



W.R. Brown Elementary School



Saddled up for achievement and riding to success...

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Caesar Rodney School District

January 2023



Dear W. Reily Brown Families,

Welcome back and Happy New Year! We hope that you enjoyed a healthy and happy holiday season. We are so excited for the New Year and welcome 2023!

Upcoming Dates

Monday, January 16th

Schools Closed
Dr. Martin Luther King Day

Tuesday, January 17th

Board of Education
Meeting
at Stokes Elementary School
7:00 p.m.

Wednesday, January 18th

WRB Riders Roll Skate Night
5:30-7:00 p.m.

Thursday, January 26th

Second Marking Period
Ends

Friday, January 27th

Schools Closed
Teacher In-Service



Thank you to everyone who was able to make it to our Cultural Festival Drive-Thru event. Please join us for our next family event on Wednesday, January 18th at the Dover Skating Center for WRB Riders Roll from 5:30-7:00 p.m.

During the month of January school will be closed on Monday, January 16th in observance of Dr. Martin Luther King Jr. Day and again on Friday, January 27th for a teacher in-service day.

The second marking period ends on Thursday, January 26th and report cards will be issued on Wednesday, February 8th. Our next round of parent-teacher conferences will be held on Friday, February 10th. This day will also be a half day with dismissal starting at 12:25.

We can't wait for a great 2023 at WRB!





Nurse's Nook



What virus do I have?

A chart created by Children's National Hospital compares symptoms associated with COVID-19, flu, and RSV.

Symptoms	COVID-19	RSV	Flu
Onset	Gradual onset then sudden escalation	Mild onset with sudden escalation	Abrupt onset
Severity	Mild to severe	Mild to severe	Mild to severe
Length	7-25 days	3-7 days	7-14 days
Loss of taste and/or smell	Common	Rare	Rare
Trouble Breathing	Sometimes (can be severe)	Common	Not Common
Cough	Common	Common	Common
Sneezing	Not common	Common	Rare
Runny/stuffy nose	Not common	Common	Sometimes
Sore throat	Sometimes	Common	Common
Fever	Common	Common	Common
Fatigue	Sometimes	Sometimes	Common
Headaches	Sometimes	Rare	Common
Body aches	Sometimes	Rare	Common
Diarrhea/nausea/vomiting	Sometimes	Rare	Common

This is to serve as a guideline and not intended for medical diagnosis. Seek medical diagnosis from your care provider if you believe your child or self may have these symptoms.

2023-2024 School Choice



Online Choice Application closes January 11, 2023 at 11:59 p.m.

Kindergarten Applications remain open until the first day of the 2023-2024 school year.

Apply for School Choice at: www.schoolchoicede.org



Waitlists decisions are considered in August 2023.

School Choice is based on school capacity.

Transportation is not provided.

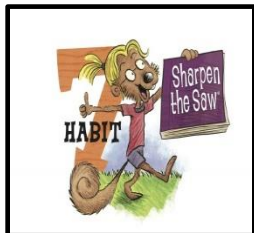
Counselor's Corner: Three Healthy Habits for Children in the New Year

- Healthy sleep habits- According to the Centers for Disease Control and Prevention the daily guidelines for healthy sleep for school age children (6-13 years old) is 9 to 12 hours each night.
- Rich vocabulary development- Reading and talking with children plays an important role in developing their vocabulary. Ask your child what they've been learning, what they did at recess, and check in on their assignments. Your interest in school will increase theirs!
- Stick to routines- Children thrive with routines and structures. Having meals and daily activities set around the same time each day fosters security and reduces anxiety. A nightly bedtime routine such as bath, brushing teeth, and reading a book together helps children to fall asleep earlier, sleep longer, and wake up less during the night.



Leader in Me: Habits at Home

W. Reily Brown is a *Leader in Me* school. We promote leadership for everyone through the 8 Habits.



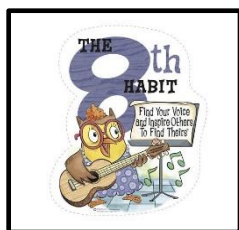
Habit 7: Sharpen the Saw

I eat right, exercise, and get enough sleep (body). I learn in lots of ways and places, not just at school (brain). I spend time with family and friends (heart). I take time to find meaningful ways to help people (soul). I balance all four parts of myself.

People who sharpen the saw understand that they need to take time for themselves because it gives them the ability to do everything else. When we sharpen the saw, we are preserving and enhancing the greatest asset we have - ourselves. We regularly renew our body, mind, hearts and spirit.

Ways to practice Sharpen the Saw:

- For two nights in a row, go to bed early and see how great you feel when you wake up!
- For one whole week, read for twenty minutes every day.
- Today go play with someone who you have not played with for a long time.
- Go to one of your favorite spots in nature, like a mountain, a park, or a stream. When you get there, think about all the things in your life that make you happy, like your grandma, your dog, a fun toy, or playing with your friends.



Habit 8: Find Your Voice

I have found something that I am good at and really like doing. I am proud but do not boast. Instead, I use my expertise to help and inspire others.

People who have found their voice focus on expanding their circle of influence, being trustworthy, building trust, blending the voices of others, and creating a common vision. They align goals and systems and empower others. Great achievers express their voice by developing their vision, discipline, passion, and conscience. They recognize, respect and create meaningful opportunities for others to express their voices.

Ways to practice Find Your Voice:

- Try something new like painting, horseback riding, or baseball. Then ask yourself: Did I enjoy myself? Was it easy or hard? Do I want to learn more?
- Go to the library or search the internet to find reading material on new things. What kinds of things spark your interest? What do you want to continue learning about?
- Plan some time to help someone in need. How did the experience make you feel?

Understanding Trouble with Social Skills

Social skills help us connect with other people and have successful interactions. Trouble with these skills can cause problems in many areas of life. That includes school, work, home, and out in the community. Struggling with social skills is different from not “being social.” People may want to interact. But when they do, it doesn’t go well. They might struggle to make conversation, seem out of sync, or behave in a way that turns off other people.

People may have trouble picking up on social cues and following social rules. That can make it hard for them to fit in, form friendships, and work with others. They may avoid interacting and feel isolated and alone with their struggles. There are different reasons people have difficulty with social skills. Sometimes, the cause is temporary. But trouble with these skills is often part of larger, lifelong challenges. That doesn’t mean social abilities are set in stone. There are ways to build skills so it’s easier to connect with other people and have better interactions.

Quick Tip 1- Learn from Examples

Use videos, TV shows, or real-life events to observe social situations in action. Watch for social cues. For example, notice when people in a conversation are looking around and seem open to others joining.

Quick Tip 2- Use Phrases that Show Attention

People want to know that others are paying attention when they talk. Use words or phrases like “right” or “that’s great.” Mix them up to avoid saying the same thing over and over.

Quick Tip 3- Start Small

Practice social skills with a trusted friend or in a small group. These smaller experiences may feel safer. And they help build the skills to use in larger groups that feel less comfortable.

Quick Tip 4- Practice Online

Some people prefer interacting online. Try joining video chats, multiplayer video games, or online interest groups. With kids, make sure to monitor what they’re doing to keep things safe.

Quick Tip 5- Learn by Asking Questions

If you need help picking up on social cues, speak up. It’s all right to say something like “Sometimes I can’t tell if you’re mad. Are you?” Or “Is it OK if I join your conversation?”



Article from *Understood.org*. Scan the QR code to visit the full article and Understood.org website.

(<https://www.understood.org/en/articles/trouble-with-social-skills>)