

# Eyes on Eastlake

Volume 26, Issue 1

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Hello Eastlake Family and Friends

I would like to wish everybody a happy, healthy and restful holiday season as we conclude the calendar year of 2020.

Obviously this year has been like no other school year we have had to endure. However, despite all of the changes and adjustments we have implemented, the Eastlake School and community have been prime examples of how to educate during a pandemic. There are not enough superlatives to describe the job that the teachers, staff, students, parents and community have done to ensure that our Eastlake students continue to get the excellent education that they deserve.

As 2020 comes to its conclusion, I am excited for our school and community as I know 2021 will be a year for Eastlake School to continue to show what it is made of. After seeing the performance of our students since March 16th, the Eastlake Staff and I are even more certain of the tremendous potential our students have and we are excited to see this potential flourish. I cannot thank you enough for the continued support you have given us. This success does not happen without you.

Finally, I would like to take a moment to acknowledge and thank our Guidance Counselor, Bonnie Griesemer, who is retiring at the end of the month. Ms. Griesemer has been a cornerstone of Eastlake's success for many years. Her contributions as a guidance counselor cannot be measured. Although we will miss her greatly, we are happy to wish her well in her retirement and look forward to her continued contributions to society as a retiree.

Best Wishes For An Enjoyable Holiday And A Happy and Joyous New Year!!

Best Wishes Always,

Sebastian Powell  
Principal  
Eastlake Elementary School



## Supporting Your Personal Wellness



Parenting has its challenges even during the best of times. During a pandemic? With hybrid instruction? And limited opportunities to venture out of your home? Now, that's really increasing the parental stress load.

As we move into the winter months, let's remember that we will be best equipped to handle the needs of our children and family if we are taking care of ourselves also. A recent article by Micera Keels in *Educational Leadership* (October 2020) highlights six categories of self-care:

**Physical Self-Care:** Taking care of your body by getting enough sleep, eating healthy foods, exercising, and seeing a health care provider regularly.

**Emotional Self-Care:** Surrounding yourself with positive supports, journaling, talking about your feelings to manage your emotions in a healthy way.

**Social Self-Care:** Engaging with the world around you through friendships, celebrating milestones, and belonging to groups and communities.

**Cognitive Self-Care:** Improving your mind through reading, writing, and learning new things.

**Financial Self-Care:** Responsibly saving and spending money, establishing plans for the financial future.

**Spiritual Self-Care:** Taking part in activities that bring perspective to your life, such as prayer, meditation, interacting with nature, or attending a house of worship.

Most of us work so hard to take care of others that we wear ourselves out. We burn our candle at both ends. Honor your own personal needs to attending to these critical categories of self-care. You cannot be your best self, best parent, best employee if personal wellness is not a priority.

Need special assistance? Our school guidance counselors are able to share resources with you. Additionally, <https://www.performcarenj.org/index.aspx> is the link to PerformCare, NJ Children's System of Care and contains supports for parents and caregivers.

## Nurse's Office

I would like to say THANK YOU to our staff and students for doing such a fantastic job of wearing masks, washing hands, maintaining social distancing, and helping to keep our school safe!

Thank you to our custodial staff for continually cleaning and disinfecting every surface in our school!

Wishing you all a happy, safe, and healthy winter break and New Year!

Debra Molloy  
School Nurse

We've been working hard in Miss Fairweather's class! This past month, we have been busy learning about winter clothes that keep us warm, polar animals, and hibernation.

We enjoyed making fun crafts (winter hat and penguin), reading books about animals, and dancing along to songs about bears and penguins. Next, we will be learning about winter changes and clothing.

Thank you for all of your support at home over the past few months. See you in 2021!

Can you believe the holidays are upon us? Where has the time gone? Oh, we know... the 5th graders have been working so hard in spite of the challenges of cohort and remote learning.

In math, we have covered topics such as: place value, multiplication, division, addition and subtraction of decimals as well as multiplication of decimals. We are currently working on decimal division.

Currently, the children are using their research skills gained in reading and writing to create a Google Slides presentation on a topic of their choice. Be sure to ask your child about their topic and what information they've learned and can share with you. Though they may not have access to our school library, we're very fortunate to have digital tools, i.e. EPIC and Scholastic to aid in their research. We'd also like to give a big shout out to Mrs. Gareffa, our media specialist, for using her media time with the children to help them with citing sources used in their slides.

