



The EL News Quarterly

A Message from Kristin DeVaul, Administrative Assistant for Human Resources for Marion County Schools:

"Winter reminds us that learning, like the seasons, has its own rhythm. Every day our English Learner students show resilience, courage, and curiosity—and every step they take strengthens our entire school community. Together, we continue to grow, support one another, and make Marion County a place where every student's voice belongs."



Becoming a Resilient Family

Stress is a part of our everyday life, especially for parents during tough times. The way we approach challenges shows our level of resilience. Children learn to cope with stressors by watching what their parents do during these difficulties. Parents can use the following six steps to build awareness and prevent stress

1. **Connect:** Make connections and accept help. Value relationships, prioritize time and reach out for support when needed.
2. **Redirect:** Don't get in a rut. When poor habits appear, pause, and think how you might handle them differently. Habits take time to change so be patient.
3. **Stay Positive:** Keep a positive view of yourself. Focus on your strengths. Self-encouragement takes practice.

4. **Accept:** Understand that change and uncertainty are a part of living. Fighting with whatever you cannot control is useless.
5. **Act:** Develop step-by-step goals you want to achieve and take action. Stay proactive. Having a check list creates concrete goals to follow.
6. **Enjoy and Relax:** Take care of yourself. Participate in enjoyable activities. Find fun and relaxing ways for your family to spend time together.

DATES TO REMEMBER

- **December 1:** NO SCHOOL (Professional Meeting for Teachers)
- **December 22-January 2:** NO SCHOOL (Christmas Break)
- **January 19:** NO SCHOOL (Martin Luther King Jr. Day)
- **February 4:** 3-hour early release (students go home 3 hours early)
- **February 16:** NO SCHOOL (Professional Meeting for Teachers)
- **March 13:** NO SCHOOL (Professional Meeting for Teachers)



Simple Steps to Teaching Courage

Bravery, or having courage, doesn't mean fearlessness. It means doing something even though we're afraid. In Marion County Schools, we believe kids have great ideas on how to make life better for them and their friends. Kids need exercise, healthy foods, and a well-rounded education in order to be successful. They also need help building the confidence and skills so that they can be leaders – not just in the future, but also today. Being a leader requires bravery, and as parents, you can set a powerful example. Below are 5 ways to teach kids how to be brave at any age.

Lead by Example: Kids learn through what they see. There are plenty of simple ways to show how to be brave in your everyday routine. Be open about your own fears and anxiety, then show your children how you work through those fears to accomplish what you set out to do.

Teach Honesty. Tell your children that it's okay to be scared or nervous, and that it's okay to share that with others. Don't hide your own emotions, especially when you're scared to do something. Pay close attention to your language. Talk to yourself with kindness about your fears.

Offer Strong Role Models. Find ways to introduce plenty of strong role models into your child's life to help them learn bravery. Use TV shows, films and history books, to show your child an example of bravery, or to teach them other important moral lessons.

Role Play. Practicing bravery can help, too. Role-playing with your child will feel like playtime to them but is a great way for you to practice good qualities in a gentle way. Encourage your children to pretend to play explorers, superheroes, adventurers, and other roles that let them "overcome" their fears to save the day.

Explain Courage. Make sure that your children understand what bravery really is. When you explain bravery, make sure that you're showing them just how many ways there are to be courageous. From choosing to do the right thing when others make poor decisions to overcoming small fears, your children need to see that courage comes in all shapes and sizes.

Teaching children how to be brave is a wonderful way to build confidence.

A child can teach an adult
three things: to be happy for
no reason, to always be busy
with something, and to know
how to demand with all his
might that which he desires.

