

# HOLLYDALE HERO HIGHLIGHTS

A news publication for the parents and students of Hollydale Elementary School

**Our Hollydale Community takes pride in being safe, responsible, and respectful.  
We Inspire and Empower Each Student!**



## A Word from the Principal...

*Ms. Jessica Ramirez*

## Upcoming Parent-Teacher Conferences

It's that time of year; conferences are just around the corner! **Virtual conferences will be held Monday, November 23rd from 4pm to 8pm and Tuesday, November 24th from 8am to 8pm.**

Within the next week, please look for an email from your student's teacher with a link to schedule your child's 15-minute conference. Select the day and time that work best. You will receive a confirmation email with a Google Meet conference link after you have submitted your response. If you need to cancel or reschedule, click the rescheduling link provided in the confirmation email.

We can only offer one conference per student. If you are a two-house family, please coordinate which parent will schedule the conference and share the conference link and time with your child's co-parent.

You will receive a reminder email one day before the conference. The link for the conference will be in that email as well. Simply click on the blue "Join with Google Meet."

If you need anything or have any questions, please know you can always reach out to your child's teacher or me. I can be reached via email at [ramirez26@gresham.k12.or.us](mailto:ramirez26@gresham.k12.or.us) or phone at 503-661-6226.



## Follow Hollydale on Social Media



[@HollydaleElementarySchool](https://www.facebook.com/HollydaleElementarySchool)



[@hollydaleheroes](https://www.instagram.com/hollydaleheroes)



[@Hollydale\\_ES](https://twitter.com/Hollydale_ES)

**Enter to win a \$20 gift card and surprise from [Maggie Mae's Kids Bookshop](#) in downtown Gresham and a Hollydale t-shirt when you follow Hollydale on Facebook, Instagram or Twitter.**

**One winner will be chosen randomly 11/12/20.**

## Upcoming Important Dates!

### NO SCHOOL

**Wednesday, November 11** - Veterans Day Observed

**Friday, November 13** - Grading Day

**Tuesday, November 24** - Conferences

**Wed.-Fri., November 25-27** - Thanksgiving Break

**Social Media Contest Ends, Thursday, 11/12**

**Essential Material Pick-Up #2**

**DETAILS WILL BE ANNOUNCED SOON!**

Tuesday, 11/17, 2-7pm & Wednesday, 11/18, 7:30am-2pm



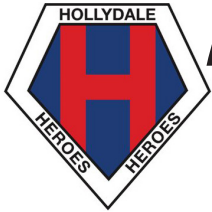
**Virtual Parent-Teacher Conferences**

Monday, 11/23, 4-8pm & Tuesday, 11/24, 8am-8pm

Visit Hollydale's website at: <http://hollydale.gresham.k12.or.us> • 503-661-6226 • 505 SW Birdsdales Drive, Gresham, OR 97080

School Hours: 8:35a.m. - 3:05p.m • Wednesdays: 9:35a.m. - 3:05p.m.

Gresham-Barlow School District recognizes the diversity and worth of all individuals and groups. It is the policy of this district and the board of education that there will be no discrimination or harassment of individuals or groups in any educational programs, activities or employment. Gresham-Barlow provides equal access to individuals with disabilities.



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## A Message from the Office

### Report Cards

Report cards will be available online with your ParentVUE account November 20, 2020. If you have not activated your account please check your email for an activation code email from Cheryl Eki our secretary. If you need a new activation code please email Cheryl at [eki6@gresham.k12.or.us](mailto:eki6@gresham.k12.or.us) or call the school at 503-661-6226.



### Immunization Reminder

If you received a letter regarding your child's immunizations, please provide updated records to the school as soon as possible. If you have any questions contact Julie Melton 503-661-6226 or [melton10@gresham.k12.or.us](mailto:melton10@gresham.k12.or.us)

[Click here for more information about Student Health Centers](#)

## SUN Community School

### Hello Hollydale Families!

Please continue to visit our [SUN FACEBOOK PAGE](#) for information and resources. And also subscribe to our [YOUTUBE CHANNEL](#) for our SUN Fall Virtual Programming. New videos are uploaded daily, Monday-Friday, after 3pm and Saturday and Sunday, after 8am. **If you comment and/or post a picture of your student with the activity in the video, you will be entered in a weekly drawing for a surprise gift!!**



If you have any questions, please contact Sandra Jones, SUN Site Coordinator at 503-380-0464 or email, [sandraj@mfs.email](mailto:sandraj@mfs.email) (English) or Daisy Sanchez, Program Assistant at [daisyst@mfs.email](mailto:daisyst@mfs.email) (Spanish).



