



**El Camino Real
Academy**
FAMILY NEWSLETTER
December 4, 2020



WELCOME

Hello ECRA families! It's hard to believe the year is quickly coming to an end. The last few weeks of the semester will be busy so please read all the updates in this newsletter. If you have any questions or concerns, please contact the school at 505-314-2212.

DECEMBER

December 3rd – HOWL Assemblies
 December 5th- Breakfast with Santa
 December 14th -15th-Secondary Finals
 December 17th- Winter Festival
 December 16th-18th- HS Exhibitions
All secondary students will have assignments to complete but will not participate in virtual classes during Exhibitions.
 December 21st-January 1st-Winter Break
 January 4th- Classes resume

ALL MEETING/EVENTS ARE VIRTUAL



Breakfast with Santa



BREAKFAST WITH SANTA

Breakfast with Santa will be held on December 5th from 9:00-10:00 a.m. ECRA families can join Santa's virtual Google Meet while they enjoy their breakfast (optional). You should have already received a flyer that has the link to the event.

WINTER FESTIVAL

The Winter Performance will be called a Winter Festival this year. We made the change to better reflect the virtual event. There will be many activity options for students along with some performances.



THE ART OF KINDNESS



Kindness is more than behavior. The art of kindness means harboring a spirit of helpfulness, as well as being generous and considerate, and

doing so without expecting anything in return. Kindness is a quality of being. The act of giving kindness often is simple, free, positive and healthy.

Good for the body

Kindness has been shown to increase self-esteem, empathy and compassion, and improve mood. It can decrease blood pressure and cortisol, a stress hormone, which directly impacts stress levels. People who give of themselves in a balanced way also tend to be healthier and live longer. Kindness can increase your sense of connectivity with others, which can directly impact loneliness, improve low mood and enhance relationships in general. It also can be contagious. Looking for ways to show kindness can give you a focus activity, especially if you tend to be anxious or stressed in some social situations.

Read the rest of this article at:

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-art-of-kindness>

P-EBT UPDATE

The NM Human Services Department has established [the Yes New Mexico portal](#) where parents and School Food Authorities (SFAs) can now access student information on the Pandemic-EBT program. Through the portal, parents and SFAs can look up their students' information and validate, update or change their address or request a new P-EBT card. A student ID number and some additional identifying data are required for access. **We highly recommend that you log into the portal to verify your address.**



Click here to go to the portal



Click here for instructions

LETTERS TO SANTA

Santa has joined our ECRA school community for the season and is able to receive letters from students at:



santa.claus@ecr charter.org

He enjoys reading letters and receiving drawings from students.



If any family has a positive case of COVID-19, please contact Brenda Garcia or Jennifer Mercer at 505-314-2212 as soon as possible.

