



THE ACADEMY DISPATCH

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3rd Grade Science

Upcoming Events

March 20 - Re-Enrollment Deadline

March 30 - April 3 - Spring Break

Please visit our website for a complete calendar of events!

Re-Enrollment

Please remember our re-enrollment process for the 2020-2021 school year began on February 3. Our priority deadline to re-enroll for our current families is this **Friday, March 20**. We look forward to continuing our partnership with you for another year!

COVID-19 Information

For the latest information from the DSA Administration concerning the Coronavirus, please go to: https://divinesavioracademy.com/covid-19_coronavirus-information.aspx.

Prayers for Gibsons

Please keep Mr. and Mrs. Gibson in your prayers as they have been called to teach 8th grade/Social Studies and K-1 Reading and Math at Good Shepherd in West Bend, WI. This means that the Gibsons will take the next several weeks to pray where God would use their gifts and abilities best. They will decide whether to stay here at Divine Savior Academy, or move and serve at Good Shepherd.

Season of Lent

Every Wednesday during Lent we have a bilingual worship service at **7:15 pm** in the church. It's a wonderful opportunity to reflect on what Jesus has done for us! Everyone is invited! Questions? Contact becky.mueller@divinesaviorchurch.com.

The SLI Golf Invitational - Supporting The Divine Savior School

On April 27, the SLI Golf invitational will be held at Trump National - The Red Tiger Course. This invitational raises funds to support children in our local community on the autism spectrum. Beneficiaries this year include The Divine Savior School, Crystal Academy, and The Ernie ELS foundation. If you are a golfer and would like to participate or support the cause, please see the attached flyer for more details. We look forward to seeing you there.

Topgolf Spring Break Academy

Topgolf will be hosting an exclusive golf camp for Divine Savior Academy students. Click here for more information: <http://dsa.link/topgolf>.

Watch Church Live

If you or someone you know is not able to make it to church in person, you can always worship with us live over the internet. Visit: <http://dschurch.link/worship> to visit our livestreaming Divine Savior Church YouTube channel where we broadcast live every Sunday at 9:30 am. We have also begun livestreaming our Wednesday bilingual Lenten services at 7:15 pm. En español: <http://dschurch.link/adorar>.

ATHLETIC NEWS

Ortho Now Sports Physicals - Thursday, May 21 - Mark your calendars!!

Ortho Now will be at DSA from **10 am until 2 pm** to conduct sports physicals for any student-athlete participating in a sport during the 2020 - 2021 school year. This is for all 5th to 11th grade students. The cost is \$25 (cash or credit card). This physical will be good for one year from the date given, and will fulfill FHSAA obligations for next school year. Sign up information to come in the next couple of weeks.



February 29, 2020

Talking to Children About COVID-19 (Coronavirus) A Parent Resource

A new type of coronavirus, abbreviated COVID-19, is causing an outbreak of respiratory (lung) disease. It was first detected in China and has now been detected internationally. While the immediate health risk in the United States is low, it is important to plan for any possible outbreaks if the risk level increases in the future.

Concern over this new virus can make children and families anxious. While we don't know where and to what extent the disease may spread here in the United States, we do know that it is contagious, that the severity of illness can vary from individual to individual, and that there are steps we can take to prevent the spread of infection. Acknowledging some level of concern, without panicking, is appropriate and can result in taking actions that reduce the risk of illness. Helping children cope with anxiety requires providing accurate prevention information and facts without causing undue alarm.

It is very important to remember that children look to adults for guidance on how to react to stressful events. If parents seem overly worried, children's anxiety may rise. Parents should reassure children that health and school officials are working hard to ensure that people throughout the country stay healthy. However, children also need factual, age appropriate information about the potential seriousness of disease risk and concrete instruction about how to avoid infections and spread of disease. Teaching children positive preventive measures, talking with them about their fears, and giving them a sense of some control over their risk of infection can help reduce anxiety.

Specific Guidelines

Remain calm and reassuring.

- Children will react to and follow your verbal and nonverbal reactions.
- What you say and do about COVID-19, current prevention efforts, and related events can either increase or decrease your children's anxiety.
- If true, emphasize to your children that they and your family are fine.
- Remind them that you and the adults at their school are there to keep them safe and healthy.
- Let your children talk about their feelings and help reframe their concerns into the appropriate perspective.

