



# Cheetah Family News

## 2019-2020 School Year

(615) 472-4300

April 3<sup>rd</sup>, 2020

1000 Secluded Lane

Hello Chapman's Families,

I hope you have had an opportunity to access the educational resources available to our students online or through packet form. If you have any questions about any of the information provided, please feel free to contact your child's teacher for guidance.

While you are at home sheltering in place, please help us to obtain an accurate number of students who will enroll for the 2020-21 school year by completing the attached ***Intent to Return*** form, and registering your child right now through the Skyward app. If you need assistance, please contact [heather.curtis@wcs.edu](mailto:heather.curtis@wcs.edu) and she will be happy to help. Student enrollment directly impacts the number of teachers we are allocated each year, so please help us by completing the registration process early.

WCS will be following the Governor's shelter in place guidelines by closing all school playgrounds. Signs will be posted immediately, and the Williamson County Sheriff's Office will be enforcing this mandate. Please remind your children and neighbors that utilizing the playground at this time is prohibited. We will reopen for community use as soon as the mandate is lifted.

Thank you for your communication, understanding, and support. Please contact us with any questions and stay well.

Best,

Dr. Garrett



Check out messages from the CRES staff on the WCS YouTube page!  
<https://youtu.be/PsjNU9ljKI>



During this time, we know there are many families privately struggling. Please share the following information with your neighbors and friends, so we can reach as many people as possible.

**Chapman's Retreat will hold a second Food Drive Saturday, April 4 at 10:00 a.m.**

- Where: CRES Front loop
- When: Saturday, April 4th, beginning at 10:00
- How: Families will stay in their cars and large containers of food will be delivered to their trunk by WCS staff.
- Who: Families in need of non-perishables and fresh produce.

For up-to-date information from the district, refer to the WCS site, linked here:

<https://www.wcs.edu/coronavirus/>

# FOOD RESOURCES



## COLLEGE GROVE FOOD PANTRY

Located at College Grove United Methodist Church

8568 Horton Highway,  
College Grove, TN 37045  
615-368-7611

Food Pantry is open  
Saturday mornings from  
9:00-10:30 am. Food Pantry  
is operating as a drive  
through.



## THE WELL OUTREACH FOOD PANTRY

Food is distributed at our food pantry at 5306 Main Street (NEW LOCATION—next to Big Dog's Computers) in Spring Hill, TN on:

- Tuesday 10:00am - 2:00pm, 6:00pm - 8:00pm
- Wednesday 10:00am - 2:00pm
- Thursday 10:00am - 2:00pm, 6:00pm - 8:00pm
- Friday 10:00am - 2:00pm
- Saturday 10:00am - 12:00pm

Additional information on food resources can be found on the Williamson County Schools Website:

[WILLIAMSON COUNTY FOOD DISTRIBUTION RESOURCES](#)



## ONE GENERATION AWAY

Mobile Food Pantries: We do not ask questions or have requirements for people who can receive food. **Food is distributed on a first come, first served basis. We serve outside, rain or shine.**

### WILLIAMSON COUNTY

APRIL 4, 2020 @ 9:30A - 11:30A  
Johnson Elementary School, 815 Glass Lane, TN 37064 United States

Other mobile food distributions listed [HERE](#).



## NOLENSVILLE FOOD PANTRY

Hosted at the Providence Baptist Church office  
1668 Sunset Road, Brentwood, TN 37027 (615) 238-8197

Tuesday and Thursdays from  
9:00am till Noon

Food Pantry operating as a drive through.



The Franklin Special School District is offering free daily breakfast and lunch using a drive-through system. For children 18 yrs. and younger (does not matter if they are typically free, reduced, or full pay). Children must be present for pick up.

### LOCATIONS:

Poplar Grove school from 11am until 12:30pm. Cars should enter at the 2939 Del Rio Pike driveway and follow signs to the back of the building.  
Liberty Elementary School from 11am until 12:30pm at 600 Liberty Pike.

