

GEORGE HALL JAGUAR NEWSLETTER

SEPTEMBER 8, 2020

Ms. Kazemi, Principal

School Wide Distribution Day

Mark your calendar! On Wednesday afternoon, September 30, we will have our second school wide Distribution Day. During this distribution, your child will receive more classroom materials, texts, and musical instruments (for students in 4th and 5th grade only). The PTA will distribute art supplies and coordinate our first book exchange. Please look for more details about our next Distribution Day in next week's newsletter

Cultivating Self-Esteem

During Distance Learning, parents have a unique opportunity to build confidence in children. While self-esteem or the confidence in one's self worth begins in infancy, *it grows when children are doing new things, learning new things and trying new things*. Self-esteem is important because it helps children cope with mistakes and gives them the confidence to try new things. It also helps children have a healthy self-image and view others in a healthy way too. Children with positive self-esteem are confident and think good things about who they are and their abilities. Here is a list of some ways to help build self-esteem in your child:

- Tell them their worth.
- Help them learn new things.
- Support their uniqueness.
- Compliment them (give specifics not flattery).
- Tell them you love them.
- Demonstrate understanding and acceptance.
- Provide a positive learning environment.
- Help them practice their favorite activities.
- Let them help around the house.
- Help them set realistic goals.
- Encourage them in their strengths.
- Encourage them to notice the strengths and qualities of other people.
- Demonstrate a healthy self-image to your children.

Measure X Project Planned For George Hall School

The San Mateo-Foster City School District is beginning the planning for a new Multipurpose Building at George Hall School. There will be a Community Meeting on tuesday, September 22 at 7:00 PM to learn about the George Hall project including what is planned, the location and the projected timeline. Participants will have the opportunity to participate in a Question and Answer Period about the Project. Due to COVID-19, this will be a virtual meeting

To join type the following link into your browser: <https://zoom.us/j/96016284721>

Or join by phone dial this number: 1 669 900 6833 and key in the meeting ID when asked—960 1628 4721#.

