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School News

LC Media Center Volunteers Needed this Week!



Ms. Delebo is in need of volunteers today, Wednesday, and Thursday to help get iPads ready in case of inclement weather. Sign up is for all day, but please sign up and indicate what hours you can come if you cannot be there the whole day. Thank you for your consideration and support!

[SignUpGenius](#)

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



My Very Own Bed
Providing new beds to kids in need.

Blanket Making For My Very Own Bed!

Please join us during the month of December for a virtual blanket making event to benefit My Very Own Bed (www.myveryownbed.org). My Very Own Bed is a local non-profit that provides new beds and bedding to children in the Twin Cities who have experienced homelessness but have recently moved into stable housing. Oftentimes these kids are sleeping on the floor, an air mattress, a sofa, or sharing a bed with another family member. My Very Own bed offers front door delivery of a brand new bed frame and mattress, along with a “Dream Kit” that contains a new blanket, sheet set, pillow, mattress pad, book, stuffed animal, and a handmade card, giving kids a comfortable place of their own to spend time reading and resting.

Families are invited to make and donate fleece tie blankets to this project. You can find details and [sign up here](#). As part of this event we are hosting a “Dream Kit”

drive at both campuses and are seeking donations of new Twin-sized sheets, pillows, and mattress pads. There are boxes located at both campuses to collect these donations. We will be collecting blankets and Dream Kit items through January 3rd.

During the month of December 2nd-5th grade students will be participating in this event by making fleece tie blankets in their classrooms. Kindergarten and first graders will make cards that go inside the "Dream Kits." The supplies for these blankets were purchased thanks to grants provided by the LHCS PTA, Thrivent Financial, and Royal Neighbors.

You may also [donate wish list items here](#).

Please contact Nikki Niermann (former LHCS parent) with any questions - nniermann@gmail.com



PTA Meeting Tonight!

Our monthly LHCS PTA meeting will be held in the UC

Media Center on **December 14, 2021** 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).

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.



A Note from the PTA

Thank you for your



Pledges Are Coming In!

This is a busy time of year - please take a minute to submit a pledge to your PTA today, so we can

continue to support our teachers, staff, and students. [SchoolPay](#) is the quickest way to pledge, otherwise checks (payable to LHCS Pledge Drive) can be sent to the Upper Campus:

LHCS PTA Treasurer
4912 Vincent Avenue South
Minneapolis, MN 55410

Thank you to those families who have supported this year's pledge drive so far!

continued support this year. We are grateful for all of the volunteer hours and fundraising efforts that support our schools. We wish all families, teachers and staff a fun, safe and relaxing winter break. See you next year!

Upcoming Events Summary

Site Council Meeting: December 14, 5:00-6:00 PM

PTA Meeting: December 14, 6:30-7:30

Somali Parent Advisory Council Meeting: December 17, 6:00-8:00

Winter Break: December 20-31

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

Community News



Linden Hills Youth Wrestling

Looking for a fun winter sport? Give Linden Hills Wrestling a try! Learn basic skills and develop balance and coordination (a great complement to all other sports) in a fun, low-key environment.

Open to boys and girls K-8, low cost, no experience or equipment required, flexible and family-friendly schedule -- we meet Tuesdays and Thursdays 6:00 - 7:00 PM in the Southwest High School wrestling room, come when you can. Register through Linden Hills Park, and feel free to ask any questions at mvandermide@msn.com

Lower Campus (K-2) 4030 Chowen Ave. S. 612.668.3210
Upper Campus (3-5) 4912 Vincent Ave. S. 612.668.3310
Email | Website - <http://lakeharriet.mpls.k12.mn.us/>

STAY CONNECTED

