

The Lion's Roar

— MCAVINNUE'S WEEKLY NEWSLETTER: WEEK OF MAY 18TH —

MCAVINNUE'S PRINCIPAL MESSAGE - WEEK OF MAY 18TH



Hello McAvinnue Community!

Despite the challenges presented by COVID-19, McAvinnue has created a very successful remote learning platform. We have set up our classroom experience through Zoom, Class Dojo, Remind, Seesaw, Google Classroom, Flip Grid, Facebook, and many more! While the mode of communication and connection is different, teachers and students are making the most of their time away from the physical classroom at McAvinnue.

We are all in this together...and will come through this as better students, teachers, parents, and administrators. I am confident this will be true!

Here are 5 tips for parents who have children participating in distance/remote learning:

1 – Help your child establish and stick to a routine.

Even though school has gone to an online learning format, treat school days just like you would if your child was attending school as usual. This includes having them get up at the same time everyday, get properly dressed, and eat a healthy breakfast.

2 – Check in with your child's advisor or teachers.

Teachers and advisors are usually more than willing to connect with parents via email or phone after school hours. Check in if your child is having difficulty managing the online learning platform or staying on task. Be on the lookout for any communications from teachers indicating that they are having trouble connecting with your child during this time.

3 – Encourage physical activity and exercise.

Your child will be sitting in front of their computer for long stretches of time. Encourage them to use the breaks in the day to stretch, walk the dog, or do jumping jacks – any movement helps!

4 – Resist the urge to sit in on classes with your child.

While it may certainly be tempting to “pop in” on your child’s classes, please respect their privacy and that of other students. Connect with faculty and staff through email or other

communication channels before or after school hours.

5 – Take care of you.

This one is extra important, and we hear it often, but take care of you. If you're not taking care of your own physical, emotional, mental, and spiritual needs, you will have less energy, space, and patience to connect with and take care of your children. Even 10-15 minutes of scheduled "me" time during the day is beneficial.

It's more important than ever to find ways to stay in touch and connect with others, whether that be your local community, at McAvinnue, or your workplace. At the end of the day or week, check in with your support network – family, friends, and colleagues – to share worries, advice, and the unexpected joys of living life in close quarters.

Remember that we have the power to come out stronger from this experience, as we learn to adapt our lives and routines in the face of an unexpected yet shared challenge.

ONGOING REMOTE LEARNING EXPECTATIONS

Please continue to refer to the simple outline that you can follow to support at home learning throughout the week each day. Your child's classroom teacher will continue to assign work that should be completed if possible. This information will provide support with how you can manage your daily learning time.

Recommended Daily Work

- At Home Student Work Packets: Reading, Math, Science, Social Studies (This work should be spread out for the week and it doesn't need to all be completed...we just want you to do your best)
- Read for 20 minutes or listen to Epic for 20 minutes.
- <https://www.getepic.com>
- Watch 1 "Read Aloud" on LPSD YouTube Channel
- <https://www.youtube.com/channel/UCMIqoXopDU-6yfq5pJIPRtg>
- Use Clever for iReady or Lexia for 15 minutes
- <https://www.lowell.k12.ma.us/Page/3777>
- One other activity found of your choice found on Clever: Google Classroom, BrainPop, FOSSWeb, Newslea, Scholastic, Zearn, typing.com, Reading Plus

Recommended Work - 3 Times Per Week

Visit the LPSD "At Home Learning" website site: <http://www.lowell.k12.ma.us/homelearning>

- 1 Home Learning Science Activity

- 1 Home Learning Art Activity
- 1 Virtual Field Trip
- 1 Physical Education Activity
- 1 Music Activity

AT HOME REMOTE LEARNING PLAN HIGHLIGHTS

Click here for important information that will support "At Home Remote Learning"



MCAVINNUE ELEMENTARY SCHOOL WEBSITE

Please check out the website using the link below. This is an important resource and support system during the extended school closure.

