Ahoy Claremont! Can you believe that our summer recess is coming to a close and that we will soon climb aboard and begin our 2021-2022 school year? I hope that you have enjoyed your time off and that you are ready to batten down the hatches and prepare for a full in-person return! Full steam ahead!

Like all school families, we continue to adjust to our new normal as it relates to our school operations. And, as we do, we must remember that we cannot direct the wind, but we can always adjust our sails to reach our destination. It is in line with this thinking that I share with you our 2021-2022 school theme.

Clare and Monte, our school mascots, will continue their work in helping all students to strive to be PAWSITIVE at CES and to avoid "making waves," or "rocking the boat." We know that students who practice kindness, act responsibly, work hard and show respect will be sure to always discover treasure at Claremont!

Parents and Guardians, please be reminded that school supply lists for all grade levels along with our Family Handbook have been anchored on our CES website. Please review these lists and the handbook in preparation for smooth sailing for your student.

I look forward to partnering with you in the best interest of your child and will continue to keep you updated and apprised of all happenings relative to our safe and successful return to school. We have trimmed our sails and are ready for the next adventure. See you soon!
Consider This! From our School Nurses
Nurse Virzi & Nurse Ciampi

• Get outdoors! Encourage physical activity and exercise. On rainy days, limit screen time by bringing out the boardgames, art supplies, or trying some yoga.
• Instead of sugary drinks, offer water, and plenty of it!
• When available, provide healthy snacks and include fruits and vegetables with meals.
• Whether it’s in the car, while running errands, at dinner or bedtime, talk about the school day.
• Establish a bedtime routine. Elementary age students need a minimum of nine hours of sleep, on school nights and over the weekend. Help your child pack their backpack before going to bed and end screen time an hour before bedtime. Keep electronics out of the bedroom.

Anchoring Your Child for the Start of School

As we set sail into the 2021-2022 school year at Claremont, we realize that there will certainly be feelings of excitement and maybe some first-day jitters. Here are our tips for working with your child to prepare them for their voyage into the new year.

Tip #1: Set Expectations
Explain to your child that this year’s school experience may look different than the years prior. We continue to venture into uncharted waters where our “normal” continues to be a changing concept. Therefore, take time to review the district and CES website and our family handbook. Share your learning about what’s happening at CES and throughout the district with your child. Take the time to answer their questions using age-appropriate language.

Tip #2: Get the Morning Routine Down
If at all possible, aim to get into a more formal morning routine at least one week before school actually starts. This will allow your child to gradually adjust to an earlier start. See how long it takes them to get dressed and eat a healthy breakfast and add on a few extra minutes of buffer time to ensure that there is no need to rush to get to the bus!

Tip #3: Create an Evening To-Do List
The best way to make your morning routine stress-free is to take care of any time-consuming activities the night before. Write down an evening to-do list on the refrigerator or near the family calendar including tasks such as:
• Preparing lunch
• Packing the backpack
• Laying out an outfit
• Checking that breakfast foods are on hand
• Setting the alarm clock

Tip #4: Schedule in Plenty of Family Time
This past year, many families have had a lot more time together than they ever expected. Suddenly having to spend hours away from you and from home, every weekday may cause anxiety for kids who love routine.

Help ensure your children feel supported and get that much-needed family time they’ve become accustomed to by blocking off chunks of your own schedule in the evening after school. Having a set family dinner time where they can talk about their day will give them space to verbalize their anxieties and have something to look forward to each evening after a long day at school.

Whether your child is thrilled to go back to school and see their friends or is hesitant about the many changes ahead, they may need your support to get into the swing of things. Let your child know they’re not alone in this new adventure. Remind them that you’ll be facing any challenges that arise together, and you’ll always be there for them no matter what the upcoming school year holds.

The Claremont Elementary School teaching staff is a team of dedicated, talented professionals. Their individual and collective focus is on success for each student.

Your Child’s Placement for 2021-2022 can be found on the Genesis Parent Portal