

THE LION'S ROAR

McAvinnue's Weekly Newsletter: Week Of May 11th

McAVINNUE'S PRINCIPAL MESSAGE – WEEK OF MAY 11TH



Hello McAvinnue Community!

To all the McAvinnue Moms...today is YOUR day! A day where you are celebrated for the hard work, selflessness, and unwavering commitment you have to your families every single day. You are what keeps everything together...moving forward...with purpose and conviction! Our hats are off to you...enjoy the day doing something that you live the most!

History of Mother's Day

Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the mother goddesses Rhea and Cybele, but the clearest modern precedent for Mother's Day is the early Christian festival known as "Mothering Sunday." Once a major tradition in the United Kingdom and parts of Europe, this celebration fell on the fourth Sunday in Lent and was originally seen as a time when the faithful would return to their "mother church"—the main church in the vicinity of their home—for a special service.

Over time the Mothering Sunday tradition shifted into a more secular holiday, and children would present their mothers with flowers and other tokens of appreciation. This custom eventually faded in popularity before merging with the American Mother's Day in the 1930's and 1940's.

Did you know? More phone calls are made on Mother's Day than any other day of the year. These holiday chats with Mom often cause phone traffic to spike by as much as 37 percent.

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"](#)

LHS Head of School Search - Community Survey

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.

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- 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 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 8

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 11th from 9:00 AM - 3:00 PM each day (weather permitting):

PreK:

<https://www.lowell.k12.ma.us/Page/4109>

Kindergarten:

<https://www.lowell.k12.ma.us/Page/4110>

Grade 1:

<https://www.lowell.k12.ma.us/Page/4111>

Grade 2:

<https://www.lowell.k12.ma.us/Page/4112>

Grade 3:

<https://www.lowell.k12.ma.us/Page/4113>

Grade 4:

<https://www.lowell.k12.ma.us/Page/4114>



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'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!

McAvinnue Disney Lip Sync Challenge

<https://sites.google.com/view/mcavinnuedisneylipsync/home>

Create a video of you lip-syncing to your favorite Disney song

Visit the site for some awesome examples and to see what everyone else has done!



Send Mrs. Tower your videos!
Email: kvespo@lowell.k12.ma.us

Grab and Go Meals

Available for Lowell Public Schools Students on Weekdays While School is Closed

Butler (12:45 - 1:30pm) 1140 Gorham St.	Murkand (12:45 - 1:15pm) 350 Adams St.
Greenhalge (10:30 - 11:15am) 149 Ennell St.	Pawtucketville (12 - 12:30pm) 425 West Meadow Rd.
Lincoln (1:30 - 2pm) 300 Chelmsford St.	Robinson (11:30 - 11:45am) 110 June St.
Moody (12 - 12:30pm) 158 Rogers St.	STEM Academy (10:30am - 1pm) 43 Highland St.
NEW: Morey (12 - 12:30pm) 180 Pine St.	Meal service at South St. entrance 500 Broadway St.
NEW: Westminster Village Apartments (12:45 - 1:15pm) 3107 Pawtucket Blvd.	

When you pick up that day's lunch, you can also pick up breakfast for the next morning.

McAvinnue PARTY

Join Mrs. Mac for an online ZOOM art party with dancing and drawing...can you guess who we will draw?
Email student name and their teacher's name to Mrs. Mac for login steps: kburgess-macintosh@lowell.k12.ma.us

Mondays 10:00 am
Tuesdays at 4:00 pm
no class Wednesday this week
Thursdays at 4:00 pm
Fridays 10:00 am

Join by phone, tablet or computer!

Drawbridge

Balance. Release. Stretch. Posture prep.

1. Stand with feet hip-width apart, arms at your sides.
2. Lift your right foot and place it on the seat of a chair.
3. Lean forward from the hips, keeping your back straight and your head, neck, and spine in a straight line.
4. Hold for 30 seconds, then switch feet.

How do you feel?

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.

MCVANNUE'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. The Incredibles will be focused on this week. Looking forward to some engaging drawing and fun dancing!

MCVANNUE'S "MINDFULNESS POSE OF THE WEEK" – WEEK OF MAY 11TH

McAvinnue's Mindfulness Pose Of The Week: Drawbridge. Let's work on our balance and posture while we release tension maintaining positive stretching.