For those who are unable to drive through the two locations, meals will also be delivered to select locations in the district Monday-Friday until school reopens. Delivery times and locations are as follows:

### EAST FRANKLIN:

Hickory Drive: 11:00  
Liberty Oaks: 11:05  
Ash Drive-Chestnut Lane: 11:15

### CENTRAL FRANKLIN:

Acton Street and Short Court: 11:00  
Park Street: 11:05  
Franklin Estates (pool): 11:20  
Robin Hill Rd: 11:35  
Cherokee Place: 11:40

\*times may vary by 5 minutes



## GRACEWORKS COMMUNITY RESOURCE CENTER

104 Southeast Parkway, Franklin, TN 37064 615-794-9055

When: Monday-Saturday 9:00 am-12:00 pm; Wednesdays 4:00-7:00

Please remain in your car for the food pantry. Bring photo ID with you.

## OTHER SCHOOL DISTRICTS PROVIDING MEALS:

### Maury County Schools

### Rutherford County Schools

### Metro Davidson County Public Schools

\*any child, under the age of 18, regardless of residence, is eligible for these meals



## Tips from Teachers

### KINDERGARTEN

#### Kindergarten Math Tip:

Play Addition Yhatzee (found in K packet)! You can play Kindergartener Vs. sibling or Kindergartener Vs. parent. Take turns rolling 2 dice and writing the number sentence to match each numeral. The first person to find a number sentence for each number wins!

#### Kindergarten ELA Tip:

Have your child write a rhyming sentence using CVC rhyming words and sight words. Examples: The big bug has a little rug. Little Rick can lick the stick! What can you see, Lee? If you have rhyming books like Dr. Seuss books, this is a great time to read one!

### First Grade

#### Reading Tip:

As a reminder, reading a book that your student is familiar with and able to read accurately all the way through is a great book to practice fluency with. Encourage your student to read at an appropriate rate and a lot of expression! Also, we encourage you and your student to be creative when it comes to WHERE and HOW you read! Some fun ideas include: reading in a fort, in a closet with a flashlight or in a laundry basket with a stuffed animal! It doesn't matter how or where you read, as long as you are reading! Be sure to share with your reading teacher what, where and how you read. They would love to hear from you!

#### Math Tip: Use Analog Clocks!

Go pre-digital with time. Reading time on a digital clock is vastly different than on a clock with a face. First grade standards focus on telling time to the hour and half hour, so have some old-fashioned analog clocks around your house as your child is learning to tell time. Consider giving them a wristwatch with a face, rather than one with a digital display.

### 2nd Grade

#### Reading Tip:

While you're reading a book, after you read a few pages or chapter, write down what your favorite part, character, etc. is and don't forget to tell why. Have fun reading!

#### Math Tips:

Math is FUN!!! Try some of the following ways to practice math with your child at home. Hug them and tell them that we miss them!

**\*Trash<sup>®</sup> -ketball:** Use a trashcan and pick a spot on the floor to be the free-throw line. Use wadded up pieces of paper as the "ball". Each time your child gets a math problem correct, they throw a paper and attempt to score a basket. This is a great game for reviewing math facts.

**Hide and Seek Math:** Hide flash cards or problems from the resources provided by the district around the house. Give your child a pencil and a piece of paper. They seek out the problems and when they find one, they work it on their paper.





# Tips from Teachers

## 3<sup>rd</sup> GRADE



### Math Tip:

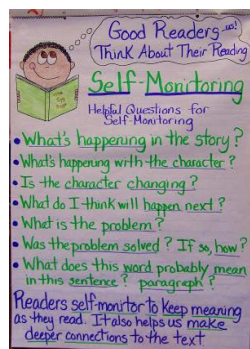
Math is EVERYWHERE! Have you seen the Stained Glass Chalk Art some families are creating? It is so cool. What a great way to create different types of triangles and quadrilaterals! When you are finished, you can draw a chart and create a graph showing the total number of each type of shapes you created. Do your parents have a tape measure? You can also calculate the area & perimeter of the entire shape.

Have Fun!

