

December 2020



Twin Hills Elementary School



“Students Today; Leaders Tomorrow!”

Principal's Message...

“Compassion is to look beyond your own pain, to see the pain of others.” ~Yasmin Mogahed

With each turn of our television channels, we see and hear the pain around us. The continuous loss of jobs, homes, and lives have driven many of us to turn the sound down or off. Parents are struggling to ease the silent cries of their children who are separated from their friends, lacking a sense of normalcy, and missing their opportunities to thrive academically. This is not a time to close our eyes and ears. Instead, we must engage even more! People need us to share our time and resources. I challenge each reader to find a way to help someone, understanding the day may come when we are in need. The fabled Mr. Scrooge needed spirits to frighten him into being a better man. All we need is a willingness to reactivate our senses of empathy and compassion for others.

Mrs. Nock-Lemons

**TH Student Attendance
as of 12-4-2020**

Gr	# of Students with ≥ 10% Absences	% of Students with ≥ 10% Absences
K	1	0.31%
1	16	4.92%
2	28	8.62%
3	20	6.15%
4	21	6.46%
	86	26.15%

Missing Schools is Missing Instruction!

Attending school regularly helps students to develop positive work habits that begin early and continue throughout school years and beyond. Being present for synchronous learning affords students opportunities to ask questions and deepen their understanding. Completing assignments affords the teacher opportunities to measure proficiency and remediate.

The state's student attendance standard is 95%. Twin Hills' student attendance is currently **73.85%**, which is **21.15% below the state's goal**. It is important to remember– the New Jersey School Performance Report defines a chronically absent student as a student who is not present for **10% of the school year for any reason**.

Thank you to the parents and students who have worked to improve student

Twin Hills

TOP 100

Doing our best to be our best has its own internal reward. The amount of effort students put forth to learn virtually will determine how well they master the content and successfully resume in-person instruction. But it never hurts to be recognized for your efforts. In light of the recent world events, the Nu Nu Chapter of Omega Psi Phi Fraternity, Inc. will celebrate 100 Twin Hills students who have given their best effort to consistently attend classes, participate in instruction, and complete assignments.

Counseling Corner

Greetings from the Culture and Climate Specialist! With the holidays approaching and many Americans suffering from losing loved ones due to Covid 19, we may be feeling hopeless, depressed, sluggish or a little agitated. I thought it would be interesting to share an article with everyone on Seasonal Affective Disorder (SAD) and how light therapy can help avoid this disorder.

Shining A Light on Depression

<https://www.health.harvard.edu/mind-and-mood/shining-a-light-on-winter-depression>

Virtual School (Option 2) Continues Through February

On October 26, 2020, the Board of Education accepted the recommendation of the Superintendent to submit a request to the NJDOE to allow the Willingboro Public School District to remain all-remote instruction through the end of the second marking period (February 4, 2021).

December's Word of the Month

is **Compassion**. **Compassion means** we care about others, treat them with kindness, and feel a strong desire to help people in need. **Compassion** is empathy in action.



NJ SNAP Program

New Jersey's Supplemental Nutrition Assistance Program, NJ SNAP, provides food assistance to families with low incomes to help them buy groceries through a benefits card accepted in most food retail stores and some farmers markets. Eligibility is set by several factors such as income and resources. You can use SNAP benefits to stretch your food budget and buy nutritious foods that can keep you and your family healthy. For more information click the following links

- **SNAP Brochure (English)-** <https://drive.google.com/file/d/17jB2EmM1HEnPElvfaiMIJGHSOxlt01Kh/view?usp=sharing>
- **SNAP Brochure (Spanish)-** https://drive.google.com/file/d/1nYm2a80wc_N8-FDYwSF760HtHrqTEN71/view?usp=sharing

Reminders:

- ⇒ Do not forget to update Genesis if phone numbers, addresses, etc. change. Genesis can be updated via the Genesis Parent Portal.
- ⇒ Visit the WPS website to get up-to-date information on district's reopening plan.
- ⇒ Student Chromebook Support
 - Need a device? Email a request to : chromebook@wboe.net
 - Technological issues? Email a request for support to: techsupport@wboe.net

Tips for Staying Healthy During COVID-19 Outbreak

- **WASH YOUR HANDS CORRECTLY.** The right way to wash your hands is to use clean water, rub hands together to create a lather with soap, clean under your nails, wash for at least 20 seconds (sing the happy birthday song twice), and then rinse with clean water.
- **AVOID SICK PEOPLE.** If you notice a friend, significant other, or colleague seems like they're sick, stay away from them. If you do have to interact with them, don't stand too close. Make sure to wash your hands before and after spending time with them...and especially steer clear if they're sneezing or coughing.
- **STEER CLEAR OF CROWDED AREAS.** The COVID virus spreads more easily in places with heavy traffic like schools, public transportation, and offices. If possible, avoid spending too much time in these places.
- **AVOID TOUCHING YOUR FACE.** According to the Center for Disease Control, germs are most often spread when you touch something contaminated with germs and then touch your face, like your eyes, nose, or mouth.
- **EAT A HEALTHY DIET.** While there is no magic COVID-fighting food, a healthy diet can help boost immunity and keep you healthy. You should also be focusing on a balanced diet of whole foods like fruits, veggies, healthy fats, carbs, and protein instead of processed foods.
- **EXERCISE REGULARLY.** Take the time to work out about three to four times a week. Studies from 2006 show that moderate amounts of aerobic exercise can help boost your body's defenses against viruses and bacteria. This includes things like brisk walking, jogging, and cycling.

December 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 1:20pm Dismissal Parent Conferences	2	3	4	5
6	7	8	9 Staff In-Service Asynchronous Learning Day	10	11	12
13	14	15	16	17	18	19
20	21	22	23 Winter Break-	24	25	26
27	28 School Closed 12/23/20-1/1/21	29	30	31	Jan- 1	