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School News



Washburn Vaccine Clinic

(Booster and Initial Doses available)

Vaccine: Pfizer (16+ booster, 5-11 initial

dose, 12+ initial dose)

Where: Washburn High School Main Gym, enter through Door 5 off 49th Street

When: January 18, 2022 from 3:30-6:30pm

[Please register here.](#)

All individuals under 18yo MUST be accompanied by a parent or legal guardian.



Attention New to Lake Harriet Community School Families

The principals are hosting a virtual Open

House via Zoom on January 13 at 6:00-7:00. We will provide an overview of curriculum, instruction, and social emotional learning at each campus. Grade level teachers will be available to highlight their grade level's unique experiences as well. The Open House is geared toward incoming new families; however, all are welcome to attend to learn more about our school community.

Angie Ness is inviting you to a scheduled Zoom meeting.

Topic: Lake Harriet Community School Open House
Time: Jan 13, 2022 06:00 PM Central Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/81866955502?pwd=aW5lchZPVo85RkQybDhIT3FhMokrQT09>

Meeting ID: 818 6695 5502

Passcode: 303758

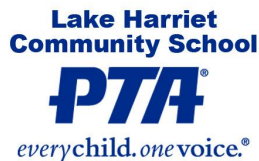
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+1 669 900 6833 US (San Jose)
+1 253 215 8782 US (Tacoma)
+1 346 248 7799 US (Houston)



PTA Meeting January 11!

Our monthly LHCS PTA meeting will be held in the UC

Media Center on **January 11, 2022** from 6:30-7:30 PM. Please join us to hear updates from our principals and learn more about how we support our teachers and school community. If you can't join us in person, please e-mail LHCSmembership@gmail.com for a Zoom link. Thank you for supporting your PTA!



Dragonfest Carnival is Coming

Planning for the annual Lake Harriet DragonFest Carnival is underway and your help is needed! We are looking for two key positions to help make this carnival a success.

1. **Carnival Volunteer Coordinator** - Responsible for organizing and assigning the jobs/duties for carnival volunteers.
2. **Sno-Cone/Cotton Candy** - Need two parent volunteers to run this station.

If interested in these positions or anything else related to Carnival please contact David Wells (David@dkw3.com) or Elana Rosen (lhcssignup@gmail.com).



PTA Family Directory

Is your family information updated in the directory? It is quick and easy:

1. Log in to lakeharrieta.pta.membershiptoolkit.com
2. Update Family Information (Step 1) including grade level and teacher 3) Update Directory Publish Preferences (Step 2) to indicate whether you want to share name(s) and contact information with other families.

Please send questions to lhcs.school.directory@gmail.com

PTA Volunteer Opportunities



Lunchroom Volunteer Opportunity

Lower Campus is looking for additional volunteers to double up with existing parents helping in the lunchroom. You could come for the whole 11:00-1:30 lunch shift or just the back half (12:15-1:30) when younger students are at lunch. Contact Lunchroom Volunteer Coordinator Anna Leither if interested: anna.leither@gmail.com.

Data Savvy Volunteer Needed

Are you comfortable working with databases or spreadsheets? If so, we need your help! We're looking for a Membership and Family Directory Chair. This person would help consolidate existing family contact information across various data hubs and support implementation of revised data collection and management strategies. This is a low time intensity role with lots of flexibility. Please contact lhcsmembership@gmail.com.

Meeting ID: 818 6695 5502

Passcode: 303758

Find your local number:

<https://us06web.zoom.us/j/81866955502>



Supporting Your Child with Separation Challenges

Some of our young students experience separation anxiety at the start of the school year. However, with school disruptions due to the pandemic, it can be difficult for some children to adjust to the return to school after quarantine, a long weekend, or a school break. Please know that what your child is experiencing is likely a very normal reaction to the ongoing school disruptions and frequent transitions due to the pandemic. Here are some resources for you to learn more about separation anxiety and how to assist your child. Please reach out to your child's teacher or a member of the Student Support Team if you need further assistance: [LHCS Student Support](#).

Resources to Learn More About Separation Anxiety

[What is Separation Anxiety?](#)
[Separation Anxiety Disorder](#)
[Helping your Kindergartener with Separation Anxiety](#)
[Separation Anxiety](#)

Read Alouds

[When I Miss You](#) by Cornelia Maude Spelman
[The Kissing Hand](#) by Audrey Penn
[The Invisible String](#) by Patrice Karst
[Free activity kit that goes along with the Invisible String](#)

Strategies to Help Navigate Transitions

- **Consider using a “mantra”:** End conversations with a reassuring phrase such as, “We ALWAYS come back to each other.” Use this phrase when saying goodbye before school so your child can repeat this mantra to themselves if they worry.
- **Ease the transition with a routine:** Create a routine that helps your child know what to expect. Repeat this same routine every day. For example, when you arrive to

school: Ask your child to tell you what good things are going to happen that day, share what good things will happen for you, hug and kiss, reminder that “We ALWAYS come back to each other,” separation.

- **Practice coping skills:** If your child is already anxious about the separation before they even get to school, you can practice a simple coping skill to help them regulate their emotions. For example, “The Five Senses Technique” is when you look around the room and find 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- **Utilize a transitional object:** A transitional object can either be an item of yours that the child knows you will want back (a hair tie, a favorite shirt, etc.) or an item that you two share (ex: matching bracelets). If using a personal object, you will transition it to them at the time of separation with a reminder that they can keep it safe until they see you at the end of the day. Once they see you at the end of the day, they return the object. This helps them trust that they will see you because they know they have to give the item back. If using a shared item, acknowledge the matching bracelets (or other item) at goodbye and remind them that they help you stay connected even when you’re apart.
- **Stay connected:** If possible, try to start your child’s day with 5-10 minutes of uninterrupted connection.

Upcoming Events Summary

Site Council Meeting: January 11, 5:30-6:00 PM

PTA Meeting: January 11, 6:30-7:30 PM

Martin Luther King, Jr Day (No school): January 17

Second Quarter Ends: January 27

Teacher Record-keeping Day (No school for students): January 28

For all upcoming school events please refer to the [school calendar](#).

Community News

STAY CONNECTED