### Reading Tip:

Self-monitoring helps readers independently keep track of what he/she does and does not understand while reading a complex text. Other benefits of self-monitoring reading strategies include:

- Gives the reader greater independence
- Foster a deeper understanding of a text
- Enables a reader to learn more effectively
- Encourage risk-taking
- Promotes a reader to take more responsibility for his/her learning



## FOURTH GRADE

### Reading Tip:

Read your book for 20 min. After reading, WRITE a short summary of what you read then share it with a family member.

### Math Tip:

Here is a fun math activity to practice area and perimeter in your own home. If you have access to a ruler or tape measure, find objects around your home to measure. You can find the area and perimeter of a rug, a kitchen table, a tile on the floor, a cabinet door, a book, or even a Lego! Just remember, to find the perimeter, add all four sides together. The area can be found by multiplying side times side.

## 5<sup>th</sup> Grade

Hey 5th Graders! We know you are busy using the resources available by the county.

### Math Tip:

A strategy to use for math word problems is to read the problem more than once. Read it to find what operations you will be using, if there is any hidden questions you need to answer before you need to answer the actual problem and check to see if your answer is reasonable. Does it make sense?

### Reading Tip:

A strategy to use for ELA is summarizing. Read a chapter or an article and in your own words what is the important information that you learned. Find a book or something you are interested in and read it! Then summarize what it is about to your parents, grandparents, or your friends. They would love to know what you are reading about. Miss you all!

# COUNSELOR'S



# CORNER



Hello WCS Families,

We have missed our students tremendously over the last few weeks and we hope to be with them at school soon:) During our time at home, you will receive a weekly newsletter that is a combined effort from all WCS Elementary School Counselors.

In each newsletter, you will find social-emotional tips for home, fun activities to practice healthy coping skills, book recommendations, and community resources available to families.

What parents may be seeing or hearing on the surface:

fighting  
complaining  
defiance  
sneaking  
refusing  
disrespect  
ignoring

What kids may be experiencing:

misunderstanding  
worry  
powerlessness  
helplessness  
fear  
boredom  
confusion  
disconnection

Rather than focusing on the tip of the iceberg, remember to problem solve by addressing what is under the surface.

## IMPORTANT TO NOTE

Your child's school counselor is also available for individual support during the extended school closure. Please reach out to them via email and they will be in touch with you as soon as they are able. Together, you can decide the best way to support your child during these uncertain times.

Sometimes, little people have BIG feelings. When kids cannot express appropriately or identify their feelings, they often come out as ANGER.

## Does Your Child's Anger Get Really Big, Fast?

1. **Help your child learn to recognize their body's cues that they are starting to get angry...** red face, clenched fist, tight muscles, etc. This is when they should use coping skills to avoid flipping their lid.
2. **Help them reframe their thinking.** If you tell them, "No you can't eat candy before dinner" they might be thinking "That's not fair! You're mean!", which will lead to angry feelings. See if they can reframe it by thinking something like, "Oh well, maybe I can have a candy after dinner."
3. If they do flip their lid, allow them time and space to cool down BEFORE you try to talk about what happened.
4. **Keep calm.** If your child starts to elevate, keep your voice



Click on the picture above to watch a short video describing what happens in our brain when we "flip our lid". The video also provides tips for how to help your child manage overwhelming feel-



# COUNSELOR'S CORNER

## 8 Positive Behavior Tips for Home

Adapted from the PBIS recommended brochure by "Center for Evidence-Based Practice: Young Children with Challenging Behavior" August, 2006. [www.pbis.org](http://www.pbis.org)

### 1. Keep Your Expectations Realistic

Keep in mind your child's age, ability level and limitations when considering expectations.

### 2. Plan Ahead

Hope for the best but plan for the worst. Try to anticipate your child's needs.

### 3. Clearly State Your Expectations in Advance

Be sure to clearly state your expectations BEFORE you enter a situation, especially in new experiences. Use words that you know your child understands and ask them to repeat the rule to confirm understanding.

