

## Adams Update December 3, 2021

### **Perspective on Recent Events, from Mrs. Selaty, Student Support Specialist**

When senseless acts of violence occur, it can be a trigger for anxiety, and even re-traumatization of past, personal experiences. This is normal, but it can feel overwhelming.

It is important for all of us to remember the necessity of self-care, not only for ourselves, but as a positive example for our children and loved ones when confronted with increased anxiety and stress. Try to maintain your normal routine, spend time with people and doing activities that bring you joy, get plenty of rest, offer grace to yourself and others, and reach out for help if you need it.

### **Lock Down Drill Successfully Completed**

This week we completed our second, regularly scheduled lock down drill of the school year. Classes covered what we would do in the case of an emergency situation, both where to take cover in the classroom, and how to leave in case of evacuation. As schools learn more and more from each previous situation, we apply that learning to our plans, in order to have as comprehensive a plan as possible.

### **How Do We Talk with Our Children About Recent Events?**

Mrs. Selaty, Student Support Specialist, shared a very wise summary of ideas about how to talk with children about the types of events that occurred in Oxford this week. Please review the thoughts and tips, and use them as you see fit.

[Talking to Children About Violence: Tips for Parents and Teachers \(nasponline.org\)](https://www.nasponline.org/talking-to-children-about-violence-tips-for-parents-and-teachers)

### **Outdoor Fun!**

Students enjoyed the snow this week and had a (snow)ball playing outside! Please remember to send snow gear, winter coats, boots, hats, gloves/mittens, etc. each day, as we go out on as many days as possible.





## The Best Part of Me—5<sup>th</sup> grade project

Our 5<sup>th</sup> grade classes had a great time completing their **The Best Part of Me** projects. The work is inspired by the Wendy Ewald book of the same name. Students take pictures and write up descriptions about themselves. The final projects are insightful, thoughtful, sometimes funny, always revealing. Great job, 5<sup>th</sup> grade!

# The Best Part of BRAYLAN



## The Best Part

of me is my feet. My favorite things to do with my feet are playing sports like Baseball, Basketball and football and track. All of those sports involve feet. Without feet I couldn't do any of those things. Actually I ~~LIED~~ My favorite thing to do with my feet are buying Jordans, Vans and Air Forces.

So basically my favorite thing to do is

buying and wearing shoes. Shoes are

like 99.999% of my life, without

shoes I would just lay in bed

and sleep all day. But at the same

time that would be kind of serious

I love shoes and sports. I can't do any of those things without FEET.



# The **BEST** Part of Sydney

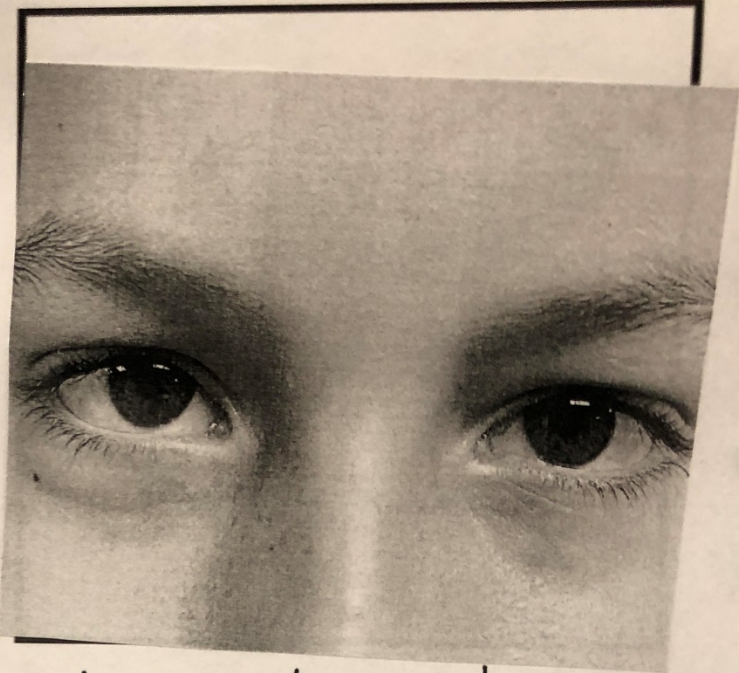


The best part  
of me are my hands. I use  
them to snuggle with my puppy,  
draw and color, and make  
home made presents. I also  
love to play volley ball with  
my hands! If I did not  
have my hands then I would  
not be able to color, draw, write,  
make things, and play volley  
ball. My hands make  
me feel very artistic, a good  
sport, and a great person!  
The best part of me  
are my hands!!!



