

Updated: January 16, 2021

Har-Bur Happenings

Two Great Towns. One Awesome School. Endless Opportunities...

Good Morning HBMS Community,

Happy Saturday morning,

We started our Friday morning reminding student there is no school on Monday. We recognize Dr. Martin Luther King and the impact he had and continues to have in our society. We ended with a favorite quote from this great person, "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." We asked students to take a moment this weekend to reflect on these important words and how they can apply them in their own lives.

We hope you have some terrific plans for the long weekend. We can't wait to see the students on Tuesday.

Warm Regards,

Joe and Peter

Please follow us on **Instagram ...@Harburhuskies**

School Information and Reminders:

- **Temporary Distance Learning Plan:** The following is for students that need to be out of school for a short period of time. Students should access their teachers' TEAMS pages at the normally scheduled time. Teachers have the choice of asynchronous assignments posted daily with consistent check-ins during the time out, live streaming from class to the students at home or a combination of the two depending on the lesson and day. The tasks that are assigned would need to be completed in the timeline the teacher gives to determine attendance/engagement.
- The **Technology Assistance** page for the district is live and can be accessed at the following link: www.region10ct.org/technology. To submit a Help Desk Ticket do the following:
 - Go to www.region10ct.org
 - Go to "Parents" and scroll down to the last entry "technology assistance"
 - Go to Other Resources:
 - Submit a Help Desk ticket

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- Fill out the Help Desk ticket and one of our tech people should get back to you. Please make sure to put in the student's full name, grade, and a description of the problem.
- All **5th and 6th grade students** are invited to attend our next 5th and 6th Grade Book Club of this school year! **The Book Club** will be held after school via Zoom so that participants can participate from home. Our Zoom will be on Wednesday, February 10th at 4:00 to discuss *The Last Boy at St Edith's* by Lee Gjersten Malone, the book selected by students among several choices at our prior Book Club gathering. It is described by Kirkus Reviews as "a funny, emotional book that will quickly become a favorite to many a reader". We will play a book-themed game of Kahoot prior to discussing the book together. Multiple copies of the book are available and can be delivered to a student's homeroom if requested. Please email Mrs. Bohan or Mrs. O'Connor if you are interested in joining us at bohana@region10ct.org or oconnorr@region10ct.org
- An important note: If we have a **2-hour delay** due to weather all students, regardless of if they are in person with us or in our opt-out distance learning classes will follow our 2-hour delay schedule. It is also posted on the Har-Bur Website under the School Information Tab.
- This is a reminder that **students go outside** for mask breaks and will play outside for recess as long as it is above 25 degrees with the windchill. Please make sure that your kids have appropriate outerwear for cold weather - i.e. coats, hats, and gloves. Thank you!
- **Substitutes:** Regional School District #10 is currently looking for substitutes. Across the country, teacher subs are in high demand. Being a substitute teacher with Region 10 allows for a flexible work schedule and guarantees a daily rate of \$90. There is also a potential for permanent employment, as a teacher, paraeducator, or permanent sub. with benefits. No certification is required. A Bachelor's degree or an Associate's degree, with the willingness to apply for a substitute waiver, is all that is required. If you are interested in assisting professionals in an educational setting and possess good judgement, are adaptable, and are accountable with good communication skills go to www.region10ct.org to apply.
- **Schedule:** Our school has a four-day rotating schedule. If we miss a day of school for weather, we no longer skip that day in the rotation. Instead, we are "Pushing" the days. For instance, if there is no school on January 20 and it is a day 1, January 21 would become a day 1.

January	18	19	20	21	22
Day	x	4	1	2	3
January	25	26	27	28	29
	4	1	2	3	4

COVID ATTENDANCE GUIDELINES:

We appreciate everyone's adherence to the guidelines below. It is essential that students do not come to school if:

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- They have had close contact (at least 15 minutes, within 6 feet) with a person that has tested positive for COVID-19
- They, or a member of your household, has been tested for COVID-19 because of symptoms and/or potential exposure and you are awaiting results
- Your family has traveled to any of the states on the CT Travel Advisory list (<https://portal.ct.gov/Coronavirus/travel>)
- You screen them before school, and they have any of the symptoms below:
 - fever of 100.4 or higher
 - chills
 - a new uncontrolled cough
 - difficulty breathing
 - a sudden loss of taste or smell

If your child is ill and will not be attending school (this includes students that are attending school remotely), please call our school nurses, Beth Niedmann for Grades 7-8, and Kristen Belmonte for Grades 5-6, to report their absence and the reason for the absence.

If an extended period of absence of two or more days is expected parents/guardians may contact the nurse or your child's school counselor by 9:00 am of the 2nd day to request missed homework assignments. The packet will be available to be picked up after a 24-hour period. In addition, students should check their teachers' TEAMS pages.