Make yourself available.

- Children may need extra attention from you and may want to talk about their concerns, fears, and questions.
- It is important that they know they have someone who will listen to them; make time for them.
- Tell them you love them and give them plenty of affection.

Avoid excessive blaming.

- When tensions are high, sometimes we try to blame someone.
- It is important to avoid stereotyping any one group of people as responsible for the virus.
- Bullying or negative comments made toward others should be stopped and reported to the school.
- Be aware of any comments that other adults are having around your family. You may have to explain what comments mean if they are different than the values that you have at home.

Monitor television viewing and social media.

- Limit television viewing or access to information on the Internet and through social media. Try to avoid watching or listening to information that might be upsetting when your children are present.
- Speak to your child about how many stories about COVID-19 on the Internet may be based on rumors and inaccurate information.
- Talk to your child about factual information of this disease—this can help reduce anxiety.
- Constantly watching updates on the status of COVID-19 can increase anxiety—avoid this.
- Be aware that developmentally inappropriate information (i.e., information designed for adults) can cause anxiety or confusion, particularly in young children.
- Engage your child in games or other interesting activities instead.

Maintain a normal routine to the extent possible.

- Keep to a regular schedule, as this can be reassuring and promotes physical health.
- Encourage your children to keep up with their schoolwork and extracurricular activities, but don't push them if they seem overwhelmed.

Be honest and accurate.

- In the absence of factual information, children often imagine situations far worse than reality.
- Don't ignore their concerns, but rather explain that at the present moment very few people in this country are sick with COVID-19.
- Children can be told this disease is thought to be spread between people who are in close contact with one another—when an infected person coughs or sneezes.
- It is also thought it can be spread when you touch an infected surface or object, which is why it is so important to protect yourself.
- For additional factual information contact your school nurse, ask your doctor, or check the <https://www.cdc.gov/coronavirus/2019-ncov/index.html> website.

Know the symptoms of COVID-19.

- The CDC believes these symptoms appear in a few days after being exposed to someone with the disease or as long as 14 days after exposure:
 - Fever
 - Cough
 - Shortness for breath
- For some people the symptoms are like having a cold; for others they are quite severe or even life threatening. In either case it is important to check with your child's healthcare provider (or yours) and follow instructions about staying home or away from public spaces to prevent the spread of the virus.

Review and model basic hygiene and healthy lifestyle practices for protection.

- Encourage your child to practice every day good hygiene—simple steps to prevent spread of illness:
 - Wash hands multiple times a day for at least 20 seconds (singing Twinkle, Twinkle Little Star slowly takes about 20 seconds).
 - Cover their mouths with a tissue when they sneeze or cough and throw away the tissue immediately, or sneeze or cough into the bend of their elbow. Do not share food or drinks.

- Practice giving fist or elbow bumps instead of handshakes. Fewer germs are spread this way.
- Giving children guidance on what they can do to prevent infection gives them a greater sense of control over disease spread and will help to reduce their anxiety.
- Encourage your child to eat a balanced diet, get enough sleep, and exercise regularly; this will help them develop a strong immune system to fight off illness.

Discuss new rules or practices at school.

- Many schools already enforce illness prevention habits, including frequent hand washing or use of alcohol-based hand cleansers.
- Your school nurse or principal will send information home about any new rules or practices.
- Be sure to discuss this with your child.
- Contact your school nurse with any specific questions.

Communicate with your school.

- Let your school know if your child is sick and keep them home. Your school may ask if your child has a fever or not. This information will help the school to know why your child was kept home. If your child is diagnosed with COVID-19, let the school know so they can communicate with and get guidance from local health authorities.
- Talk to your school nurse, school psychologist, school counselor, or school social worker if your child is having difficulties as a result of anxiety or stress related to COVID-19. They can give guidance and support to your child at school.
- *Make sure to follow all instructions from your school.*

Take Time to Talk

You know your children best. Let their questions be your guide as to how much information to provide. However, don't avoid giving them the information that health experts identify as critical to ensuring your children's health. Be patient; children and youth do not always talk about their concerns readily. Watch for clues that they may want to talk, such as hovering around while you do the dishes or yard work. It is very typical for younger children to ask a few questions, return to playing, then come back to ask more questions.

When sharing information, it is important make sure to provide facts without promoting a high level of stress, remind children that adults are working to address this concern, and give children actions they can take to protect themselves.

