



NEWS

NEW WINDSOR SCHOOL MONTHLY E-NEWSLETTER



Education Technology Corner

Virtual Learning Hub

[NECSD Virtual Learning Support](#) site will provide the most up to date information on anything related to technology and Virtual Learning for our Students and Families. It includes sections for general help, resources, help line, and forms related to technology.

Please make sure to visit the site on a regular basis to be informed of current technological updates.

If you have any questions or have specific questions, please reach out to the contact listed below.

helpdesk@necsd.net / (845)568-6532



New Windsor School Staff Practicing Social Distancing

Social Distancing and More...

PRINCIPAL'S MESSAGE

It is now more important than ever to maintain social distancing and mask wearing at all times. Proper adherence to social distancing and PPE usage will greatly reduce the chance of transmission of any and all communicable diseases.

Our classrooms, offices, as well as the hallways are constantly and consistently cleaned to meet State regulations as well as our district's own preventative expectations. (Thanks to Mr. Van Houten and his team!)

You can be rest assured that we are doing all we can to keep our NWS community safe and secure from the current pandemic.

Mr. Camt
Principal



Mr. Van Houston demonstrates the cleaning machines for the staff to reassure them



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DISTANCE LEARNING

Hybrid vs. Virtual vs. Blended

They are all basically similar, to a certain extent...



BY: MR. LEE

As we continue to progress through our 2020-2021 school year, we are moving towards having more and more students come back in to the building. We are all very excited to greet our students as we come to a stage where our 3rd-5th graders will be joining us.

Blended, Virtual, and Hybrid Learning have all been challenging to say the least. But our scholars and families have done an amazing job of getting online as well as coming in on their cohort days; and completing their assignments and tasks.

I can't say enough about our Teachers, TAs, as well as Aides, (Other school staff members as well of course) they have been more than amazing. Superheroes definitely do not need capes!

Our students have been involved in both hybrid as well as virtual models of learning. Some may say that it is "blended" learning. To me, Hybrid, Virtual, as well as Blended Learning all equate to learning in various ways using technology.

There are many different words and phrases to describe various ways of teaching both online as well as in person; and in many ways, our students have been involved in many aspects of "blended" learning ever since we started using Chromebooks in our classes – even before the pandemic.

According to an article from Teachers College @ Columbia University (Hybrid Learning is often used synonymously with Blended Learning):

Blended learning is a learner-centered approach that integrates complementary face-to-face (synchronous) and online learning (asynchronous) experiences in service of intended learning objectives. While some definitions of blended learning focus primarily on the amount of time spent in each method of delivery by considering the percentage of content delivered face-to-face vs. online (Hew & Cheung, 2014; for instance according to Allen and Seaman, 2007, blended learning would have 30 to 79% of content delivered online), the focus here is on using an intentional "blend" of online and face-to-face instruction that is best suited to enhance learning for all students.

Weather our students are learning via hybrid, virtual, or blended models, we can be certain of one thing: It is a challenge for all of us.

Our teachers are constantly in overdrive and want to provide the most interactive, content rich, as well as skill based instruction possible to our scholars!

Our teachers are consistently learning how to utilize various online tools and systems; they are up-to-date on most effective means of providing instruction through various means.

They are giving 200%!

I also know that many of our parents/guardians are facing similar challenges in maneuvering through all the online requirements and making sure that their children are up-to-date on all of their work.

We are all working hard; harder than ever.

Mr. Lee



Social distance, please



NWS RESOURCES

Online Resources

There are plenty of resources for our students and families to maximize their learning.

Please make sure to visit the district link for online resources: District Online Resource Link: <https://tinyurl.com/y6fogyzw>

Below are links to some other important websites – but please make sure to visit the district site for a more comprehensive list of links:

- Launchpad: <https://tinyurl.com/y6nujwao>
- Flipgrid: <https://info.flipgrid.com/>
- Reflex Math: <https://www.reflexmath.com/>
- BrainPOP: <https://www.brainpop.com/>
- BrainPOP Jr.: <https://jr.brainpop.com/>
- Google Classroom: <https://classroom.google.com/>
- NewsELA: <https://newsela.com/>



ONLINE LEARNING TIP

Hybrid Learning Tips!