Updates are made regularly under the "Resources During The Extended School Closure" tab that is part of the "Parent & Students" section on the Main Page.

Here is the link to McAvinnue's Website:

<https://www.lowell.k12.ma.us/mcavinnue>

MCAVINNUE ELEMENTARY SCHOOL FACULTY CONTACT INFORMATION

If you're looking for good times to contact the faculty at McAvinnue daily including which communication platform they are using, click this link for more information.

<https://docs.google.com/spreadsheets/d/1-47ITf3YstbMnWJCpZjZ00EPAzY7uloj19nmE25rTMA/edit?usp=sharing>



LPSD REMOTE LEARNING STUDENT WORK PACKETS - WEEK 9

Here is a link to each student learning packet for Week 8 that will be out by the main door of McAvinnue this week starting on Monday, May 18th from 9:00 AM - 3:00 PM each day. (weather permitting):

PreK:

<https://www.lowell.k12.ma.us/Page/4126>

Kindergarten:

<https://www.lowell.k12.ma.us/Page/4127>

Grade 1:

<https://www.lowell.k12.ma.us/Page/4128>

Grade 2:

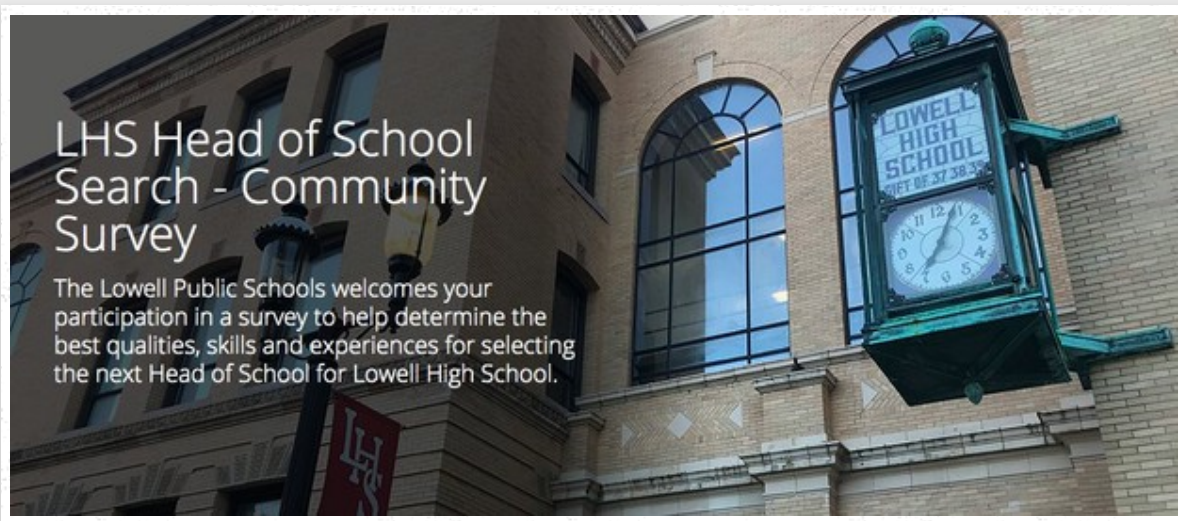
<https://www.lowell.k12.ma.us/Page/4129>

Grade 3:

<https://www.lowell.k12.ma.us/Page/4130>

Grade 4:

<https://www.lowell.k12.ma.us/Page/4131>



The Lowell Public Schools welcomes your participation in a survey to help determine the best qualities, skills and experiences for selecting the next Head of School for Lowell High School.