Farmington Continuing Ed: Please check out these two flyers for all the winter session information. **place link here**

Art for All

Important Dates:

January 18 – No School – Martin Luther King, Jr. Day

January 22 – Quarter 2 Ends

February 2 – Report Cards available on PowerSchool at 3pm

February 12 – No School for students – Teacher Professional Development

February 15 – No School – President's Day

Contact Information:

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Have questions for us? Here are some quick contacts:

Information for all teachers and staff is available on the Region 10 website: www.region10ct.org

Principal – Joe Masi: extension 17558 – masij@region10ct.org

Associate Principal – Peter Bogen: extension 17512 – BogenP@region10ct.org

Counseling Office – Karol Nicoletti: extension 17506 – NicolettiK@region10ct.org

Nurse’s Office Grades 5 and 6 – Mrs. Kristin Belmonte: extension 17310 - belmontek@region10ct.org

Nurse’s Office Grades 7 and 8 – Mrs. Beth Niedmann: extension 17507 - niedmanne@region10ct.org



Regional School District #10

Free Breakfast and Lunch for All Children
In School and Virtual Learners

Schedule and Ordering Directions are on the Region 10 Website
region10ct.org - "click" on "Nutrition Services"

WHY SHOULD MY FAMILY TAKE ADVANTAGE OF THIS??

- They are Free and help you stretch your household food budget!
- They save you time & are available in school and pick up
- They make the school day seem a little more NORMAL and who can't use a little normal these days?
- They help support Region #10's School Breakfast and Lunch Program
- You are helping to create/sustain jobs and the local economy
- You are supporting our local farms and businesses
- They are delicious, nutritious, fun and convenient
- They are FREE for ALL Children through the end of the school year!!!

THE WELLNESS WATCH



Coordinated School Health Team
Whole Health, Whole School, Whole Community

By Marcella Slason
January 2021

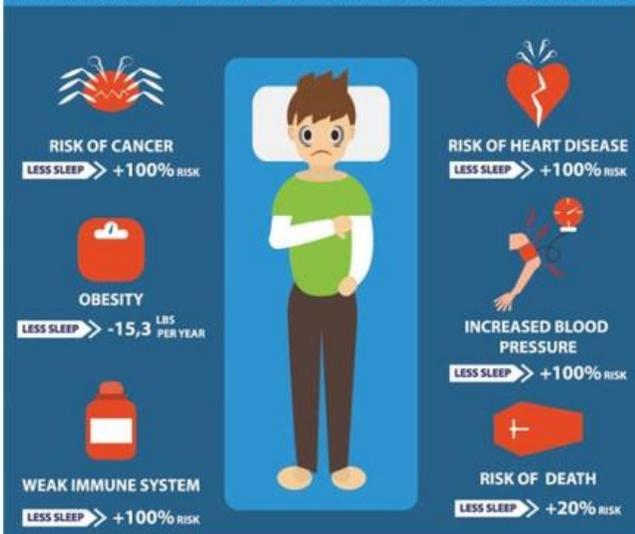
Sleep and its Effect on the Body

What is sleep deprivation?

Sleep deprivation is a condition that occurs when you don't get enough sleep. It is caused by a variety of factors. If you don't get enough sleep, you sleep at the wrong time of day (you're out of sync with your natural clock), you don't sleep well, or if you have a disorder that prevents you from getting enough sleep, you may be at risk for sleep deficiency. While one night without good sleep won't hurt you, if you go many nights in a row with little to no sleep, you may experience adverse effects.

EFFECTS OF SLEEP DEPRIVATION

MANY PEOPLE CONSIDER SLEEP A WASTE OF TIME AND SEE NOTHING WRONG IN SLEEPING LESS THAN 6 HOURS



..... DANGEROUS SIDE EFFECTS of Not Getting Enough Sleep

Top 10 Home Remedies
To explore more, visit www.Top10HomeRemedies.com

Effects of sleep deprivation

There are a number of problems that sleep deficiency can cause, including:

- Difficulty concentrating, remembering, focusing, learning, and reacting
- Less control over emotions and behavior
- Increased risk of developing serious medical conditions such as heart and kidney disease, diabetes, high blood pressure, and obesity
- Risk of accidents and injury increases

How much sleep should you get at night?

The amount of sleep needed varies depending on your age range. For an adult, it's recommended that you get seven to nine hours of sleep. In the case of a teenager, eight to eleven hours is preferable. In a child's case, upwards of ten hours of sleep is ideal.

However, remember that not everyone is the same, and some people may need more sleep to fit their lifestyle than others. Make sure to consider if you have an active or inactive lifestyle, and then figure out if you need to adjust your sleep schedule to get more.

Age Group	Recommended Hours of Sleep
0-3 months	14-17 hours
4-11 months	12-15 hours
1-2 years	11-14 hours
3-5 years	10-13 hours
6-13 years	9-11 hours
14-18 years	8-10 hours
18-25 years	7-9 hours
26-64 years	7-9 hours
65+	7-8 hours

Benefits of sleep

Not only can getting enough sleep give you energy for the day, but it can also:

- Boost immunity and decrease the risk of developing medical conditions
- Put on less weight/prevent weight gain
- Improve your mental health and memory
- Increased productivity and performance



Tips to fall asleep easier

If you're having trouble falling asleep, try:

- Sticking to a sleep schedule that works for you (i.e., you have energy for the day)
- Choosing a comfortable mattress and pillows
- Monitoring your caffeine intake
- Disconnecting from electronic devices a half hour or so before bed
- Developing a relaxing pre-bed routine