- Paulo Coelho,
The Fifth Mountain



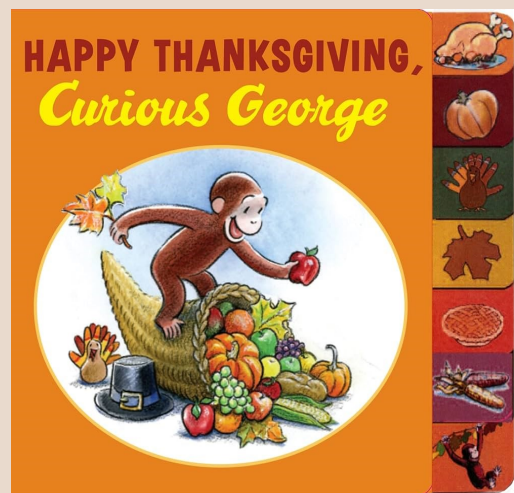
CURIOUS ABOUT THANKSGIVING?



Thanksgiving Day is the fourth Thursday in November. It is a federal holiday, so schools, banks, post offices, and government offices are closed. Thanksgiving was the first holiday celebrated in America. It was first celebrated in the autumn of 1621 when the Wampanoag Indians and the pilgrims got together for a three-day feast and festival of fun. Today, families celebrate Thanksgiving by eating turkey, stuffing, mashed potatoes and gravy, yams, corn, cranberry sauce, and pumpkin pie. Macy's Thanksgiving Day Parade and an NFL football game are special Thanksgiving Day events on TV.

Read Curious George's Happy Thanksgiving book learn more about Thanksgiving. George loves everything about the holiday—from the parade with music, jugglers, and big balloons to the delicious turkey shared with family and friends. But even on Thanksgiving the curious little monkey manages to stir up some trouble! You can find the book read aloud to you on Youtube at:

<https://www.youtube.com/watch?v=RucNzyvkitc>



Mariaelena's Sausage & Squash Stuffing (breadless!)

Prep: 5-10 minutes **Cook:** 30 - 35 minutes

Ingredients

- 1 large butternut or honeynut squash
- 4-5 green apples (mutsu or crispin preferred, or golden delicious)
- 1 - 1.5 lb. maple sausage
- 1 onion
- Salt and pepper

Directions

1. Cube the squash and apples.
2. Chop up the onions and sausage. (If you're using plain sausage, sauté it lightly with 8 oz. maple syrup.
3. Combine all ingredients in a baking pan, adding salt and pepper to taste.
4. Bake at 350°F for 30-35 minutes, or until sausage and squash are cooked throughout.



West Virginia Department of Education's Mission for the Education of English Learners

Title III promotes student achievement by increasing the local capacity to support English Learners in attaining English proficiency and meaningfully access challenging curricular and extracurricular programs. We do this by providing leadership, resources, and services to educators, families and community partners.

West Virginia Department of Education's Vision for the Education of English Learners

The Department is committed to using English Language Proficiency (ELP) Standards because they explicitly focus on the learning needs of the wide range of English Learner (EL) students from pre-kindergarten through twelfth grade who come from widely diverse cultural, linguistic, and educational backgrounds and are at different stages of English language acquisition. Unlike other content standards, they take into account the critical role of language learning in the achievement of content and specifically focus on the learning styles and instructional needs of EL students. ELP standards represent a bridge for EL students to gain access to content instruction in English. .

The Marion County School District is committed to providing an effective Language Instruction Educational Program (LIEP) that promotes the natural abilities of bilingual children to acquire language. It is characterized by creative teaching strategies and teacher support so that ELs can meet academic content and achievement standards as other students. Second language instruction incorporates the skills of listening, speaking, reading and writing. All modalities of cognitive and learning styles are included to make instruction relevant and comprehensible. Language instruction strives to accommodate individual proficiencies by presenting learning activities at the appropriate level of difficulty. EL instruction varies in scope and incorporates content areas in lessons when appropriate.



18th Annual Celebration of Lights in December

Your family can have a fun evening enjoying the spirit of Christmas as you walk or drive through Morris Park in Fairmont this month. Come see 1.3 miles of beautiful Christmas light displays!

Wednesdays in December are walker nights. The park will be closed to traffic and you can enjoy the lights up close and personal. Admission is \$5.00 per person. Children under 12 are free. Walkers must park at the FCU Bank on the Gateway Connector and are shuttled into Morris Park. No parking is allowed at the park. Volunteers will guide you when you arrive.