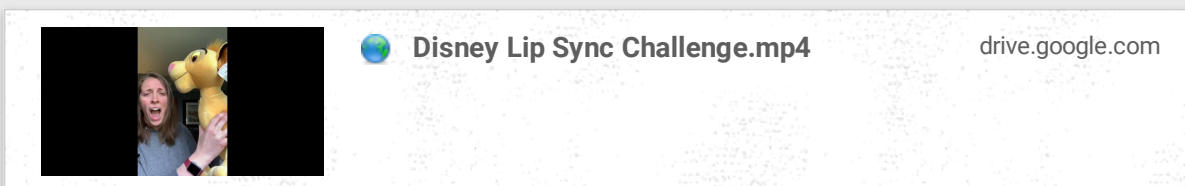
- Click here to take the survey: https://www.surveymonkey.com/r/HOS_Survey
- The survey is also available in Arabic, Khmer, Lao, Portuguese, Spanish, Swahili and Vietnamese: <https://www.lowell.k12.ma.us/hossurvey>

MCAVINNUE'S "DISNEY LIP SYNC CHALLENGE"

Check this out...McAvinnue's "Disney Lip Sync Challenge" is on and ready for your submission! Please read the flyer for all of the details. We already have many fabulous videos submitted! You can watch them on the Google site link mentioned below. If you're looking for inspiration...you need to look no further!



INTERESTED IN JOINING IN ON THE FUN? CLICK THE LINK BELOW FOR DIRECTIONS & EXAMPLES PROVIDED BY MRS. TOWER!



MCAVINNUUE "MAKERS" ART SUPPLY PICK UP - WEDNESDAY, MAY 20TH @ 2:00 PM - 4:00 PM

MARK YOUR CALENDARS!

We will pass out art supplies this week in Wednesday, May 20th from 2:00 PM - 4:00 PM outside of McAvinnue! All the students need to do is come to the school and we will pass along supplies so that you can keep "making" at home! We will do this again next week on Wednesday, May 27th! Please spread the word to the students and families in your classroom!

McAvinnue Makers ART SUPPLY PICK UP

Wednesday, May 20

Wednesday, May 27

2:00 pm to 4:00 pm

(or while supplies last)

Rain dates: Thursday, May 21 from 1:00 to 3:00 pm

Thursday, May 28 from 1:00 to 3:00 pm

McAvinnue students are invited to safely stop by McAvinnue to pick up some supplies to keep making art at home. Each day will feature a different assortment of supplies for pick up during a two hour window, or while supplies last. Come one or both days.

Questions? Email Mrs. Mac at
kburgess-macintosh@lowell.k12.ma.us





LPSD PROVIDES FREE FOOD MONDAY - FRIDAY DURING SCHOOL CLOSURE

Meal Service will be provided at the locations and times indicated above Monday - Friday each week. Children do not have to be present for breakfast and lunch to be received daily.



MCAVINNUE'S DAILY DRAWING CLASS HOSTED BY MRS. MAC

Mrs. Mac is hosting daily engaging art opportunities for our students this week. Please see the information above for additional details. Contact Mrs. Mac if you have any questions. Please promote this event with your students throughout the week. "Inside Out" will be focused on this week. Looking forward to some engaging drawing and fun dancing!



MCAVINNUE'S "MINDFULNESS POSE OF THE WEEK" - WEEK OF MAY 18TH

McAvinnue's Mindfulness Pose Of The Week: Desk Puppy. This pose will work on getting a good stretch while releasing tension that will allow you to feel refreshed. Also, proper posture will be highlighted in this week's pose.

THE PROS & CONS OF SOCIAL MEDIA USE FOR CHILDREN

THE PROS AND CONS OF SOCIAL MEDIA USE FOR CHILDREN

@BELIEVEPHQ



PROS

Social media can boost self esteem by empowering children



CONS/PROS

Social media can be beneficial or detrimental to a child's mental health. There are numerous advantages to social media and the positive impact this has on confidence, self esteem, anxiety and low mood. To monitor the impact social media has on children's mental health we must be aware of how much time they spend on platforms, usage and the impact this has on their thoughts, feelings and behaviors



CONS

It can become addictive to the point where people struggle to fall asleep if they can't access their social media platform