Information is rapidly changing about this new virus—to have the most correct information stay informed by accessing <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Keep Explanations Age Appropriate

- Early elementary school children need brief, simple information that should balance COVID-19 facts with appropriate reassurances that their schools and homes are safe and that adults are there to help keep them healthy and to take care of them if they do get sick. Give simple examples of the steps people take every day to stop germs and stay healthy, such as washing hands. Use language such as “adults are working hard to keep you safe.”
- Upper elementary and early middle school children will be more vocal in asking questions about whether they truly are safe and what will happen if COVID-19 comes to their school or community. They may need assistance separating reality from rumor and fantasy. Discuss efforts of school and

community leaders to prevent germs from spreading.

- Upper middle school and high school students are able to discuss the issue in a more in-depth (adult-like) fashion and can be referred directly to appropriate sources of COVID-19 facts. Provide honest, accurate, and factual information about the current status of COVID-19. Having such knowledge can help them feel a sense of control.

Suggested Points to Emphasize When Talking to Children

- Adults at home and school are taking care of your health and safety. If you have concerns, please talk to an adult you trust.
- Not everyone will get the coronavirus (COVID-19) disease. School and health officials are being especially careful to make sure as few people as possible get sick.
- It is important that all students treat each other with respect and not jump to conclusions about who may or may not have COVID-19.
- There are things you can do to stay health and avoid spreading the disease:
 - Avoid close contact with people who are sick.
 - Stay home when you are sick.
 - Cover your cough or sneeze into your elbow or a tissue, then throw the tissue in the trash.
 - Avoid touching your eyes, nose, and mouth.
 - Wash hands often with soap and water (20 seconds).
 - If you don't have soap, use hand sanitizer (60–95% alcohol based).
 - Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

Additional Resources

Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks, <https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/SMA14-4886>

Coping With Stress During Infectious Disease Outbreaks, <https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>

Centers for Disease Control and Prevention, Coronavirus Disease 2019 (COVID-19), <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>

Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About, <https://www.cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf>

For more information related to schools and physical and mental health, visit www.nasponline.org and www.nasn.org.

29 de febrero de 2020

Hable con sus hijos sobre el COVID-19 (Coronavirus) Un recurso para padres

Un nuevo tipo de coronavirus, abreviado COVID-19, está causando un brote de enfermedades respiratorias (pulmonares). Se detectó por primera vez en China y ahora se ha detectado a nivel internacional. Si bien el riesgo inmediato para la salud en los Estados Unidos es bajo, es importante estar preparados para posibles brotes si el nivel de riesgo aumenta en el futuro.

La preocupación a causa de este nuevo virus puede provocar ansiedad en los niños y las familias. Aunque no sabemos dónde y en qué medida puede propagarse la enfermedad aquí en los Estados Unidos, sí sabemos que es contagiosa, que la gravedad de la enfermedad puede variar de una persona a otra y que hay medidas que podemos tomar para prevenir la propagación de la infección. Aceptar un cierto nivel de preocupación, sin entrar en pánico, es adecuado y puede conducirnos a tomar medidas que reduzcan el riesgo de contagio. Ayudar a los niños a lidiar con la ansiedad requiere proporcionar información y datos precisos sobre la prevención sin darles motivos para alarmarse innecesariamente.

Es muy importante recordar que los niños buscan orientación en los adultos sobre cómo reaccionar ante eventos estresantes. Si los padres parecen excesivamente preocupados, la ansiedad de los niños puede aumentar. Los padres deben asegurar a los niños que las autoridades escolares y de salud están trabajando arduamente para garantizar que todas las personas del país sigan estando sanas. Sin embargo, los niños también necesitan información objetiva y adecuada para su edad sobre la posible gravedad del riesgo de la enfermedad e indicaciones concretas sobre cómo evitar infecciones y la propagación de la enfermedad. Enseñar a los niños medidas preventivas positivas, hablar con ellos sobre sus miedos y brindarles una sensación de cierto control sobre su riesgo de contagio puede ayudar a reducir la ansiedad.

Pautas específicas

Conserve la calma y la tranquilidad.

