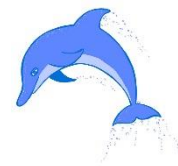




South Lake Elementary

DOLPHIN PRIDE



Celeste King
Principal

Stephanie Curry
Assistant Principal

Cressi Boston-Mayo
Acting Assistant School Administrator

November 2022



Principally Speaking

November is a busy month at South Lake! Staff and students are celebrating first quarter student successes with awards assemblies and dance parties!

November is the completion of first quarter report cards and the preparation for parent conferences. On November 21st and 22nd, students will be dismissed at 1:20 for parents to conference with teachers about their child's progress. Even though teachers are available throughout the year to schedule a meeting with parents, November conferences are specifically built into the school calendar. Please take this opportunity to meet with your child's teacher to hear about how your child is performing in his/her academic classes and learn about how you can support his/her efforts at home. Here are some suggestions to help you make the most of this meeting.

- Come prepared. Talk to your child to find out what he/she thinks is his/her best subjects and the ones that he/she likes the least. Review your child's recent work to help identify strengths and areas of need.
- Ask questions. The questions you ask can assist you and the teacher in helping your child succeed. A few sample questions are: What skills and knowledge is my child expected to master this year? How will my child be evaluated? How do you accommodate differences in learning? What additional supports are available, if needed? What can I do at home to help my child succeed?
- Share information. You know your child best. Your input can help the teacher to better understand your child as a learner. This collaboration is key to facilitating your child's success in school.
- Make the most of this time. Log-in on time for your conference. Try to locate a quiet space to meet. This will enable you to focus completely on the discussion about your child. And don't forget to take notes!

If you have not arranged for a conference time, please contact your child's teacher via email or class dojo.

November is also a time for family and friends. During this Thanksgiving season, take the time to reflect on the many wonderful things that have enriched your life – health, family, and friends. South Lake staff would like to thank you for entrusting your child's education to us.

Sincerely,

Ms. King



Free Tutoring Support

All MCPS students have access to free, virtual tutoring services through FEV Tutor and Tutor Me Education.

- Both companies offer two services:
 - Free on-demand tutoring for homework help, no scheduling needed
 - Free, scheduled tutoring for on-going support, scheduling required
 - Both companies record sessions, take session notes, and communicate directly with families
- The difference between the two companies:

- FEV Tutor - no camera for tutor or student - ideal for grades 3-12 students for whom the camera is a barrier to learning
- Tutor Me Education - camera for tutor and student
- Students access tutoring through using their MCPS Clever account.

If you who would like to set up scheduled, on-going sessions:

To set up tutoring sessions with FEV Tutor:

- mcps@fevtutor.com

To set up tutoring sessions with Tutor Me Education:

- MCPS@tutormeeducation.com or 240-618-2549 OR
- Fill out their [request form](#) ** best way

The attached flyers have additional information:

[FEV Tutor English](#)

[FEV Tutor Spanish](#)

[Tutor Me Education English](#)

[Tutor Me Education Spanish](#)



Social-Emotional Health

The holiday season can be a stressful time of year for both students and parents. Here are some tips from the CDC to help cope with and reduce stress.

Healthy ways to cope with stress

- Know [what to do if you are sick](#) and are concerned about COVID-19. Know where and how to get treatment and other support services and resources, including counseling or therapy (in person or through telehealth services).
- Take care of your emotional health. [Taking care of your emotional health](#) will help you think clearly and react to the urgent needs to protect yourself and your family.
- Take breaks from watching, reading, or listening to news stories, including those on social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
 - Take deep breaths, stretch, or [meditate](#).
 - [Try to eat healthy, well-balanced meals](#).
 - [Exercise regularly](#).
 - [Get plenty of sleep](#).
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Connect with your community- or faith-based organizations. While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

MCPS has created a series of videos called "Mindful Moments" to address the stressful time we find ourselves in. The goal of this series is to deliver simple and effective tools for us all to manage our anxiety and stress that can be accessed and used at any time, on demand. See the entire series on [YouTube](#) (and don't forget to subscribe to MCPS-TV)



Be Winter Ready

Students go outside for recess each day, except during inclement weather. Please make sure your child comes to school with a coat, hat and gloves or mittens.

Update Contact Information

It is important that we are able to get in touch with you! If you have moved, changed your phone number, or have new emergency contacts, please update your new information with the secretaries.

Upcoming Events:

November 21	Early Dismissal
November 22	Early Dismissal
November 23	No school for students and staff
November 24-25	Holiday -Schools closed
November 28	Market Day
December 7	Early Dismissal
December 23	No school for students and staff