PROS

It helps to promote social connection and can support young people to overcome barriers to engage in conversation



PROS

It is a great platform where young children can be creative and free to express their views



CONS

Social media can put pressure on young people to achieve a certain lifestyle and body image



CONS

It gives cyberbullies a platform to bully others



PROS

Social media provides children with a range of interactive study tools



CONS

Social media can create an environment where children are constantly comparing themselves to others rather than focusing on their own strengths and skills



PROS

Social media can keep young people up to date with news and is a great resource for education

PREK & KINDERGARTEN REGISTRATION: 2020-2021 ACADEMIC SCHOOL YEAR

SAVE THE DATE: Registration for Kindergarten and Preschool will start on Tuesday, May 26. In order to hold registration in as safe and efficient a manner as possible given the current circumstances, registration will now be done online. We will provide you with more details soon on how the new online registration process works.

Please pass this information along to anyone that you may now that is interested in registering for PreK or Kindergarten for the 2020-2021 academic school year.



LET'S PLAY OUTSIDE - TAKE 2

Looking for some outside activities? Check out some of these really cool opportunities that you can try outside with your child during the week...the weather looks to be pretty good on Tuesday - Thursday! We will keep the links on this newsletter for one more week!

<https://www.educateoutside.com/resource/measuring-the-wild/>

<http://www.cleanair.pima.gov/activi.../NaturePoetryWriting.pdf>

<https://www.whatdowedoallday.com/balloon-rocket-experiment>

<https://www.stevespanglerscience.com/.../expe.../leak-proof-bag/>

<https://www.stevespanglerscience.com/.../exper.../bubble-snakes/>



MRS. HALL'S "FUN FRIDAY CHALLENGE"

P.E. - ZZA PARTY!!!



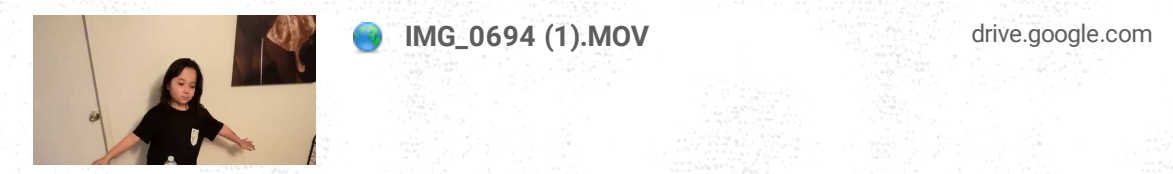
ATTENTION
ALL McAvinnue Students:
You could win a Domino's Pizza delivered to your house!

HOW TO WIN: Go to Mrs. Hall's PE Website: <https://sites.google.com/view/mcavepe/home>. Complete and record a FUN FRIDAY activity in a 2 min or less video. Email the video to Mrs. Hall at khall@lowell.k12.ma.us no later than Thursday at 5pm. The student that balances the longest, claps the most, has the fastest time or is super creative will be the winner. Winner will be announced Friday at 10:00am on the McAvinnue PE website. The winner's video will also be posted online, on the McAvinnue PE website. WINNER will have the healthier option of salad, if they so choose.

THIS WEEKS WINNER....MRS. HALL'S "P.E. - ZZA PARTY!"

After a long and difficult decision, Mrs. Hall has announced the "P.E. -ZZA PARTY" winner last Friday. Let's put our hands together for **Emma Sullivan**, a Grade 4 student in Room 308! She did the bottle balance and lasted a super loooong time! A large Dominoes Cheese Pizza was delivered to her doorstep on Friday night...sounds delicious if you ask us!

Click the link below to see Emma in action!



IMG_0694 (1).MOV drive.google.com

STILL NEED TECHNOLOGY FOR REMOTE LEARNING?