7 MENTAL HEALTH ACTIVITIES TO TRY OUT DURING YOUR WEEK

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@BELIEVEPHQ

MONDAY

Spend some time during your week writing down negative thoughts. This can be a really simple tool to help you identify thinking errors and to start managing them more effectively

TUESDAY

If you experience a worry try and postpone it to your worry time. Use worry time to solve any practical worries which you have experienced and to learn how to problem solve more effectively

WEDNESDAY

If you experience a worry and can't get it out of your mind why not try and stay present with what it is you were doing before the worry popped up. Use all of your senses to stay in the present moment and to really engage with a task

THURSDAY

Challenge those negative thoughts. Ask yourself the following questions: are they fact or opinion? What is the evidence for or against thoughts? How can I develop a more realistic thought?

FRIDAY

Self care is really important. Why not try engaging in some deep breathing, ratio breathing or progressive muscle relaxation. They are really useful for reducing psychological and physiological arousal

SATURDAY

Within your week it is important that you schedule in activities that give you a sense of achievement, pleasure and satisfaction. Schedule some fun activities for the upcoming week

SUNDAY

Connect with some colleagues, friends or family members. Focus on building a positive mental health support network

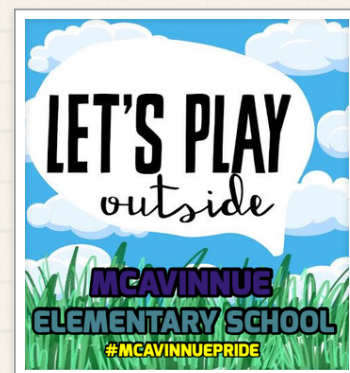
MY MENTAL HEALTH ACTIVITY SCHEDULE

LET'S PLAY OUTSIDE

Looking for some outside activities? Check out some of these really cool opportunities that you can try outside with your students during the 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!!!



Mrs. Hall's **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.

NEED HELP WITH A DEVICE DURING THE SCHOOL CLOSURE?

Each week, families can have the device that they have "on loan" worked on by the LPSD Technology Department at the "Service Tent" located at the following locations this week:

- *Monday, May 11th from 10:00 AM - 12:00 PM at the Murkland School, located at 350 Adams Street.*
- *Tuesday, May 12th from 10:00 AM - 12:00 PM at the STEM Academy, located at 43 Highland Street.*
- *Wednesday, May 13th from 10:00 AM - 12:00 PM at the Robinson School, located at 110 June Street*
- *Thursday, May 14th from 10:00 AM - 12:00 PM at the Bailey School, located at 175 Campbell Drive.*

- *Friday, May 15th from 10:00 AM - 12:00 PM at the Pyne Arts, located at 145 Boylston Street*

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.

This is a great opportunity for repairs or possible replacements if they have extra devices. Call the number below for more information.



The advertisement features a background image of hands typing on a laptop keyboard. In the top right corner, the Lowell Public Schools logo is displayed, consisting of a stylized leaf icon above the word "LOWELL" in a large serif font, with "PUBLIC SCHOOLS" in a smaller sans-serif font below it. A central red text box contains the following information: "Need help with your LPS-issued device?", "Call: 978-674-2024", and "Email: helpdesk@lowell.k12.ma.us*". In the bottom left corner, there is a red-bordered box with the text "IT HELP DESK" in large white letters, with "INFORMATION TECHNOLOGY" in smaller white letters below it. At the very bottom of the advertisement, a red banner contains the text: "*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>

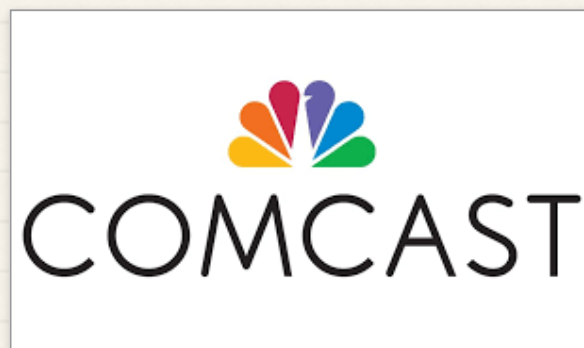
STILL NEED TECHNOLOGY FOR REMOTE LEARNING?

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 will do our best to see if we can get you a device to use during this time. Please keep in mind that there is limited availability district-wide. We need to share devices among all 27 school within the Lowell Public School District.

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.

CLICK THE LOGO BELOW FOR MORE INFORMATION



**LOWELL PUBLIC SCHOOLS LEADERS – TEACHER
APPRECIATION WEEK THANK YOU SHOUTOUT!**



McAVINNUE'S TEACHER APPRECIATION VIDEO – THANK YOU FOR ALL THAT YOU DO!

McAvinnue's Teacher Appreciation Video 2020





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

