



MCPOLIN OFFICE UPDATES
WEDNESDAY, SEPTEMBER 9th, 2020

Dear parents and caregivers,

Welcome Back everyone. Trust we all enjoyed a wonderful, relaxing, and COVID safe Labor Day weekend. Could the weather have been any better?

Now a second welcome back to the changing of the seasons and our annual reminder about recess and outdoor wear. More than in previous years, for obvious reasons, we continue to believe that going outside in all sorts of weather is best and a part of living in Park City. The benefits of outdoor recess are well researched and well documented, including, but not limited to learning how to play and socialize with classmates, using your imagination in all sorts of ways, and enjoying unstructured time, (<https://pediatrics.aappublications.org/content/131/1/183>). We all need to be sure to have the appropriate gloves, boots, hats, jackets, and pants to enjoy outdoor recess. Do not hesitate to contact our outreach coordinator, Belsy Moscoso, if you are in need of these items.

As the seasons change so do our daylight hours and the inevitable impact on schedules. If you are noticing that the morning routine has become more challenging, it just might be the lack of a nightly routine that is the cause. As the daylight hours change it feels like we are not only waking up in the dark, but the amount of after-school daylight hours decreases and it's dark before we know it. Research, and my own life experiences, suggests having a nightly routine allows for a safe and calm bedtime which in turn helps mornings to feel less stressful. Be smart and keep any routine manageable. Allow your child flexibility within the routine, but keep things under your control by limiting the choices available. For example, let them choose a different stuffed animal or two for bed each night, but keep it to a fixed number. Let them choose one story and one song. Try to keep the bedtime routine to no longer than 30 minutes. By using this sort of strategic routine, everyone benefits both at nighttime and the next morning. For more information on the positive impact of "routines" in general, visit the following website: https://www.huffpost.com/entry/what-teachers-know-about-routines-and-how-they-benefit_b_58874906e4bod96b98c1df82

Thanks for another super start to a week and for keeping us all safe. We continue to appreciate and recognize everyone's best efforts to wear masks/face coverings, distancing, routine handwashing, and most of all making safe decisions after school at home. What we do at home comes to school with us. **Thanks for honoring this year's theme: All for One, And One for ALL.**

Sincerely,
Bob Edmiston

Important Dates and Information:

- **PCEF Beat the Call**
 - **Donate on-line through the district website or check student backpacks for information and envelopes to**