McAvinnue has successfully distributed over 160 devices to McAvinnue families. If you are in need of a device to access McAvinnue's "At Home Remote Learning", please contact your child's teacher or Mr. Domina directly at mdomina@lowell.k12.ma.us.

We have a few more devices left to distribute. We can schedule an appointment for you to come to McAvinnue to pick up a device to use until the end of the school year. It's not too late

to be more involved in remote learning!

The "At Home Remote Learning" program is underway and we strongly encourage that all students participate. If you are in need of free Internet access, please click the Comcast logo below for details.

NEED HELP WITH A DEVICE DURING THE SCHOOL CLOSURE? - WEEK OF MAY 18TH

The Lowell Public Schools Technology Help Desk will be setting up the "Tech Tent" this week at the following times and locations:

- Monday, May 18 from 10:00 AM - 12:00 PM at Lowell High School, located at 50 Father Morissette Blvd. The service tent will be set up near the cafeteria entrance.
- Tuesday, May 19 from 10:00 AM - 11:30 AM at the Pawtucketville School, located at 425 West Meadow Rd.
- Wednesday, May 20 from 10:00 AM - 12:00 PM at the Daley Middle School, located at 150 Fleming St.
- Thursday, May 21 from 10:00 AM - 12:00 PM at the Butler Middle School, located at 1140 Gorham St.
- Friday, May 22 from 10:00 AM - 12:00 PM at the STEM Academy, located at 43 Highland St.

This service is available for any students or staff with a device issued by the Lowell Public Schools. You do not need to make an appointment. All visitors must wear a mask and bring the device charger. New devices will not be issued at the service tent. Please contact your school if you still need a device.

If you need to reach the Help Desk, please call 978-674-2024, or email helpdesk@lowell.k12.ma.us.

A student or staff email account must be used in order to email the Help Desk.

A graphic for Lowell Public Schools' IT Help Desk. The background is a close-up of hands typing on a laptop keyboard. In the top right corner, the Lowell Public Schools logo is displayed, featuring a stylized leaf emblem above the text "LOWELL PUBLIC SCHOOLS". A dark red semi-transparent box in the center contains the text "Need help with your LPS-issued device?" followed by "Call: 978-674-2024" and "Email: helpdesk@lowell.k12.ma.us*". In the bottom left corner, there is a logo for "IT HELP DESK INFORMATION TECHNOLOGY" with a circuit board pattern. A dark red banner at the bottom of the graphic contains the text: "*A student or staff email account must be used in order to email the Help Desk."/>

LOWELL
PUBLIC SCHOOLS

**Need help with your
LPS-issued device?**

Call: 978-674-2024
Email: helpdesk@lowell.k12.ma.us*

iT HELP DESK
INFORMATION TECHNOLOGY

*A student or staff email account must be used in order to email the Help Desk.

ZOOM STUDENT LOGIN SUPPORT

Here is a great Zoom login support for students and families using a computer or iPad. This is a common platform that is used for teachers and students to connect. Please ask your child's teacher if this is something they use when connecting with students.



