

ESL Newsletter

ESL Newsletter for Parents, Families, and Community

SEASON GREETINGS TO ALL!

Parents/Guardians-

Resources for English Learners

Meaningful Questions to Ask Your Child's Teacher

- How do you respond when a child struggles in class?
- How are creativity and innovative thinking used on a daily basis in your classroom?
- How is critical thinking encouraged in your classroom?
- What can I do to support literacy in my home?
- What kinds of questions do you suggest I ask my children on a daily basis about your class?
- How is learning personalized in your classroom?
- What are the best resources that we should consider using as a family to support our child in the classroom?
- Is there technology you'd recommend that can help support my child in self-directed learning?

Excerpts from:

[Parents: Meaningful Questions You Should Ask Your Child's Teacher](#)



956-568-9495

4608 Daugherty Ave

<https://hsilaredo.harmonytx.org>

Coordinator Name:

C. Villanueva

Cvillanueva@harmonytx.org

Important Dates and Upcoming Events

- DEC. 8-11 – Interim Assessments
- Dec. 17 - End of 2nd Quarter
- Dec. 18- Jan. 5th - Student Holiday
- Jan. 4 - Student Holiday & Campus Professional Development
- Jan. 5 - Student Holiday/Teacher Workday
- Jan. 6 - Start of 3rd Quarter/1st Day of 2nd Semester

NUTRITION FOR KIDS

Family - Guidelines for a healthy diet

Nutrition for kids is based on the same principles as nutrition for adults. Children, however, need different amounts of specific nutrients at different ages. Check out these nutrition basics for children at various ages.

Protein- Choose seafood, lean meat and poultry, eggs, beans, peas, soy products, and unsalted nuts and seeds.

Fruits- Encourage your child to eat a variety of fresh, canned, frozen or dried fruits.

Vegetables- Serve a variety of fresh, canned, frozen or dried vegetables. **Grains-** Choose whole grains, such as whole-wheat bread, oatmeal, popcorn, quinoa, or brown or wild rice.

Dairy- Encourage your child to eat and drink fat-free or low-fat dairy products, such as milk, yogurt, or soy beverages.

Saturated and trans fats- Limit saturated fats — fats that mainly come from animal sources of food, such as red meat, poultry and full-fat dairy products. Look for ways to replace saturated fats with vegetable and nut oils, which provide essential fatty acids and vitamin E. Healthier fats are also naturally present in olives, nuts, avocados and seafood.

SELF CARE

Community- Guideline for self care

Many of us are currently under a lot of stress. Balancing school and maintaining a social life during a pandemic can be difficult. Many of us struggle with making time for self care. Self-care is making time to take care of you. Self-care is important

to help keep you balanced, healthy and focused. Below are a few tips to help you practice self-care to prevent burnout, physical illness and stress.

Sleep- Your body needs 6-8 hours of sleep to function at it's best.

Exercise- Exercise can help lower stress.

Relax- Find a relaxing activity or hobby you enjoy. Listening to music, reading a book, or watching a movie are some examples of relaxing activities to try.

Take a Break- Taking a break during stressful moments to stretch or get a drink of water while giving your eyes a break from the screen can be beneficial too.