### 4. Offer Limited, Reasonable Choices

Either way they are doing what you want but they have a little power, which can go a long way. "Do you want to wear Jeans or Sweatpants today?" "Do you want to do your flash cards in the car on the way to practice or after your shower tonight?"

### 5. Use "When...Then" or "If...Then" Statements

These contingency statements can help you keep your instructions simple and clear. "When you clean your room, then you may go outside and play" "If you do your homework, then you can do your craft."

### 6. Catch your Child Being Good

Reward the behavior that you want to continue. And remember, kids LOVE attention, so give it to them for showing your preferred behaviors.

### 7. Stay Calm

When your child's behavior is unacceptable, you can choose to respond to it or ignore it. If you choose that a reaction is warranted, try to do so as calmly as possible. You want to avoid accidentally reinforcing the negative behavior by simply giving it too much attention.

### 8. Use Neutral Time

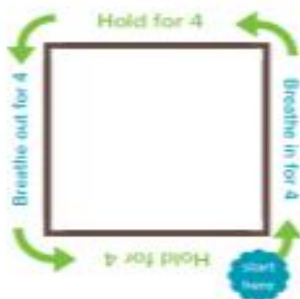
Two angry people are not going to come to a reasonable solution. Choose to address the behavior as you see fit and then wait for a neutral time to discuss what happened earlier or yesterday and positive ways to handle that problem in the future.

### How to have a reward system that really works!



## COPING SKILL Activities

### Breathing Strategies



### Hands on Strategies



\*Click on the pictures above and you will be taken to a DIY instructional video or website. Have fun!!



# COUNSELOR'S CORNER

## Resources & Inspiration

### Resources for Caregivers

**Reflect on Your Day:** Start a journal, draw, paint, etc. Find a way to process and share your feelings about each day.

**Self-Care:** This is a stressful time for many families. Remember, you have to take care of yourself in order to care for others. Click [here](#) to view self-care tips for caregivers.

**Set Up a "Peaceful Place":** This is a safe place for your child to retreat to if they are upset. Get them involved in setting up this area to be cozy and relaxing. Try to include things that can engage all 5 senses... like lavender spray, a book, art supplies, relaxing or happy music, the Calm app, and a stress ball.



### Online Resources

**Recommended Apps:** If your child could use help calming down to make good choices, you can download the [Calm app](#) for free on your mobile device or through google. This digital format is appealing to kids and they may be more receptive to a calming break.

**On Your Child's Dashboard:** Sometimes kids need a brain break or to burn off some energy. Tell them it's "indoor recess" time and turn on [GoNoodle](#). Dancing and exercising are both great coping skills.



### Crisis Resources

If you or a member of your family are in need of immediate help, please contact the Tennessee Statewide Mental Health Crisis Hotline (24hrs).

**1-855-274-7471**

### Purposeful Practice

We all get angry sometimes, and that's okay, we just need to find healthy ways of dealing with our anger.

This evening, ask each member of your family to share their favorite way to calm down when they get angry.



# Art Room Buzz from Miss B



Combine art and science by testing different methods of coloring eggs.  
(Put an egg in a whisk to help children keep their hands clean during the experiment.)

Food coloring can be added to shaving cream or whipped cream to create a marbled tie-dyed treatment. You can also boil eggs in water and turmeric, red cabbage, or beets to create natural earth tone hues of colors. See if adding white vinegar to water and food coloring creates a higher intensity of color. The excerpt from Education.com explains the effect vinegar has in the process of coloring eggs. Have fun and enjoy the results of your experiment in a hunt or egg salad(Lol)!



## Why? (taken from education.com)

Food coloring is an acid dye. It bonds using hydrogen, and this chemical process only works in an acidic environment.

Distilled water is usually neutral, with a pH of 7. This means that it is not acidic and not basic. Vinegar is acidic and contains around 3% acetic acid. When you add vinegar to water, it creates ideal conditions for food coloring to dye the egg. Since eggs are made out of calcium carbonate, this calcium in the shell reacts with the acid in the vinegar to make carbon dioxide. If you place an egg in vinegar and water, you can often see that chemical reaction taking place as bubbles of carbon dioxide form in the liquid.

