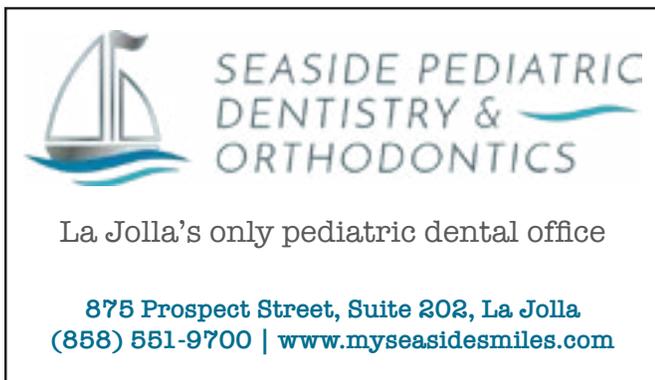
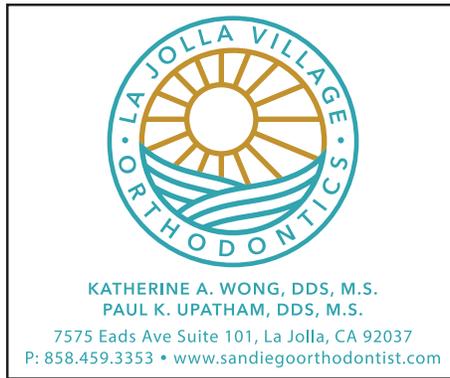
Congratulations to Ada Sharp, grade 3, who was selected as one of three winners for Feeding San Diego's Hunger Action Month Art Challenge. The funds raised as part of Hunger Action Month will help support food distributions across SD County.



Ada was awarded a signed skateboard by professional skateboarder, Ryan Sheckler



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PLEASE CONTACT
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