<https://www.lowell.k12.ma.us/Page/4010>

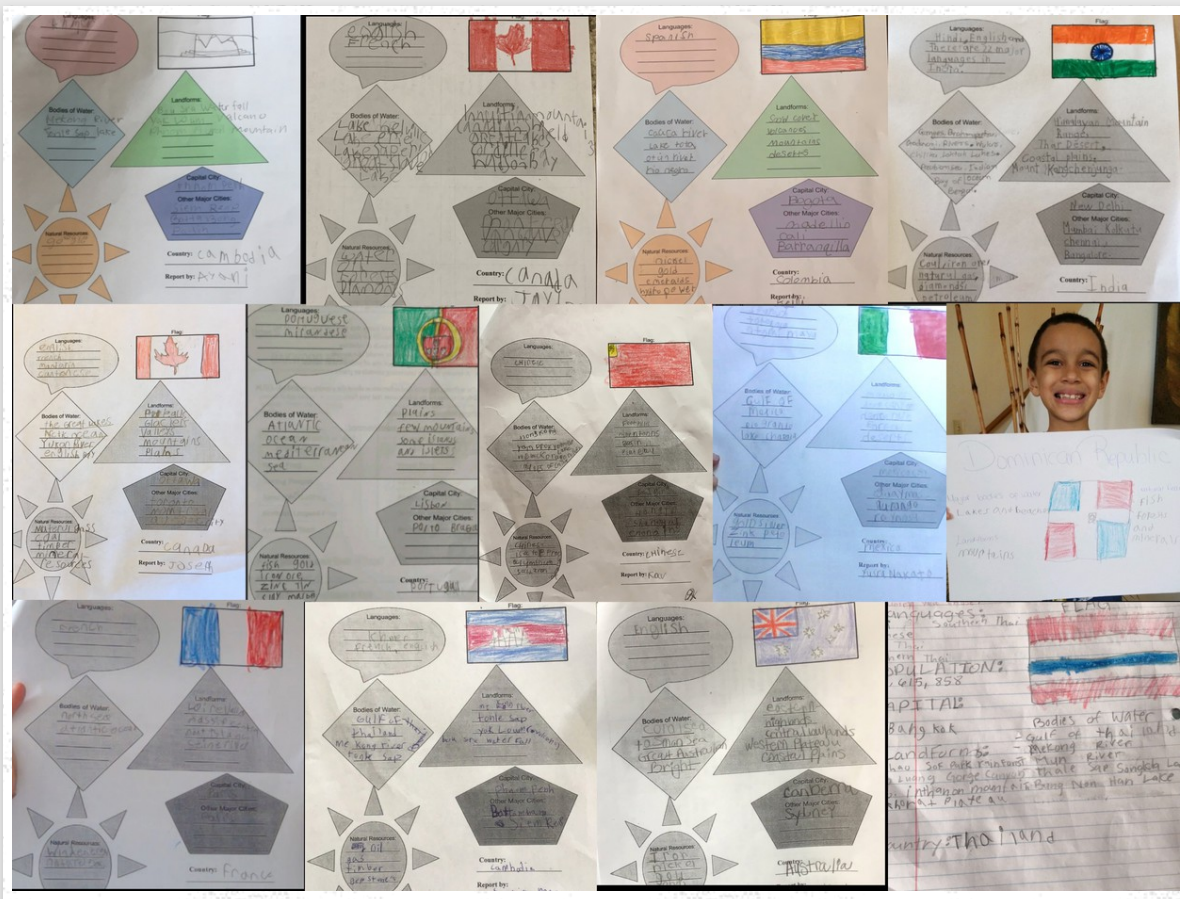
**CLICK THE LOGO BELOW FOR MORE
INFORMATION**



GRADE 2 STUDENTS COMPLETE RESEARCH PROJECT!

Grade 2 students in Room 102 recently completed a research project. They chose a country that interested them, and then they learned how to find information through research on specific websites that were student friendly. They researched and explored France, Columbia, Portugal, China, Mexico, Dominican Republic, Canada, India, Australia, Thailand, and Cambodia!

Check out the finished work below!



DR. BOYD SUCCESSFULLY COMPLETES MRS. HALL'S "1 MINUTE JUMP ROPE CHALLENGE"

Mrs. Hall's "1 Minute Jump Rope Challenge"



OUR VISION

 Facebook  @McAvinnueLPS

McAvinnue Elementary School is a place...where there are **high expectations**, where students are **academically engaged**, where instruction is guided by a **systematic approach to examine data**, where there is a **multi-tiered system of support**, and where a responsive environment that fosters **social emotional connections** between faculty and students prevails.

#McAvinnuePride #BeTheDifference #NextLevel

 131 Mammoth Road, Lowell, M...

 mdomina@lowell.k12.ma.us

 (978) 937-2871

 lowell.k12.ma.us/Domain/21



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