## Activity Log Information



Attached to this email is an activity log. Each day record the number of minutes you are physically active. Physical activity may include, suggested online exercises, walking the dog, activities outside, jogging, riding the bike, shooting baskets, playing catch, soccer skills, hikes and jump rope. At the end of the month, calculate the total number of minutes you were physically active. Do your best to stay active during this time. Staying active keeps your immune system strong. To remind yourself to remain active, place the activity log in your room or on your refrigerator. When we come back to school, make sure that you bring your activity log and return it to Mrs. Yancey or Mr. Willoughby. Challenge yourself to be active every day! Let's go Cheetahs!





# Music Notes from Miss Webb

We are very excited to offer you some wonderful resources that will get your child singing, moving, and creating music at home! Please refer to the packet provided by the district for our Music Choice Boards (under the Creating heading). Most of the activities can be done with things you will find around the house or with no extra materials at all! The shaded boxes (gray) have an additional resource that will enhance that activity.

For direct access, your child must **log into their Classlink dashboard** (<https://launchpad.classlink.com/wcstn>), then click on Google Tools, then Google Classroom. Click the plus at the top right to add a new classroom. Carefully type in the code for your child's grade level.

- Google classroom code for Kindergarten, 1st and 2nd grades: **dchbxo3**
- Google classroom code for 3rd, 4th and 5th grades: **4ov5rph**

Daily music activity has been shown to increase ability in all other subject areas. Enjoy music every day! Dance, listen, draw, conduct, and compose together!





# Global Day of Engineering April 3

April 3 is Global Engineering Day!  
Take time to celebrate engineers by talking  
about your favorite engineering project or  
structure with your student.

<https://goo.gl/maps/SGsmPJVyBFVPCQYx8>



## Technology Tip: Classlink App



Have you added the Classlink app to your iPad or mobile devices? The Classlink app allows your child to access all the apps on their WCS Dashboard just like using a laptop! Once you load the app on your device, select Williamson County Schools, verify Franklin, TN, and have your child login with their WCS username and password. Some apps may ask for login verification the first time. GSuite apps will use your child's username@myplace.wcs.edu account information. The Classlink app truly makes using the Classlink Dashboard so much easier!

<https://apps.apple.com/us/app/classlink-launchpad/id524297631>



**BOOKS**  
aren't just made of  
**WORDS**...  
they're also filled with  
**PLACES**  
to visit and  
**PEOPLE**  
to meet.

Make time for reading everyday!



Below are some fun and easy ways to incorporate reading into your child's day.

- Create a fun reading space. Make a reading area or fort where your child can read and relax on his or her own
- Help your child choose books that are related to his or her interests—whether it's sports, animals, dinosaurs, or something else
- Reading doesn't always have to mean picking up a book. Magazines, graphic novels, and newspapers are other great reading materials that feel less like work—but they still help your child practice and improve his or her reading
- Listen to audio books
- Start a new series
- Each day have a scheduled reading time. During this time you can talk with your child about what is happening in the book, what their favorite part was, and what they think might happen next
- Write and read letters to/from family members that live out of town
- Complete the April book challenge



### Games to Play to Build Literacy Skills

Scrabble	Old Maid
Monopoly	Go Fish
I Spy	Word Search
Boggle	Crossword Puzzles
Rhyming Games	HedBands
Scavenger Hunt	Connect Four
Apples to Apples	Clue
Memory	

### Things To Read Around Your House

Comics	Letters or Postcards
Toy Packages	Cereal Boxes
Magazines	Recipes
Directions	Food Labels
Maps	Menus
Closed Captioning	



# CRES Reading Challenge

Color in each box as you complete the reading challenge. Can you do them all?

