

# Henry Elementary School Newsletter

OCTOBER 2022



## CONTACT INFORMATION

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## PRINCIPAL'S CORNER

Dear Henry Families,

Students are approaching the end of the first quarter this week. It seems like yesterday that students were walking down the halls with new backpacks and great big smiles for the beginning of the 2022-2023 school year. This quarter our Gila Monsters have started the foundation for a successful school year with classroom lessons, OMA instruction, Imagine Learning Interventions, Character Strong lessons, small group instruction, learning our 4 B's, PBIS recognition, our Scholastic Book Fair and many more layers of learning.

Students last full day is Thursday, October 6, and there is no school on Friday, October 7, as this is a Teacher Grading Day. Fall Break will take place October 10-14, and school does resume on Monday, October 17.

We are immensely proud of our students and team for their hard work this quarter. Have restful and enjoyable Fall Break.

Respectfully,  
Principal, Thomas Heminger

## UPCOMING EVENTS

10/07/2022: Grading Day, NO SCHOOL

10/10/2022 - 10/14/2022 : Fall Break, NO School

10/27/2022: Peter Piper Pizza Boo Bash, 5-7 pm, Old Spanish Trail

## PARENTVUE ACCOUNTS

Your Parentvue account is your link to your students classes, attendance, grades, and on line registration. To learn how to set up and navigate your ParentVue account, go the to the home page of the Henry website and look for the link under parent information. If you have any questions please call the office at 731-4700.

## MORNING DROP OFF

The cafeteria serves breakfast each morning. If you would like your child to have breakfast, please drop them off at 7:15 for them to have time to eat and get to class on time.

## PARENTING CLASSES

We are happy to share that Anna Henry is collaborating with Casa De Los Niños to offer Triple P Positive Parenting classes to parents and caregivers. Triple P Positive Parenting can help you: (1) encourage behavior you like, (2) deal with problem behavior, (3) become confident as a parent, (4) be realistic about parenting, and (5) take care of yourself! The attached flyer from the Triple P Positive Parenting program shares their top parenting tips. If any parents/caregivers are interested in this class or would like more information, please reach out to our School Social Worker, Candelaria Lochner ([Candelaria.Lochner@tusd1.org](mailto:Candelaria.Lochner@tusd1.org)). We will work with Casa De Los Niños to coordinate this class; date, time and location are TBD.

## TOP PARENTING TIPS FOR PARENTS AND CAREGIVERS IN UNCERTAIN TIMES

- 1. Reassure your children that your family is your top priority.**  
Say something like "I'm your parent, it's my job to keep you safe and we are doing everything we can."
- 2. Maintain everyday family routines.**  
Keep to usual rising times, mealtimes, and bedtimes. Every family is different. Involve children in working out any new routine (e.g., have a daily plan of activities for school-aged children who are at home).
- 3. Have plenty of interesting things to do at home.**  
Busy children are less likely to be bored and misbehave. With your child, help create a list of 20 activities that will keep them busy (not just screen time).
- 4. Take notice of behavior you like.**  
Think about the values, skills, and behaviors you wish to encourage in your children at this very difficult time. There are many opportunities to teach your children important life skills (e.g., being caring, helpful, cooperative, getting on well with siblings, taking turns). Use plenty of praise and positive attention to encourage behavior you like. Give them positive attention letting them know you are pleased by telling them what they have just done ("That's a lovely card you have written to your grandmother. That's so kind. She will really appreciate that.")
- 5. Make sure your child knows you are ready to talk.**  
Children need to be able to talk to parents about their concerns and have their questions answered. When a child wants to talk about their feelings, stop what you are doing and listen carefully. Avoid telling your child how they should feel ("That's silly. You shouldn't be scared about that.") Let children know it is OK to be worried. Talking or drawing can help children get in touch with their feelings and figure out what they are anxious about.
- 6. Be truthful in answering children's questions.**  
Find out what they know about the issue before answering. Keep answers simple. Get information from trusted sources (e.g., official government websites) rather than social media.
- 7. Have a family plan of action.**  
Involve children in preparing the plan. As situations can change quickly (e.g., new travel restrictions, school closures), update the plan as needed.
- 8. Help children learn to tolerate more uncertainty.**  
The COVID-19 crisis creates uncertainty for everyone. Parents need to find a way to accept uncertainty and, through your actions and words show this acceptance to your children. It's OK to say, "I don't know; let's find out what we can." Big changes to children's lives can be hard and are often scary. They can also create opportunities for learning new skills.
- 9. Take care of yourself the best you can.**  
Deal with your own distress by taking actions that give you a better sense of personal control. Stress management skills such as mindfulness and/or deep breathing can help reduce stress. Keep healthy and safe (good personal hygiene, exercise daily, eat well, get enough sleep, avoid using alcohol or drugs to lessen stress). Avoid behavior that might increase your stress. For example, while it is helpful to keep informed about COVID-19, constant checking on your screens can increase stress.
- 10. Reach out and connect with loved ones.**  
Make greater use of phones, online communication tools (video conferencing) and social media to keep in touch with family, friends, and neighbors. Help others in need who are going through a tough time and are more vulnerable (e.g., parents/caregivers with disabilities, older people).



[triplep-parenting.com](https://triplep-parenting.com)



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Every Child,  
Every Opportunity,  
Every Day  
What Ever it Takes