# The Best Part Of

## Hudson

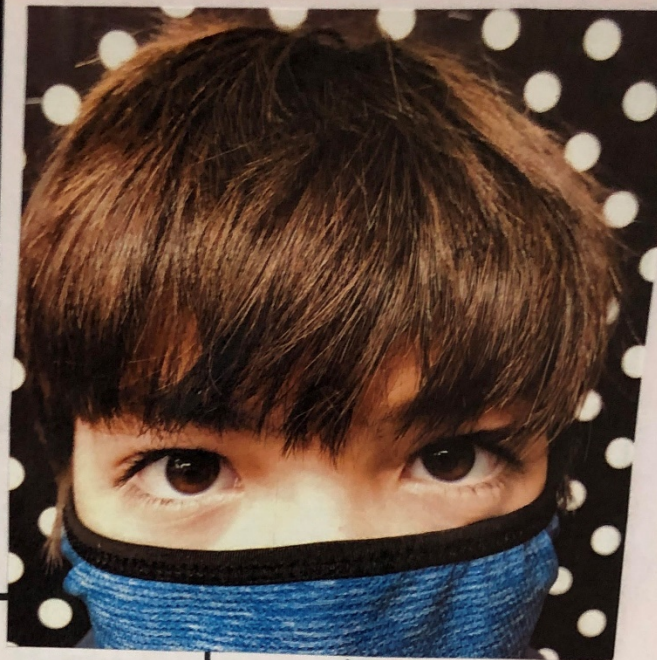


My favorite part of me is...

my eyes because I wouldn't be able to go hunting  
With my dad if I didn't have my eyes. I also wouldn't  
be able to shoot the animal if I didn't have my  
eyes. The reason why I love my eyes are because if  
I didn't have my eyes I wouldn't be able to  
experience what people see every day. Another reason I  
love my eyes are that I can see my family. Also I need  
my eyes to see if the football is coming towards me.  
I love my eyes because I can experience  
what every person sees and do my favorite  
sports and play with my friends. This is  
why I love my eyes to experience  
what people do every day.



# The **B**est Part Of Gregory



I like my eyes  
the best. My eyes are a dark Brown.  
I like my eyes best because they tell how  
I feel. Without them, life would not  
be as interesting. I would not be able  
to see the things I love. Eyes tell what  
a person has been through. Everyone  
has unique eyes that tell others what  
they have done. Eyes are all different  
colors and sizes. In my opinoin, eyes  
are the best part of us.

### **Holiday Cooking Advice from Mrs. May's Kindergarten Class**

I hope you had a chance to read the wonderful advice from Mrs. May's Kindergarten class on *how to cook a turkey*. Students drew pictures and wrote down their ideas; this year some of the suggestions even ended up in the *Midland Daily News*. Enjoy reading the recipes at the MDN website:

<https://www.ourmidland.com/news/article/Midland-kids-share-how-to-bake-a-turkey-16629424.php>

### **Gym Shorts, from Mr. Seebeck**

We've been having a great time in PE classes. We played several Thanksgiving games to practice our throwing skills. We did a lot of running trying to catch "turkeys" or running away from farmers trying to catch us, as we pretended to be turkeys.

We'll practice our floor hockey skills leading up to our highly anticipated "Holiday Hockey Tournament" for 4th and 5th graders. The tournament was cancelled last year due to covid, but we're happy to be able have it this year.

Kindergarten, 1st, 2nd, and 3rd grade students will start our Annual Reindeer games next week. Reindeer games also had to be cancelled last year, so we're really excited to be able to have them this year.

As always, try to keep your child active and look for out of school activities for them to enjoy and stay active.

### **PTO Updates**

Be sure to check out the PTO Update for important information. Script ordering is extended until next Wednesday, December 8<sup>th</sup>.

[Adams Atoms Newsletter Dec 3](#)

### **Upcoming Events**

Wed, Dec 22	Half-day of school, 11:51am dismissal
Dec 23 – Jan 2	No school: Winter Break
Mon, Jan 3	First day of 2 <sup>nd</sup> Semester

It was a great week here at Adams, and we look forward to seeing you and your students again next week. Have a good weekend!

Educationally yours,

*Scott Cochran*

Principal