<p>Read a letter someone wrote</p> 	<p>Read a book about your favorite animal</p> 	<p>Read a book with no pictures</p> 	<p>Read a comic book</p> 	<p>Read a magazine</p> 
<p>Read your favorite book</p> 	<p>Read to your pet or stuffed animal</p> 	<p>Read while eating a snack</p> 	<p>Read in your pajamas</p> 	<p>Read a book someone else chooses for you</p> 
<p>Read a book in bed</p> 	<p>Read with a flashlight</p> 	<p>Read into a pretend microphone</p> 	<p>Read a book to someone else</p> 	<p>Read a recipe</p> 
<p>Read a book about a real person</p> 	<p>Read a book that teaches you how to do something</p> 	<p>Read a joke book</p> 	<p>Whisper read</p> 	<p>Listen to someone read to you</p> 



# Attention: Rising 6<sup>th</sup> Grade Student Athletes!!

Please see the information below and the Parent Playbook attached to the newsletter email.



## Williamson County Schools Athletic Department

1320 West Main Suite 202, Franklin, TN 37064 - (615) 472-4155  
Darrin Joines - District Athletic Director

Dear Parents of Rising 6<sup>th</sup> Grade Student-Athletes,

The Williamson County Schools Athletic Department has partnered with FinalForms, an online forms and data management service. FinalForms allows you to complete and sign athletic participation forms for your students as well as receive timely, streamlined communication from coaches. This system is for all WMAA sanctioned sports within WCS.

For your student to be eligible to participate in athletics in WCS you must complete the online portal. The most exciting news is that FinalForms saves data from season-to-season and year-to-year, meaning that you will never need to enter the same information twice! FinalForms also pre-populates information wherever possible, for each of your students and to future siblings, saving you time (you will only need to review your information once per school year to verify information is current and sign the forms).

Click on the Parent Playbook (attached) for more information on how to use FinalForms. If you require any support during the process, scroll to the page bottom and click the "Use Support" link.

**We are asking that ALL parents of athletes use FinalForms to electronically complete ATHLETIC paperwork! Expect a confirmation email from FinalForms giving you access to your student.**

**If your student is NOT an athlete, no action necessary. Please disregard this email.**

Thank you for your assistance in streamlining our paperwork processes for Williamson County Schools.

Sincerely,

Darrin Joines  
District Athletic Director  
Williamson County Schools  
[darrin.joines@wcs.edu](mailto:darrin.joines@wcs.edu)  
@wcsCOAthletics

# ONLINE REGISTRATION OPENS



MONDAY  
MARCH 2

- Online registration for returning WCS students currently in grades K-11 is open.
- Registration must be completed on a **desktop computer** using a [Skyward login](#). A parent login must be used.
- When registering your child, look for the **2020-21 Registration Update for Returning area** in Skyward.
- When registering, be sure to fully **complete each step and click submit to ensure registration is complete**. A **green check mark** will appear in the right-hand column of the registration window when all steps are complete.

## Kindergarten Registration Information

The Kindergarten registration window will open later this spring. Children who are 5 on or before August 15<sup>th</sup> are eligible for kindergarten. Office hours for registration will be shared once they are available. In the meantime, go ahead and gather the materials needed for registration!

### Items needed for Kindergarten Registration:



- Copy of signed Lease Agreement (including renewed lease agreements), signed executed Settlement Statement, Deed, mortgage statement, or similar proof of legal residency, or a signed valid non-contingent real estate sales contract (only applicable if moving to the school zone), and
- Minimum of TWO utility bills (gas or electric and water, or connection verification letter) for last month prior to enrolling
- Photo I.D. (driver's license or passport)
- Court ordered parenting plan indicating primary residential parent, if applicable
- TN Certificate of Immunization & Health record
- Physical Examination - Must be within a year of entrance for students entering public school for the first time
- Birth certificate (certified copy)





Department of  
**Health**

**Williamson County  
Health Department**

# COVID-19

## ASSESSMENT & TESTING

If you are experiencing the following symptoms:



**Fever + Cough**  
or



**Shortness  
of breath**



**Difficulty  
breathing**

Please call the health department before visiting one of our clinics, and talk with a nurse to assess your symptoms. If testing is required, the health department can perform at either clinic while supplies last.

**Franklin Clinic**  
**(615)794-1542**

**Fairview Clinic**  
**(615)799-2389**