Principal's Message
Welcome to February! This has been an amazing past two weeks as we have welcomed our in-person learners back-to-school. In the next two weeks we will also welcome our ELP magnet students back to the classroom.

As our remote learners continue to engage in quality online instruction, we are busy teaching our in-person learners a new normal at Emerson. We are washing hands, using hand sanitzer, wearing masks, maintaining a 6 feet distance, and working in pods. Our mealtimes in the cafeteria are worked smoothly with students spread out across our gymnasium and cafeteria, with two students to a table, and tables 6 feet apart. Our restroom and hallway procedures are working, as well. Students are doing an awesome job! Emerson teachers are escorting students in and out of the building, working to maintain procedures in their classrooms to provide a safe and positive learning environment.

Finally, thank you, caregivers, for supporting your children in making this transition. We love you, but we can’t have you in the building with your children. We appreciate you for dropping off and picking up your students from their designated school entry point and supporting our safety measures. As an entire Emerson school community, we are making this transition work for kids. The collective effort from the Emerson community is what makes our school awesome for all of us.

-Ms. Reynolds

BACK TO SCHOOL
The last two days of in-person school have been AWESOME! Students are adjusting to many new school rules, policies, procedures, sanitizing, and classrooms looking and functioning differently than how they are used to. They have taken these changes in stride and are adjusting so well to our "new normal" for school. As their teachers ... WE ARE ECSTATIC to have them back in the classroom, as well as being able to continue to work with our students who have opted to stay online in the same class.

- Ms Eggleston
STEM Calendar
Feb 15th – Sign up begins for STEM kits
Feb 26th – last day to sign up for a STEM kit
March 8th – pick up kits this week (in classroom or on tables)
March 20th – egg drop – only 30 available time slots
March 24th – STEM Night. Meet the experts and learn more about
the science behind your kit.

In spite of Covid restrictions, the PTA will be hosting a STEM night.
Fliers will go home the week of Feb 15th to advertise free STEM
kits your child can obtain. Sign up on the PTA website and choose
between a pneumatic machine, hydroponic growing, a crystal snow-
flake and extracting DNA from a strawberry.
https://www.emersonptaslc.org/stem-night

Kits will be available the week of March 8th and can be picked up in
your child’s in-person classroom or on tables in the hallways of the
school. Assemble the kits on your own time and then tune into three
optional time slots for each expert on March 24th. The experts will
discuss the kits, the science behind them and why we like to learn
about these ideas. Bring your completed activity or ask questions if
you are stuck.

On March 20th, there will be an egg drop at the school. Due to
Covid restrictions, participation will be limited to 30 students or
teams. Participants will build a container (some restrictions apply)
which can open and hold an egg (provided by the PTA) and see
what happens when the carrier (containing the egg) is dropped from
the roof. Three time slots with 10 spots each will be available. See
PTA website to sign up.

Girls on the Run
Zoe Romero and Anne Young will not be coaching the Emerson Girls
on the Run team this school year. The GOTR program is planning to
assign Emerson a coach, but we are hoping there might be a parent or
other community member who is interested in being a helping hand
for the head coach to help with practices, etc.

The Spring 2021 Season goes from
March 22nd - June 5th. It sounds
like there is a virtual, in-person,
or hybrid option. You can reach
out to Ivy Denihan (ivy@girlson-
therunutah.org) for more details!

READ, READ, READ
Over the holiday break, Ms.
O’Mara asked students to read,
read, read! They were assigned to
list all the books they read over
Seesaw and to talk about their fa-
vorite. Mrs O’Mara told them the
top 3 students who read the most
books/chapters could earn a
reading buddy. The top 3 winners
were Hazel, Maeve, and Liam.
Reflections 2020-2021 Update

The PTA is proud to announce that several of our students have received recognition at the Salt Lake District Region 4 Reflections Art competition. Congratulations to these talented students!

Award of Excellence
Neil Nabhay - Special Artist 2D

Award of Merit
Annie Jia - Visual Arts 2D

Honorable Mention
Elizabeth Yost - Visual Arts 2D
Hutch Schwabenlander - Visual Arts 2D
Morgan Nicholson - Visual Arts 2D
Sebastian von Stackelberg - Photography

ASCEND Update

ASCEND would like to give thanks to all the caregivers and students that participated in Emerson’s school-wide well-being survey. Results have been reviewed and the ASCEND team is excited to start contacting families whose score indicated they may benefit from group or individual counseling.

