



November 20, 2020

Dear Parents & Guardians,

Congratulations! We made it through the first term! We know that there have been so many changes and challenges over the last few months. We appreciate your patience as we work together to navigate through this pandemic.

The holidays are right around the corner, so we thought we could share with you some resources on how you can connect with your kids during the holiday season and continue to support your children with learning.

This time of year can be exciting, but somewhat overwhelming. Here are some [useful tips](#) to help you and your children enhance the special family connection you share during the holiday season. Even though this holiday season may be different than any we have ever experienced before, you can still find ways to virtually connect with loved ones and extended family members. The following article provides ideas on how to focus on what you can do this season and some [practical suggestions](#) on how to create new traditions.

In the rush to get everything ready, we often lose our connection with the present moment and how we are feeling. This article has some wonderful ideas on how to slow down and be mindful during the busyness of the holiday season. [Enjoy the Holidays More With Mindfulness \(Spanish version\)](#)

Some parents have opted to do online learning or have had children home while quarantined and it can be challenging. We are so grateful for all you have done and continue to do to support your child during these unique times. Here are some resources for [at-home learning](#), how you can increase your child's [readiness to learn](#), and some ways you can [build resilience in your kids](#).

If you need help for the holidays or in the future, you can find resources by downloading this app from the United Way or scanning this QR code.



If you find yourself in a position where you are able to help Alpine District students and families, donate by [clicking here](#).

Enjoy the Holidays! The Alpine School District Health and Wellness Team



Did you Know? Safe UT is a crisis tip line that students use to help their peers, but did you know that students can also chat (text) with a mental health professional? Did you know that Safe UT also has a feature that allows anyone with the app to place a call and get a live mental health professional that is ready to help in a crisis? Parents can call in to get answers to questions or help in knowing what to do next. Download the app today!