- Los niños reaccionarán, y copiarán sus reacciones verbales y no verbales.
- Lo que dice y hace respecto del COVID-19, los esfuerzos actuales de prevención, y los eventos relacionados pueden aumentar o disminuir la ansiedad de sus hijos.
- Si es cierto, comunique con énfasis a sus hijos que ellos y su familia están bien.
- Recuérdeles que usted y los adultos de su escuela están a su lado para mantenerlos sanos y salvos.
- Deje que sus hijos hablen sobre sus sentimientos y ayude a redefinir sus inquietudes hacia la perspectiva correcta.

Procure estar presente.

- Es posible que los niños necesiten mayor atención de su parte, y deseen hablar sobre sus inquietudes,

estado expuesto a alguien con la enfermedad o hasta 14 días después de la exposición:

- Fiebre
- Tos
- Dificultad para respirar
- Para algunas personas, los síntomas son similares a tener un resfrío; para otras, son bastante graves o incluso potencialmente mortales. En cualquier caso, es importante que consulte con el proveedor de atención médica de su hijo (o de usted) y siga las indicaciones sobre permanecer en el hogar o lejos de espacios públicos para prevenir la propagación del virus.

Revise y ponga en práctica hábitos de higiene básicos y un estilo de vida saludable como forma de protección.

- Aliente a su hijo a practicar cada día una buena higiene; pasos simples para prevenir la propagación de la enfermedad:
 - Lavarse las manos varias veces al día durante al menos 20 segundos (cantar Estrellita, ¿dónde estás? lentamente lleva alrededor de 20 segundos).
 - Cubrirse la boca con un pañuelo de papel al toser o estornudar y desecharlo de inmediato, o estornudar o toser en la curva del codo. No compartir alimentos ni bebidas.
 - Practicar el choque de puños o de codos en lugar de dar apretones de manos. De esta manera, se propagan menos gérmenes.
- Orientar a los niños sobre lo que pueden hacer para prevenir una infección les brinda una mayor sensación de control sobre el contagio de la enfermedad y les ayudará a reducir su nivel de ansiedad.
- Motive a su hijo a llevar una dieta equilibrada, dormir lo suficiente y hacer ejercicio en forma regular; esto le ayudará a desarrollar un sistema inmunológico fuerte para combatir enfermedades.

Converse sobre nuevas reglas o prácticas en la escuela.

- Muchas escuelas ya hacen cumplir hábitos para prevenir enfermedades, que incluyen lavarse las manos con frecuencia o usar productos de limpieza para manos a base de alcohol.
- El personal de enfermería o el director de su escuela enviarán información al hogar acerca de cualquier regla o práctica nueva.
- Asegúrese de conversar sobre esto con su hijo.
- Comuníquese con el personal de enfermería de su escuela si tiene alguna pregunta específica.

Comuníquese con su escuela.

- Avise a la escuela si su hijo está enfermo y manténgalo en casa. Es posible que su escuela le pregunte si su hijo tiene fiebre o no. Esta información ayudará a la escuela a saber por qué su hijo se quedó en casa. Si a su hijo se le diagnostica COVID-19, informe a la escuela para que pueda comunicarse con las autoridades sanitarias locales y recibir orientación.
- Hable con el personal de enfermería de su escuela, el psicólogo escolar, el consejero escolar o el trabajador social de la escuela si su hijo tiene dificultades motivadas por ansiedad o estrés relacionadas con el COVID-19. Estas personas pueden brindarle orientación y apoyo a su hijo en la escuela.
- *Asegúrese de seguir todas las indicaciones de su escuela.*

Tómese tiempo para hablar

Nadie conoce mejor a sus hijos que usted. Deje que sus preguntas lo guíen respecto de cuánta información brindar. Sin embargo, no evite darles la información que los expertos en salud identifican como fundamental para garantizar la salud de sus hijos. Sea paciente; los niños y adolescentes no siempre hablan acerca de sus inquietudes con facilidad. Esté atento ante comportamientos que indiquen que desean hablar, por ejemplo, si dan vueltas cuando lava los platos o trabaja en el jardín. Es muy habitual en niños más pequeños hacer algunas preguntas, volver a jugar y luego regresar a hacer más preguntas.

Al compartir información, es importante asegurarse de proporcionar datos sin promover un alto nivel de estrés, recordarles a los niños que los adultos están trabajando para solucionar su inquietud y brindarles medidas que pueden tomar para protegerse.