After months of election discussions, your children are quite knowledgeable about our election process. As we've moved forward in social studies, we have begun to explore the new world, who came here, how, and why. It's hard to believe that we are still debating the immigration issue today.

Boy oh boy, the planets weren't aligned when we completed our Earth & Sun unit in science. Every time we wanted to go outside to view our sun and moon it was just too cloudy. Even with this minor setback, your children were still able to "view" the phases of the moon and shadows of the sun digitally through our FOSS website. We have since moved on to Mixtures and Solutions as you've witnessed by the cup of evaporating salted water on your kitchen counter. With this "at home" science experiment, the children gained a better understanding of a solution and what happens to the salt when water evaporates.

We thank you for your continued support during this most difficult time. We wish you a safe and healthy holiday, and hope that one day soon we can all return to school and learn together.

See ya 2020, you won't be missed!

With love,  
The 5th Grade Team  
Lucia Innocent, Waheeda Ismailzadah, Michele Mizerek

Transitioning into third grade during a pandemic is not an easy task, but the children have stepped up to the plate and shown us just how responsible they can be. We are so proud of all their hard work and effort.

It's been a busy year in third grade! In reading we have been working on building reading stamina, the importance of rereading, stopping for comprehension checks, making predictions, retelling, stop and jots, and note taking while reading. Please continue to have your child read every night for 30 minutes.

In Writing Workshop we have moved on from our personal narrative stories, and we are now writing persuasive speeches. Students are reminded to keep their audience in mind so they can be convincing in their argument. All writing pieces should also have an opening sentence, closing sentence, and details with examples.

In math we are working on multiplication and problem solving. Students have learned different strategies to help them solve multiplication problems such as making an array, equal groups, skip counting, number lines, using doubles, and properties of multiplication. Please continue to have your child practice their math facts on Reflex Math daily, and remember the goal is to reach the green light three times a week. Flash cards are also a great way to practice multiplication facts.

In social studies we are studying Native American tribes. We encourage students to reread lessons at home that we cover in class for additional reinforcement. In science we started our unit on weather and climate.

Thank you for your continued cooperation and support! We wish everyone a happy & healthy holiday!! A brighter new year is ahead!

It's the most wonderful time of the year in second grade! We've started our very exciting Social Studies unit about cultures and traditions by taking a virtual trip around the world.

In Reading Workshop, we are growing our knowledge of nonfiction topics and in Writing Workshop, we are writing nonfiction books of all kinds to teach others about topics we know a lot about.

In Math, we've been practicing our addition and subtraction basic facts to prepare for our next units on two-digit regrouping.

We hope everyone has a fun and relaxing Winter Break and a very happy and healthy holiday as we prepare to ring in 2021!

It is hard to believe we are coming to the end of 2020, what a year it has been! At the beginning of the school year, I welcomed you to approach this uncertain school year ahead with "Grace Over Grief" along with me and I would like to take a moment to say Thank You for doing just that!

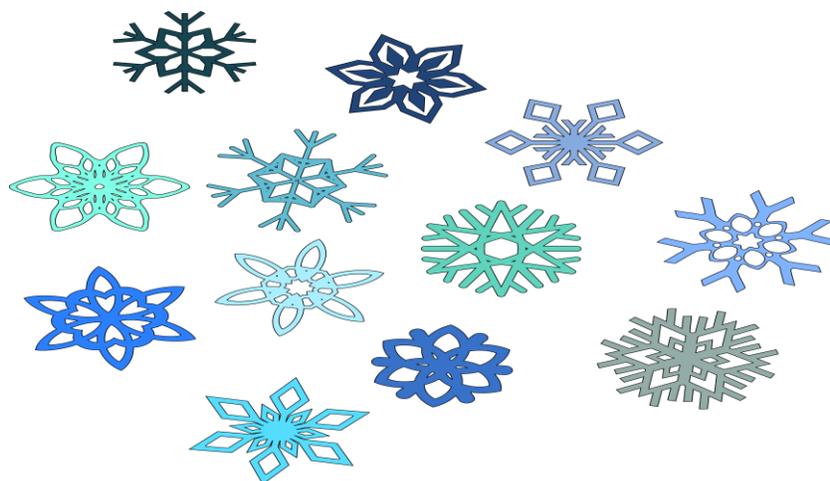
We began our preschool year off with learning about each other, our families, apples fall, pumpkins and fire safety. We also learned about food and nutrition, Thanksgiving and being thankful. We are ending the year learning about clothing, winter, winter animals and the holidays people celebrate this time of year.