Source: Teachers College @ Columbia University

REMOTE LEARNING

Reducing Distractions with Technology

SELFCONTROL

- Free app for Mac computers
- Blacklists distracting websites on a timer
- Whitelists websites you need so you can access only the sites listed

STAYFOCUSED

- Free Chrome extension
- Choose how you want to block distractions
- Set the amount of time allowed for certain websites per day
- Set time restrictions for certain websites (i.e. no Twitter after 9pm)

MINDFUL BROWSING

- Free Chrome extension
- Flags your attention when you try to access sites that you mark as distracting
- Reminds you of how you'd like to spend your time

BE FOCUSED

- Free app for iPhones/iPads
- Create tasks and set custom timers for periods of work and breaks
- Track your progress throughout the day/week

GOOGLE TASKS

- Free on web browser, iPhone & Android
- Add and organize tasks in lists
- Option to add due dates and times
- Check off as you finish
- Synchronizes with Google Calendar and viewable in Gmail on web browser

DO NOT DISTURB MODE

- Set your phone to Do Not Disturb Mode or turn it completely off when completing a task that requires focus



SOCIAL EMOTIONAL LEARNING

Helping Children Manage Anxiety during the Pandemic

BY: MRS. CACI

The coronavirus pandemic has changed our lives in many ways, and we are navigating uncharted waters in our return to school in hybrid and virtual settings. Needless to say, the many changes in our lives since March have most likely resulted in an increase of anxiety in both adults and children. While we are all doing our best to adapt to our new circumstances, feelings of anxiety in the given situation are normal, and to be expected. However, significantly elevated levels of anxiety can be uncomfortable and get in the way of functioning. Teaching children positive preventive measures, talking with them about their fears, and giving them a sense of some control over their risk of infection can help reduce anxiety.

The following are some ways that adults can help children manage anxiety:

Be a Role Model

Children take their cues from adults, so the way we manage ourselves influences how children act. Children will respond to your reactions, so try to model a calm demeanor.

Monitor how you talk about COVID-19

Adult conversations about sensitive topics such as the pandemic may be overheard by children, increasing their fear and confusion. Children may not be able to understand adult conversations and may misunderstand or misinterpret discussions. During adult conversations try your best to speak privately and/or out of earshot of children. When talking to children about COVID-19, be honest and share information that is developmentally appropriate. Remind your child that your family is practicing safety measures, and reinforce that your child can keep him or herself safe by making sure to wash their hands, wearing their mask, and practicing social distancing.

Practice deep breathing and meditation

Deep breathing is a valuable tool for both children and adults. It is an effective strategy for calming the nervous system and regulating feelings. Practice deep breathing exercises with your children on a daily basis. Teach your child to breathe in slowly through their nose and fully inflate their lungs, and then breathe out slowly through their mouth. This can be done to start off the day or any time throughout the day to regroup. Additionally, the use of guided meditations can help children and adults calm feelings and nerves:

- [5 Minute Guided Meditation for Children](#)
- [5 Minute Stress Relief Guided Meditation](#)
- [5 Minute SLEEP Meditation Guided for Sleep](#)

Establish and maintain a daily routine.

Establishing and maintaining a regular schedule provides a sense of control, predictability, and consistency, which is comforting. Children and adults feel more at ease when they can rely on predictable routines and environments.

Focus on love, affection, and gratitude

Providing plenty of love and affection to children helps them feel secure. Even with social distancing measures in place children can connect with family members virtually or via phone, and can spend time creating cards or drawing that can be sent via the mail to relatives or friends. Additionally, reaching out via mail to populations who may be isolated, such as seniors or veterans, can help children feel that they are helping others, which in turn makes them feel good.

In the event you or your child(ren) need further support, please feel free to reach out to me at kcaci@necsd.net or 563-3715.

Additional Resources

- [Helping Children Cope With Changes Resulting From COVID-19](#)
- [Supporting Students' Mental Health During COVID](#)
- [Providing Comfort to Children](#)



**IT IS GREAT TO HAVE THE MOST (SOCIALLY DISTANCED) AMAZING STAFF IN THE WORLD!
AND... THEY ARE ALL WEARING MASKS!**

