Dear W. R. Brown Families,

Welcome! Happy Fall to everyone! We miss you all so much and look forward to the day when we can all be together. Please remember that meals are provided for children under the age of 18 at W. Reily Brown every Monday and Thursday from 11:00 a.m. – 1:00 p.m. and again from 4:30 p.m. – 5:30 p.m.

This month we will host our first Monster Math Madness family drive-thru event from 6:00 p.m. – 7:00 p.m. on Thursday, October 29th. Families will have the opportunity to drive-thru WRB and receive math games and activities as well as yummy treats and candies. Make sure to dress in your best costumes. For safety reasons we ask that families stay in their cars and follow the signs as you drive through our campus. It should be a spooktacular time!

Upcoming Dates

Friday, October 9th
No School
Teacher In-Service

Tuesday, October 20th
CR School Board Meeting
7:00 p.m.

Friday, October 23rd
No School
Teacher In-Service

Thursday, October 29th
Monster Math Madness
Drive-thru at WRB
6:00 p.m. – 7:00 p.m.

Friday, October 30th
No School
Teacher In-Service
Habit 1: Be Proactive

When we are proactive, we are responsible for our own life and the choices we make. We understand that we have the freedom to choose based on principles rather than on moods or conditions.

To Be Proactive:
1. Pause and respond based on principles and desired results.
   a. Pause between stimulus and response, in that pause you have the time to choose how to respond.
2. Use proactive language.
   a. Try, “I can, I’m sorry, I choose to, Let’s look at all our options, I will get this done, There must be something I can do.”
3. Focus on your Circle of Influence.
   a. When you are facing a problem or an opportunity, ask yourself, what can I control, what actions will make a difference? Things not in your control move to your circle of concern.
4. Model positive behaviors and pass on effective habits to build others.
   a. Work to break unhealthy, harmful or ineffective behaviors and replace them with proactive, healthy behaviors.

Literature Corner

Stellaluna by: Janell Cannon

Separated from her mother and taken in by a family of birds, Stellaluna is proactive and focuses on what is within her Circle of Control.

Hatchet by: Gary Paulsen

After a plane crash, 13 year old Brian must be proactive to survive 54 days in the wilderness with only the aid of a hatchet.
Eye Strain Remedies:

- The 20-20-20 rule: Every 20 minutes, take 20 seconds to take your eyes away from the screen and look at something at least 20 feet away. A great way to do this is to look at a window.
- When teachers are giving students breaks, make sure yours steps away from the computer or any other screens. This time could be spent going to the restroom, getting a snack or drink, or even getting a breath of fresh air outside.
- Lighting: Eye strain is reduced when there is adequate lighting where your child is remote learning. Lighting should be at least half as bright as the screen you are using. Sitting in a dark room with just a lap top causes the most strain.
- Blink more often: blinking moistens your eyes to prevent dryness and irritation. When staring at screens people typically blink about 30% as they normally would.

Counselor Chat and Chews

Need some time to chat? Join Mr. Garrett for “mindful meetings” during breakfast or lunch times, your teacher will have the zoom links available for you.
- New to Brown Students: 9:15-9:35
- 2nd & 3rd Grade 11:55-12:15
- 4th & 5th Grade 12:20-12:40

Math @Home

Electronic Flash Cards
Use the electronic flash cards at the links below to practice math facts:

http://www.aolusmath.com/flashcards/
http://www.allmath.com/flashcards.php
http://www.math.com/
http://www.blackdog.net/games/mathflash/
http://www.mathplayground.com/MathAttack.html

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Caught on the Web

This week’s Site to See:

Addition Surprise (Grades 1-3)

Multiplication Mystery (Grades 2-4)

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Dear Parent/Guardian,

The Delaware Department of Education and Delaware Department of Health and Social Services’ Division of Public Health have requested that we provide you information regarding practices related to COVID-19.

We request that students and/or their families complete a health assessment consisting of a self-screening every morning before leaving for school.

Please answer the following questions:

- In the past 14 days, have you been near (within 6 feet for at least 5 minutes) a person who has a lab-confirmed case of COVID-19, or have you had direct contact with their mucus or saliva?
- In the last 48 hours, have you had any of the following symptoms?
  - Fever of 100.4°F or above (or symptoms like alternating shivering and sweating)
  - New cough
  - New trouble breathing, shortness of breath or severe wheezing
  - New chills or shaking with chills
  - New muscle aches
  - Sore throat
  - Vomiting or diarrhea
  - New loss of smell or taste, or a change in taste
  - Nausea
  - Fatigue
  - Headache, congestion or runny nose (with no known other cause such as allergies)

If you answered YES to any of the questions above, do NOT send your child to school today. Instead, contact your child’s primary healthcare provider and school nurse.

(This screening tool was adapted from the Mayo Clinic’s online COVID-19 Self-Assessment. To use the Mayo Clinic’s tool online, visit https://mayoclinic.org/covid-19-self-assessment-tool)

Additional considerations:

- Students must stay home if they are exhibiting any symptoms of COVID-19 or have been confirmed to have COVID-19 or if required by DPH to isolate or quarantine.
- Keep children who are sick at home; do not send them to school. Do not send children to school with a fever of 100.4°F or greater.
- Teach your children to wash their hands frequently with soap and running water for 20 seconds.
- Students in grades K-12 must wear cloth face coverings in the school building.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow.
- Teach your children to practice physical and social distancing by staying at least six feet away from people other than your family.

If you have questions, please contact your school nurse or child’s primary healthcare provider. You can also call your school at (302) 697-2101.

For information or general questions on COVID-19 and prevention, visit the Delaware Health and Social Services’, Division of Public Health’s website at https://coronavirus.delaware.gov/ or you can call 2-1-1 or text your ZIP code to 898-211 for deaf and hard of hearing.