If you are one of the families contacted, an email will be sent out on February 12th with a link to a “caregiver survey”. This survey will ask the parent and/or guardian to give additional information on areas of concern and serve as a consent to allow an ASCEND clinician to contact the family to set up services. The survey is intended to take about ten minutes and the follow-up call is intended to give parents and guardians an opportunity to ask questions about the ASCEND program, survey results, and types of support services available.

If you were not contacted, and wish to enroll in ASCEND or another support service please contact the school counselor, Zoe Romero at Zoe.Romero@slcschools.org. ASCEND and Emerson are excited to work together to provide support to our community during these challenging times.

Health and Wellness

In March and April, look for weekend meet-ups by grade at Liberty Park. Meet the kids you only see on zoom. Meet the parents you only see via email by-lines. Wear a mask and participate to your own comfort level. These will be very free-form events. The PTA is looking for organizers of this type of event. email emerson.pta01@gmail.com

Email suninsaltlake@gmail.com to contribute articles or photos to the Eaglet newsletter.
Over the past month, students have started coming back in-person or continued with remote learning. This “new normal” hasn’t been easy and can cause some anxiety in students and their families. Many parents and caregivers have asked for some help addressing any challenges that might arise from new transitions. The following are just a few and some tips to help validate and respond to your child’s emotions and experiences.

1. **Feelings of frustration:** Parents and guardians can help by validating the frustrations around social distancing and/or remote learning. Try to remind you child of the reasons why physical distance from one another is important and encourage them to do the activities they enjoy in a way that is safe and healthy.

2. **Decrease in motivation:** Talk to your child about changes they have noticed in behavior or attitude. If they have noticed a change, ask questions to help them describe their experience and thoughts. COVID-19 has had a large impact on many and talking about that impact can be beneficial. Encouraging kids to re-engage in activities and routine can help even if they don't feel like it.

3. **Difficult time concentrating:** It can be hard to concentrate or focus when we are worried or anxious about other things. Help your child understand this might be linked to other thoughts and feelings that may be causing some stress. Encourage them to let you know they are having a hard time concentrating and talk about or write down a list of worries or concerns that seem to be overwhelming.

4. **Irritability and anger:** Your child’s anger could be because they are frustrated about social distancing, school, or upset at the way they keep feeling. They are not alone when it comes to feeling irritable and angry. Take a moment to check-in and set aside time listen to your child describe their emotions and experiences beyond the typical “how was your day”. Giving your child the safe space to process out loud can help them feel better.

5. **Watching the News:** Try to limit the amount new about COVID-19. Encourage your child to ask questions and let you know about any statements/facts they hear or worry about. Keeping engaged in the activities they enjoy can help avoid or decrease the amount of worry that could be intensified by the news.

If you found this helpful, please visit The National Child Traumatic Stress Network site at [www.nctsn.org](http://www.nctsn.org) or the Yale Child Study Center at [www.medicine.yale.edu/childstudy/](http://www.medicine.yale.edu/childstudy/) for more resources on impact of COVID-19 on children and families. Emerson also has many different support options available. If you feel like your child could benefit or are interested in resources for your family, please contact the School Counselor at Zoe.Romero@slcschools.org.
Move and Grove
As always, our teachers and schools can use more resources to help make the education of your children their priority. Please help provide additional funding for the school and extracurricular activities by donating through the PTA. [https://charity.gofundme.com/o/en/campaign/move-and-groove-2020](https://charity.gofundme.com/o/en/campaign/move-and-groove-2020). GoFundMe has provided non-profits a fee-free donation platform, meaning all your donations will go to directly to the PTA.

Teacher appreciation
The teachers would like to thank the PTA and wider Emerson Community for the donation of a new mini-fridge and microwave for the teachers’ lounge as well as dinner on the SEP long night. “We can feel the community supporting us as we get through this covid-thing together.” – anonymous teacher.

Hi,

If you have read this far you are a dedicated Eaglet enthusiast. I’m looking for someone who enjoys passing along information and helping Emerson community feel united and informed. It takes about 3-5 hours a month to assemble the Eaglet, including attending PTA meetings to find out extracurricular school information to include. Translations is done by the district to create the Spanish edition. I assemble the Eaglet in Adobe InDesign but other programs could be used. If you are a parent of a kindergardener through 4th grader who would like to help for a year or two, please let me know. I’ve done the Eaglet for four years and my daugther is in 5th grade. I can help train and support next year, but we need someone else to step up.

Heidi
Eaglet Editor (2016-2020)
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