La información sobre este nuevo virus cambia rápidamente; para obtener la mayor cantidad de información correcta, manténgase al tanto ingresando a <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Procure que las explicaciones sean adecuadas para la edad

- Los niños en los primeros años de escuela primaria necesitan información breve y simple que debe equilibrar datos sobre el COVID-19 con la debida tranquilidad de que sus escuelas y hogares están a salvo, y de que los adultos están a su lado para mantenerlos sanos y cuidar de ellos si se enferman. Brinde ejemplos sencillos de las medidas que la gente toma todos los días para eliminar gérmenes y mantenerse sana, como lavarse las manos. Use expresiones como “los adultos estamos trabajando mucho para que estén a salvo”.
- Los niños en los últimos años de la escuela primaria y los primeros años de la educación media serán más expresivos al hacer preguntas acerca de si realmente están a salvo y qué sucederá si el COVID-19 llega a su escuela o comunidad. Es posible que necesiten ayuda para diferenciar la realidad de los rumores y la fantasía. Explique los esfuerzos de dirigentes escolares y comunitarios para prevenir la propagación de gérmenes.
- Los estudiantes en los últimos años de la escuela media y la escuela secundaria pueden conversar sobre el asunto con mayor profundidad (como adultos) y se los puede remitir directamente a fuentes apropiadas de información sobre el COVID-19. Proporcione información honesta, precisa y objetiva sobre el estado actual del COVID-19. Dicho conocimiento puede ayudarles a tener una sensación de control.

Puntos que se aconseja enfatizar al hablar con niños

- Los adultos en casa y en la escuela están protegiendo tu salud y seguridad. Si algo te preocupa, habla con un adulto de confianza.
- No todas las personas contraerán la enfermedad del coronavirus (COVID-19). Las autoridades escolares y de salud trabajan con mucho cuidado para asegurarse de que se enferme la menor cantidad de personas posible.
- Es importante que todos los estudiantes se traten con respeto y no saquen conclusiones sobre quién puede o no tener el COVID-19.
- Hay cosas que puedes hacer para mantenerte sano y evitar la propagación de la enfermedad:
 - Evita el contacto muy próximo con personas enfermas.
 - Quédate en casa cuando estés enfermo.
 - Al toser o estornudar, cúbrete la boca con el codo o un pañuelo de papel, luego tira el pañuelo a la basura.

- Evita tocarte los ojos, la nariz y la boca.
- Lávate las manos frecuentemente con jabón y agua (durante 20 segundos).
- Si no tienes jabón, utiliza desinfectante para manos (60 % a 95 % de alcohol).
- Limpia y desinfecta los objetos y las superficies que se tocan con mayor frecuencia con un aerosol o paño de limpieza para el hogar.

Recursos adicionales

Consejos sobre cómo hablar con los niños: Consejos para los cuidadores, padres y maestros durante un brote de una enfermedad contagiosa, <https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/SMA14-4886>

Cómo lidiar con el estrés durante un brote de una enfermedad contagiosa, <https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>

Centros para el Control y la Prevención de Enfermedades, Enfermedad del Coronavirus 2019 (COVID-19), <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>

Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About (Lavado de manos y uso de desinfectantes para manos en el hogar, durante juegos y paseos), <https://www.cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf>

Para obtener más información relacionada con las escuelas, y la salud física y mental, visite www.nasponline.org y www.nasn.org.



THE 2020 SERGIO LEAO INVITATIONAL

Event Day Information

Join SU to support local organizations here in South Florida; such as the Ernie ELS Foundation, The Divine Savior School, and Crystal Academy; working to provide support to individuals and their families impacted by autism. The SU tournament is in its 13th year here in South Florida and has worked collaboratively with the Ernie ELS foundation since 2009. The Els for autism golf challenge brings together 30 local tournaments, including the SU, from around the country and Canada to support the ELS mission. The Invitational will take place at the Red Tiger Golf Course, a premium course at Trump National Doral!

Date: April 27th 2020

Venue: Red Tiger course at TRUMP NATIONAL Doral

Attendance: 100 people

Cost: \$ 400 per player

Donation Includes: Golf shirt, personalized golf hat, lunch & sponsor goodie bags

Tournament Format: Doubles with handicap shotgun at 9:00am subject to change

Single players will be paired up the day of the event

Email john.alkhoff@thedivinesaviorschool.com to request a complete information and application packet.