

September 2020

(928) 737-6342

Hopi CHR Back To School Specials

1. STAY AT HOME ORDER EXTENDED THROUGH SEPTEMBER 30, 2020.

2. NIGHTLY CURFEW daily from 8:00 PM to 5:00AM MST

HOP**I** **E**MERGENCY **R**ESPONSE **T**EAM
(928) 734-3661 / 3663
M-F, 8-5 PM MST
(928) 205-7295
After 5 PM & Weekends

HHCC **COVID-19 HOTLINE**
(928) 737-6188
M-F, 8-5 PM MST

HOP**I** **M**EDICAL **T**RANSPORTATION
CLOSED SEPTEMBER 24TH
(928) 737-6351
M-F, 8-5 PM MST

DISTANCE LEARNING

The 2020-21 school year is off to a **NEW start** for ALL students, teachers and families alike. Schools across the Hopi Reservation are implementing on-line curriculums to educate our children in order to keep students and staff safe from COVID-19. But no matter how your child returns to learning this fall, there will be an adjustment period.

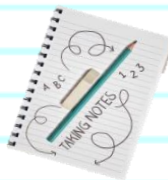
To help smooth the transition and to ease anxieties, start conversations with your child about being back to school. Talk about the options your school is offering and encourage your child to express their feelings – positive and negative. Reassure your child you will help them – no matter what.

ARE YOU READY?

Here are some additional tips for Parents/Guardians to set up a successful at home on-line learning environment:

Create a Study Schedule

Create a schedule and expect your students to stick to it. Modify the schedule when necessary.



Teach Effective Note Taking

Taking effective notes during lessons is an important skill students need to help remember the things they hear and in preparing for exams.

Technology Can Interfere with Learning

Ensure all devices are turned OFF, put away, or silenced during study times. Messaging can be set for "Do-not-disturb" on devices used for courses.

Keep a Clean & Organized Learning Area

Encourage your students to keep the area where they study clean and clear of distractions so they are able to process information and focus well.



Encourage Mental & Physical Health Activities

For better learning, encourage your students to:

- ✓ schedule time for P.E. (physical exercise).
- ✓ get enough sleep.
- ✓ eat a well-balanced diet.



Be Involved from the Beginning to the End

Your involvement in your child's education is **very important** because it lets them know they can come to you when they need help instead of getting frustrated and discouraged. Be a supportive listener and encourage them to find the solutions for themselves.

Most importantly...

BE KIND
WASH YOUR HANDS

STAY HOME IF SICK
HAVE FAITH
COVER YOUR MOUTH

STAY POSITIVE
BE KIND

Take a break when you are:

- Feeling frustrated
- can't seem to focus
- Tired
- Overwhelmed

Have a {healthy} snack:

- Apple & peanut butter
- Pita chips and hummus
- Carrots with ranch dip

Why we need to sleep...

Zzzz

Sleep is a vital, often neglected, component of every person's overall health and well-being. During this important time your body rebuilds muscles and cleans away harmful plaques and waste that are produced in the brain. These are vital processes that keep both your mind and body running properly so you can be fit and ready for another day.



VS.



"SLEEP is the Golden Chain that Binds Health & our Bodies Together."

Zzz

HOW MANY HOURS OF GOOD SLEEP SHOULD YOU BE GETTING?

Zzz

NEWBORNS	0 – 3 mos.	14 – 17 HRS
INFANTS	4 – 12 mos.	12 – 16 HRS
TODDLERS	1 – 2 yrs.	11 – 14 HRS
PRESCHOOL	3 – 5 yrs.	10 – 13 HRS

SCHOOL AGE	6 – 13 yrs.	9 – 11 HRS
TEENS	14 – 18 yrs.	8 – 10 HRS
ADULTS	18+ yrs.	7 – 9 HRS

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- ♥ Learn to FORGIVE- nobody's perfect
- ♥ Act on FACTS – not Gossip/Assumptions
- ♥ Don't worry What OTHERS Think/Say
- ♥ SUPPORT/ENCOURAGE one another
- ♥ Be Grateful & Generous
- ♥ ACCEPT Responsibility/Take Ownership
- ♥ COMPROMISE
- ♥ AVOID Negative Thoughts/Words
- ♥ LET GO of GRUDGES
- ♥ ALWAYS SMILE!



HEALTHY KID'S CORNER

Peanut Butter Banana Roll-Ups

Ingredients

- 1/4 cup Peanut Butter
- 2 whole wheat flour tortillas (8 inch)
- 2 tablespoons honey
- 1/4 cup low-fat granola
- 2 bananas



Step 1: Spread peanut butter evenly over each tortilla and Drizzle honey on top of peanut butter; sprinkle with granola.

Step 2: Place a banana in center of each tortilla. Fold in opposite sides; roll up burrito-style. Cut in half to serve.

Water-berry Kiwi Popsicles

Ingredients

- 1 medium lime
- 1 medium kiwi
- 2 cup watermelon
- 1 cup strawberries



Instructions

1. Juice and zest the lime. Peel kiwi. Dice watermelon, hull and slice strawberries.
2. Place all ingredients in a blender & puree until completely smooth.
3. Pour mixture into Popsicle molds.
4. Freeze 3-4 hours, or until solid.