



**El Camino Real  
Academy**  
FAMILY NEWSLETTER  
May 1, 2020



## ECRA FAMILIES

It hard to believe another week has gone by. I hope everyone is doing well and keeping safe. Here are some updates and information that you might find useful.

## PARENT MEETING FOR BUDGET INPUT

May 5, 2020  
5:15 PM

Join on Google Meet:

[meet.google.com/jpu-adtc-wrf](https://meet.google.com/jpu-adtc-wrf)



## TOP HOWLER

As we continue to do online learning we feel that it is important to still acknowledge those students who continue to show up and do their best! If your child has been chosen as a Top Howler, you will receive a call from the PBIS team and be invited to our first virtual assembly.



## SENIORS UPDATE

There will be a virtual celebration on May 30, 2020. We will hold an in person ceremony when the public health orders deem it appropriate.





# PARENTING IN A PANDEMIC:

## TIPS TO KEEP THE CALM AT HOME

Here are some tips from the American Academy (AAP) to help your family through the outbreak. The full article can be found at [healthychildren.org](https://www.healthychildren.org).

### Address children's fears

Children rely on their parents for safety, both physical and emotional. Reassure your children that you are there for them and that your family will get through this together.

- Answer questions about the pandemic simply & honestly. Talk with children about any frightening news they hear. It is OK to say people are getting sick, but say following rules like hand washing and staying home will help your family stay healthy.
- Recognize your child's feelings. Calmly say, for example, "I can see that you are upset because you can't have your friends over." Guiding questions can help older children and teens work through issues. ("I know it is disappointing not to be able to hang with your friends right now. How do you think you can stay in touch with them?")
- Keep in touch with loved ones. Children may also worry about a grandparent who is living alone or a relative or friend with an increased risk of getting COVID-19. Video chats can help ease their anxiety.
- Model how to manage feelings. Talk through how you are managing your own feelings. ("I am worried about Grandma since I can't go visit her. The best I can do is to check in with her more often by phone. I will put a reminder on my phone to call her in the morning and the afternoon until this outbreak ends.")
- Tell your child before you leave the house for work or essential errands. In a calm and reassuring voice, tell them where you are going, how long you will be gone, when you will return, and that you are taking steps to stay safe.
- Look forward. Tell them that scientists are working hard to figure out how to help people who get ill, and that things will get better.
- Offer extra hugs and say "I love you" more often.

## Keep healthy routines

During the pandemic, it is more important than ever to maintain bedtime and other routines. They create a sense of order to the day that offers reassurance in a very uncertain time. All children, including teens, benefit from routines that are predictable yet flexible enough to meet individual needs.

- Structure the day. With the usual routines thrown off, establish new daily schedules. Break up schoolwork when possible. Older children and teens can help with schedules, but they should follow a general order, such as:
  - wake-up routines, getting dressed, breakfast and some active play in the morning, followed by quiet play and snack to transition into schoolwork.
  - lunch, chores, exercise, some online social time with friends, and then homework in the afternoon.
  - family time & reading before bed.

## Use positive discipline

Everyone is more anxious and worried during the pandemic. Younger children may not have the words to describe their feelings. They're more likely to act out their stress, anxiety or fear through their behavior (which can, in turn, upset parents, particularly if they are already stressed). Older children and teens may be extra irritable as they miss out on time with friends and special events being cancelled.

Some ways you can help your children manage their emotions and behavior:

- Redirect bad behavior. Sometimes children misbehave because they are bored or don't know any better. Find something else for them to do.
- Creative play. Suggest your children draw pictures of ways your family is staying safe. Make a collage and hang it up to remind everyone. Or, build an indoor fort or castle to keep the germs at bay, bringing in favorite stuffed animals or toys.
- Direct your attention. Attention--to reinforce good behaviors and discourage others--is a powerful tool. Notice good behavior and point it out, praising success and good tries. Explaining clear expectations, particularly with older children, can help with this.
- Use rewards & privileges to reinforce good behaviors (completing school assignments, chores, getting along with siblings, etc.) that wouldn't normally be given during less stressful times.
- Know when not to respond. As long as your child isn't doing something dangerous and gets attention for good behavior, ignoring bad behavior can be an effective way of stopping it.



The influence of a  
*good teacher*  
can never be erased.



# TEACHER APPRECIATION WEEK

**MAY 4-8 2020**

While we often thank our teachers every day, it's during Teacher Appreciation Week when we like to pause and really show our love for the teachers in our lives. We encourage students to tell their teachers how much they are appreciated by virtually sending them a note, text, picture or email.

Teachers change the lives of millions of children every day, their immeasurable work and impact moves us beyond words. With the abrupt end to the physical school year, our teachers have done even more to continue education with virtual classrooms and learning at home lessons to ensure every student has the tools they need to reach their full potential.

It's in these challenging times that we truly recognize and appreciate how our teachers play such an essential role in our children's lives. They inspire a lifelong love of learning and discovery in students to ensure their success.

#ThankATeacher is a national campaign to recognize all teachers.



# MAY 4th - MAY 8th

Here are some ideas on how you can show your appreciation for teachers or staff!

## MUSICAL MONDAY

Write your teacher a rhyme, change the lyrics to your favorite song, or even create a dance for them! Share it through email or Class Dojo!

## TEACHING TUESDAY

Share with your teacher something they have taught you! It can be a lesson that has stuck with you, or a memorable experience. Share it through email or on Class Dojo!

## WE MISS YOU WEDNESDAY

Give your teacher and a staff member a wave, and let them know how much you miss them! Share through email or Class Dojo.

## THANKFUL THURSDAY

Write a letter or thank you note to your teacher and/or a staff member! Share it through email or Class Dojo.

## FUNNY FRIDAY

Share a moment that you had with your teacher and/or a staff member that made you laugh, and share it with them! Share through email or Class Dojo.

# HEALTH INSURANCE COVERAGE

The Human Services Department has provided us with information about health insurance availability. It is critical that New Mexicans, especially those losing employment or seeing a reduction in work hours that disqualifies them for employer coverage, understand that there are health coverage options available to protect their family's health during these difficult times.

Remember, during the pandemic, everyone qualifies for health coverage. See the ECRA website for NM Health Options flyers.

[NM Health Coverage Options \(English\)](#)

[NM Health Coverage Options \(Español\)](#)



## REMINDER

Registration is open for everyone and we would not want to see your student lose their spot. The registration link is:

<https://enroll.aps.edu>

Please contact the school at 505-314-2212 if you need assistance.



The CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission. The first link below is to their website explaining the importance of face masks. The second is a video demonstrating how you can make one yourself.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

<https://www.youtube.com/watch?v=tPx1yqvJgf4>



# Have A Great Weekend!