We will enter 2021 with a roads study and move on to a building study, tree study, recycling study, pets study and end the year with an exercise study. We will start the year off with an emphasis on recognition of uppercase letters and number recognition. We will continue to explore letters, numbers, patterns, literature concepts of retelling stories, beginning sounds and rhyming words. Most importantly, we will continue to develop our self-confidence and social emotional wellbeing during this transitional time.

As we conclude 2020 and welcome 2021, I have a renewed sense of HOPE as we enter this new year, although things are not back to "normal" YET, I feel and see a light at the end of the tunnel to a healthier, happier year ahead and I hope you do too. I ask you to continue this school year with "Grace Over Grief" as we head into the second half of our school year.

I want to wish you all a very happy, healthy and safe holiday season and New Year! I look forward to continuing working along with you together to make this a successful school year for our children, without you this would not be possible! We are in this TOGETHER!

Sincerely, Ms. Bruss



We think it's safe to say this school year has been like no other! We would like to thank you all for being so involved and supportive over the last few months. We would not be able to do this without your help! As we wrap-up 2020, let's take a look at the top ten highlights of First Grade 2020!

10. Weekly supply pick-ups/drop-offs....thank you parents! You are truly amazing.
9. Logging in to Seesaw to complete assignments, create videos and upload pictures....whew! That's hard work!
8. Joining our class Google meets...we are becoming super tech savvy!
7. Fact Fluency Flyers...we know how to use Reflex Math to practice our math facts!
6. Students can add the title of 'Meteorologists' to their resume! They know all about Air & Weather.
5. First Grade Authors.... We've published personal narratives and how-to books.
4. Official Word Detectives...We completed our missions and received our official certificates. When we see a tricky word, we stop to solve it!
3. Games with our stuffed friends! They make great learning partners.
2. Shared stories, smiles and laughs...even through a computer!
1. New friendships, a loving classroom community and memories to last a lifetime!

Please enjoy your holiday season, and stay safe and healthy.

Mrs. Hebbelinck & Mrs. Breiten



## Eastlake Media Center Newsletter

Kindergarten and First Grade have been listening to so many books! We have read funny books like *We Don't Eat Our Classmates* by Ryan T. Higgins and books with familiar characters like Gerald & Piggy! Students enjoyed listening to *Today I Will Fly!* by Mo Willems and then drawing their own picture of Piggy! After the holiday break, we will start to explore different genres such as fairy tales, mystery and non-fiction!

Second Grade has been listening to a variety of books and genres! We learned about all the fall holidays including Halloween and Veteran's Day. We read the book *Stick and Stone* by Beth Ferry and then we voted on our favorite character on Election Day! After the holiday break, we will start to explore non-fiction books and learn about all the features in them that can help us find information easily!

Third Grade was filled with learning about lots of options for online reading including our new e-book MackinVia. We explored all the different genres available there. In addition, we read the chapter book *The Snow Day from the Black Lagoon* by Mike Thaler and we celebrated their grade level Mystery Unit with some fun activities! After the holiday break, we will begin exploring how to be good researchers as well as listen to a Magic Tree House book! Third graders are definitely huge mystery fans!!!!

Fourth Grade has been a lot of fun this fall! We not only created our own books with Book Creator but we also listened to many books including a biography of basketball player Michael Jordan called *Salt in His Shoes* by Deloris and Rosalyn Jordan. Coding activities were a lot of fun as we celebrated An Hour of Code in December. In addition, we began to explore the difference between credible resources and not credible resources to use for researching. We will continue this unit of study into 2021 and apply what we learned to a grade level research project.

Fifth Grade has been busy! Many are now published authors with their Book Creator books! Between writing everything from graphic novels to informational books, students have written amazing things! In addition to learning about coding, late fall had us learning good research skills and how to implement them on their grade level Nonfiction Research Project. Students learned to create citations and credit authors for their work. Quite an accomplishment for fifth graders!



HAPPY NEW YEAR