## Grab and Go Meals at Hollydale

Meal service at Hollydale is curb-side grab-and-go, Monday-Friday from 11am-12:30pm, this includes one breakfast one lunch and one dinner, per day per child ages 0-18.



Weekend meals will be distributed with the Friday meals bag.

Parents, guardians, or family members are permitted to pick up meals for any student in the district.

### School Bus Meal Delivery Monday-Friday

Meals are also delivered daily on various bus routes. [Click here to view the schedule.](#)

## SCHEDULE CHANGES FOR NOVEMBER

due to No School on 11/11, 11/13, 11/25-11/27

On Tuesday, 11/10 (two days of meals)  
Tuesday & Wednesday Meals Distributed

On Thursday, 11/12 (four days of meals)  
Thursday, Friday and Weekend Meals Distributed

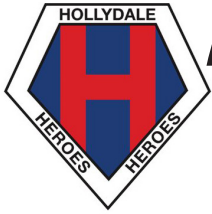
On Tuesday, 11/24 (four days of meals)  
Tuesday—Friday Meals Distributed. No Weekend Meals will be distributed this week.

## FAMILY RESOURCES LIST

Check the link below for resources, including Food, Housing, Medical, Childcare and more...

Click here for English. <https://www.smores.com/6j81f>

Click here Spanish. <https://www.smores.com/wdf68>



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## Counselor's Corner

Christine Fitch, *Licensed Professional School Counselor*  
503-661-6226 / email [fitch@gresham.k12.or.us](mailto:fitch@gresham.k12.or.us)



## How To Talk To Your Child About Their Feelings During The Pandemic

Humans are pretty good at coping with challenging situations. Being able to cope with adversity is a healthy skill that benefits people for their entire lives. But coping with a difficult situation on a daily basis can wear anyone down. And as parents, we have the additional responsibility of making sure that our children are coping with this crisis in a healthy way. One way to do this is to check in with your child regularly and give them opportunities to express how they are feeling. Talking about feelings with someone is an important way of coping. Keeping feelings too bottled up can lead to stress and anxiety.

Many children will not initiate conversations about how they are feeling. Older children may hide their feelings because they feel uncomfortable, embarrassed or awkward. Younger children may not know how to describe what they are feeling. So it's important that parents or caregivers initiate these conversations regularly with their children. Some kids respond well to a planned sharing time, whereas others (especially older kids) don't like feeling put "on the spot." In this case, an adult can plan these conversations to seem casual and spontaneous to increase a child's willingness to share.

Often, kids are more willing to share if the parent shares first. This is also a great opportunity for adults to model how emotions can be expressed and talked about. Importantly, this is not the time to disclose high-level anxieties and fears. Expressing a sense of doom or extreme negativity can be harmful to kids. Instead, calmly talk about how our current situation might be making you feel and acknowledge that things can be hard sometimes. Follow up with something positive and reassuring. For instance, let your child know that even though you worry sometimes, you also remain hopeful and believe that your family will be okay. Then, you can ask your child what they are feeling or what has been hard for them lately.



Listen carefully, without judgement and don't dismiss or debate what your child is feeling. As your conversation wraps up, try to end with a hopeful note or reassurance. You might share with them something good you feel has come from this crisis. Perhaps your family is spending more time together, or learning something new together. Remind your child that they can talk to you anytime, that you care, and you will listen. If your child doesn't want to talk right then about how they're feeling, let them know that's okay, but continue to provide opportunities for them to express themselves.

Here are a few conversation starters you might use to start a discussion with your child. These examples have the effect of seeming spontaneous and casual, which helps some kids feel more comfortable sharing.

- I was thinking today about how my daily routine is so different from what it used to be. What do you think is the biggest change that's happened for you since last spring?
- Today I was feeling a little stressed out when I thought about (fill in the blank). Then I told myself, I would be okay, no matter what. Have you felt stressed out about anything lately?
- I was thinking today about friends I miss seeing. How are you feeling about not seeing your friends?
- Yesterday, I was worrying a little bit and I had to remind myself that this situation will end and things will be okay. Do you ever worry about things? What do you worry about?

If you use one of these sentence starters and it helped, shoot me an email to let me know! If you need more help talking to your child, or if you'd like me to check in with them, I'm happy to help.