

COUGAR NEWS

UPCOMING DATES:

April 3rd – Kids Yoga Day

April 20th - Distance learning to begin for students

Elementary Distance Learning to Begin Monday, April 20

Dear HCPSS Community,

March 30th was the first day for teacher supported distance learning during this unprecedented closure and I know many of you are beginning to hear from teachers regarding this next phase of our continuity of learning plan. As you know, we have been working for several weeks to quickly adapt our instructional program to a virtual learning model. Our goal throughout this preparation period has been to re-engage students in formal, teacher-led instruction as soon as possible, while ensuring that learning is equitable and effective for all students to the greatest possible extent.

As system and school leaders have worked through the many hurdles inherent to a very complex process, we have continued to find ways to refine and streamline our plans. I am happy to announce that we are able to move up by one week the start date for elementary students. Through this revised schedule, both elementary and middle school students will begin engaging in teacher-led distance learning on **Monday, April 20, 2020**.



Welcome to April!

Fun Facts about the month of April...did you know that the two flowers of the month are the sweet pea and the daisy? The first Olympics of the modern era was held back in April 1896 in Athens, Greece. It also is the birth month of many famous people...Shirley Temple, William Shakespeare, Charlie Chaplin, Leonardo di Vinci.

I hope you and your family are staying healthy and well during these challenging times. This was the first official week for our CES staff to report back to our virtual classrooms and start their training on distance learning. It has been a week filled with virtual online training sessions, virtual team meetings, as well as opportunities for staff to reconnect with their grade-level and building colleagues.

We have missed you all! I know that your teachers think of each of you all the time and hope that you are doing well and spending quality time with your loved ones. We hope that we will see you soon and all of us will get to enjoy the beautiful spring air and flowers!

I want to remind families to access the learning resources that are provided for each grade level on the HCPSS [Continuity of Learning website](#) for the period between March 30 and April 10 for high school students and for the period between March 30 and April 17 for middle and elementary students. These resources were developed to ensure continuity of learning for our students while our teachers, administrators and staff complete professional development training to prepare to provide the next phase of distance learning.

Warm regards

Ms. Malcotti



Birthday Celebrations

We have many students that have celebrated birthdays in the last couple of weeks and some getting ready to celebrate. We want to wish them all a Happy Birthday!

March 14th – March 31st

14th Olivia Campbell

Samuel Jiang

15th Mohammad Ataei

17th Divya Gohel

Justin Li

18th Amy Lu

19th Aditya Seth

20th Isaac Chang

21st Spencer Wei

24th Olivia Ouyang

27th Peter Lee

28th Michael Lin

29th Qinlin Gu

30th Wesley Husler

Etash Garikapati

31st Hailey Hyde

April 1st – April 3rd

1st Ari Berkowitz

2nd Maxwell Hart

Kirsten Olsen

Edward Zhao

3rd Tiffany Ahn



Yoga Day is happening on Friday, April 3rd, 2020!

Just 5 minutes of yoga a day can boost the mental and physical health and wellness. Yoga works both the mind and body, by combining strengthening and stretching poses with deep breathing and relaxation.

Kids' Yoga Day (KYD) is an international event held every year all over the world – at schools, homes, yoga studios, and/or community centers. No previous yoga experience required.

Children should practice yoga at their own pace and according to their own unique abilities. That being said, the general rule of thumb is that each pose should ideally be held anywhere from 10-15 seconds or longer, depending on the age of the child. You can do the Pretzel, Easy Pose, Airplane, Cobra, Elephant, Jack-in-the-Box, Otter and more. Try some yoga poses today!

[Kids Yoga Poses](#)
