

# The Fire-Bird Monthly

## APRIL

## FIREBIRDS UNITE

*"Unity is strength...when there is teamwork and collaboration, wonderful things can be achieved."*

The events of this past month have been some of the most memorable and challenging events we will ever experience. From the first day that it was announced that Utah schools were put on "soft closures," to the extension of home-based learning through May 1st, one thing remains the same... Firebirds RISE and UNITE in the face of challenges. Administrators, teachers, students, and parents have shown their true Firebird spirit to bring about an educational model that is unprecedented. We cannot do this without each other and the heartfelt gratitude expressed from all involved has been motivating and uplifting. Thank you to our Ignite teachers, students, and families! We miss seeing our Firebirds every day and look forward to when we get to welcome them into our hallways and classrooms again. In the meantime, please enjoy pictures of school spirit, educational resources, and tips and tricks for handling work and kids during this isolation period.

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## Important Reminders

- School Dismissal Period : March 16th through May 1st
- School Dismissal Period Office Hours: 9 am-12 pm, Mon.-Thurs.
- Please limit office visits to high priority needs as we want to protect the health and safety of our students and families with minimal face-to-face interaction. Please use email as your primary form of communication, whenever possible.
- SPRING BREAK will still be held as scheduled from April 6-April 10. No school ("Home-Based Learning") this week.

# HOME-BASED LEARNING

Ignite teachers rose to the challenge after learning they'd have just two days to transition from onsite to home-based teaching. Ignite families answered the call to pick up all student materials in just two days, even with an Earthquake thrown in!



Before



Thank you, Ignite Community!

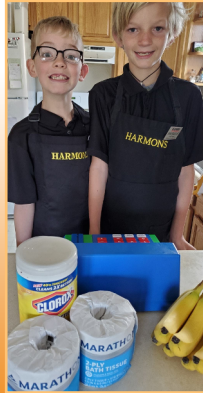
After

SCHOOL

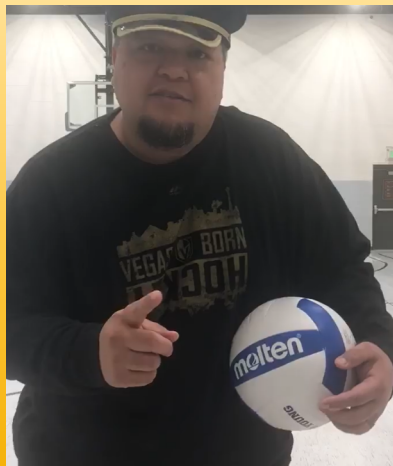


HOME

What better way to show our school spirit than to honor those who are still working to make sure community members are cared for! We love our food service providers, healthcare professionals, emergency responders, and so many more essential people!



Beating the Boredom! How do you stay busy when you can't leave your house? Take Coach Aaron's Firebird Challenge or follow Xander Barley's example and blast the boredom with bubbles! Make a video like Miss Brooke that will surely provide entertainment!



Click [HERE](#) to see Miss Brooke's "Home-Based Learning" video. It's guaranteed to put a smile on your face!



In learning you will **TEACH**  
and in teaching you will **LEARN!**



# TIPS AND

# TRICKS

For most families, the sudden shift from normal routines to balancing work, school, and other responsibilities all from home has not been without its struggles and stress. Here are some tips for helping you juggle this new challenge!

## 1 Do Your Best and Cut Yourself Some Slack.

"I would say to parents, do your best and cut yourself some slack as well, because it is not really possible for parents to suddenly be able to juggle everything, to be 100% present, to oversee all their children's homeschooling with complete efficiency and also to do their job," said Eli Lebowitz, a clinical psychologist at the Yale School of Medicine who treats child anxiety.

## 2 Talk to Your Kids About What's Happening in Their World.

The exact information that parents give to their children will differ depending on the child's age, but one important rule is to maintain calm when speaking to children about COVID-19.

"If they perceive the parent as being very anxious and scared and worried, then that's what they're going to pick up even if the words are not necessarily all that charged," Lebowitz says. "Don't overload children with information or bring up issues that they don't ask about, he said. "The easiest rule of thumb is to try to be direct and honest and brief."

## 3 Create a Routine.

This doesn't have to be regimented or perfect. "A good start is to make sure everyone still wakes up at a reasonable hour, eats a good breakfast, brushes teeth and puts on clothes. Block out time for physical activity and try to give kids a sense of what life will look like, day-to-day," Lebowitz said.

"The sense of complete chaos is more anxiety-provoking for kids ... than having a schedule," Lebowitz said. "A plan and a schedule can also help reduce conflict for school-age kids who might have academic work to do during school closures," he added. "It's easier to get buy-in from kids to do a worksheet or reading or writing time if they know what to expect, rather than surprising them with a request to do homework when they were settling in with a video game or TV."

For younger kids who may struggle to play independently, set aside short periods of quality time, when you can put away other responsibilities and focus on playing with your child. During this quality time, let the child direct the play and praise them for their ideas. When you need to do another task, stay nearby and tell the child to play by themselves, but to let you know if they need help.

## 4 Create a Strong School to Home Relationship.

Your child's teacher will be your best ally during this period. Remain in frequent contact with him/her, share successes your child has experienced, struggles your child may be facing with assignments, and look for ways to continue to build school connections through virtual meetings and lessons with the teacher and other classmates, participating in school spirit challenges, and perhaps even sharing the journey through journal writing, pen pals, and photographs.



# WHO MISSES YOU?

It's a strange thing to walk through the building in March and not hear the sound of children laughing, footsteps shuffling through the halls and lockers closing. I still catch myself peeking through the windows of each classroom to see what the kids are up to today. Instead, I see empty hallways and classrooms. But one thing resonates within me...that we will soon welcome our Firebirds back to school! I can't wait to greet them with a smile and a high 5, even if it is in the air! I'm excited to glance into a classroom window to see them busily engaged in learning, helping each other, or discovering something new! In the meantime, Firebirds, I want to share one message with you. You...are...amazing and unstoppable! This new, if temporary, normal is just one more way that you show your grit and your love of learning and discovery. Wake up every day and discover, explore, and wonder about all the possibilities. We'll be waiting to welcome you back to Ignite when the time is right and we'll want to know all about your adventures at home!

# WE DO!

