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FROM THE PRINCIPALS DESK

Hello Coe Families! It's been incredibly busy, but the progress the students have made in just a few short months has been astounding! By now, everyone is settling in well to their online learning, their new routines and getting down to the business of learning. We anticipate a wonderful learning experience for all our students and embrace the initiatives that our District has embarked upon. October is a time of change and anticipation. We welcome the change in seasons and the start of a new grading period.

I would like to take this opportunity to congratulate Fatima Jimenez, 1st grade teacher at P. T. Coe for the Imagine Learning Inspiration Award for Quarter 1, for having the classroom with the Highest Weekly Average!!! We encourage all of our students to continue doing their Imagine Learning and iiReady practice online on a continuous basis. Keep up the great work students!

October is also Red Ribbon month. The end of October (October 23-31) became formalized as Red Ribbon Week in 1988 by a proclamation of the United States Congress. Red Ribbon Week activities are organized each October by ten of thousands of schools, government agencies, and social service organizations.

COE RECEIVES NASA'S STEM CHALLENGE

PT Coe was selected as one of ten schools in Arizona to participate in NASA's yearly STEM Challenge. This year's challenge will be : Mission to Mars.

Because spacecraft that land on the surface of Mars travel at extremely high speeds, they need some sort of drag device to slow them down to prevent them from crashing into the planet and becoming damaged. As missions increase in complexity, landers and rovers become heavier and require even more effective drag devices. Engineers must work within the limits (or constraints) of mass and weight to successfully accomplish the mission.

The Challenge Students will work in teams to design and construct a drag device that will slow down the cargo bay when it is dropped from a consistent height. The template for the cargo bay is in the back of this guide. Students should test the cargo bay without the drag device first, as a control test, and then test with the device attached to show that deceleration has been achieved.



Criteria and Constraints 1. Each team must design and make a drag device to connect to the cargo bay. The device must make the cargo bay slow down when it is tested, or dropped. 2. The entire device must be deployed from 2 meters and must remain intact throughout the drop. 3. The cargo bay must hold 10 grams of cargo secured inside. 4. The overall mass must not exceed 50 grams.

The challenge will be run by The Mad Scientists, PT Coes 21st CCLC after school STEM program. If you would like information about this after school program or any other program involving after school, contact your student's teacher. We have both academic and enrichment classes available.

RED RIBBON WEEK - OCTOBER 26-30,

Red Ribbon Week is an alcohol, tobacco, and other drug and violence prevention awareness campaign observed annually in October in the United States. It began as a tribute to fallen DEA special agent Enrique Camerena in 1985. According to the United States DEA, Red Ribbon Week is the nation's largest and longest-running drug awareness and prevention program.

This is the week we remind students about the dangers of Drug abuse. If you have time, please talk to your students about the dangers of drugs. Our counselor will be meeting with classes to discuss the dangers of drugs and alcohol. In addition, teachers will be showing drug prevention videos in their Google classrooms.



For activities you can do with your child:

Use **Red Ribbon Week** as an opportunity to continue talking to your kids about drugs. Let them know that alcohol and drug use will not be tolerated.

Work with the PTSA To Plan a School-Wide Red Ribbon Rally.

Enter the **Red Ribbon Photo Contest** for a chance to win an iPad for you and your family - and \$1,000 for your child's school.

Encourage your kids and other students to take a stab at creating the **2021 National Red Ribbon Theme**. Gain national recognition and \$500 of Red Ribbon theme merchandise for your child's school. This year's theme was created by Tricia Nelson at Locust Corner Elementary School in Cincinnati.

Watch **Natural High's** free celebrity drug prevention videos with your child and use their discussion questions to have a conversation with them about drugs and alcohol.

SURVIVING THE PANDEMIC AT HOME

Divide your home up. Nothing makes us lose our marbles quicker than chaos. Family spaces can quickly descend into unpleasant chaotic zones unless an effort is made to limit different activities to different zones of the house. Define clear zones in your home corresponding to 1) adult only zones; 2) child play zones; 3) noisy rough and tumble areas; 4) quiet activities, and so on. Put a map of this on the fridge door for all to see.

Make a loose schedule. Again, put up a schedule on the fridge with planned activities to keep your kids, and yourself busy. Create a loose schedule for morning, afternoon and evening for each day, one week in advance. Choose a mixture of creative, learning, and frivolous activities, mixed with regular chores for all to participate in. Try to make it all as much fun as you can!

Plan for rewards and discipline. Work out what child behaviors you want to see more of, what behaviors you want to see less of, and then plan consequences for both. Thus, positive behaviors like following instructions, playing nicely, playing independently, and speaking nicely should be rewarded with praise, cuddles, affection, prizes, and especially your time. Fighting, aggression, refusal to follow instructions, and other problem behaviors should be met with calm, clear consequences like loss of a privilege, or time out. The rule here is to make sure you are giving more attention to positive child behavior than negative. And don't forget, rewards should be fun, unpredictable, emotional, and different each time; discipline should be predictable, boring, and non-emotional.

Hold a family meeting. Meet together to brainstorm and decide on the points 1, 2 and 3 above. Involve everyone, listen to your kid's opinions, and keep it fun. "Shake on it" at the end of the meeting to confirm the family plan (during this crisis, bump elbows!). You are wanting the kids to buy into the plan, so the more they feel they were a part of the process, the better!

Give your child your full attention. Schedule in dedicated special time, say 30 minutes here and there each day, for each child individually.

Pay attention to your partner. Schedule in dedicated parent time, again 30 minutes here and there, to nourish yourself and adult relationships.

Don't get involved in fights. Try not to get involved in refereeing children's fights. Trying to find out who started what, and who did what to whom, is not useful and reinforces the fighting. Instead, treat the children as a team, refuse to get involved in who did what and reward them as a group for playing nicely, and apply consequences to them as a group, for fighting and not playing well.

Rediscover the love! Finally, try to make this fun and rediscover the love. Think back to the positive reasons you wanted children and a family. Find a place in your heart for your family and spend as much time there as you can. Forgive them for minor irritations, and open up your heart, spend time together, laugh, and find love and joy in the little things that happen each day and the fact you are together.

FROM THE HEALTH DESK

Parents please check if your child is up to date on their immunization records.

If not please get them as soon as possible and bring a record to our health office.

