



# Galway Chronicle



**Volume 11 Issue 4**

**October 16, 2020**

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**Nichola Wallen, Assistant Principal**

**Our Vision:** Galway Elementary School will empower students to be valued, productive members of a global society.

**The Galway Pledge :** We pledge to respect one another, to be trustworthy and fair. We will care about each other, and be good citizens. Above all else, I will take responsibility for my actions, in a quest to build a better you...and a better me.

## Principally Speaking: *Thoughts on "Zoom Fatigue"*

Many children are experiencing "Zoom Fatigue" with distance learning. According to NAESP "Report to Parents", there are ways you can help your child proactively be more engaged and manage their fatigue:

### Take Outdoor Breaks

Getting your children outside relaxes their eyes and minds. You can tell them to take a walk around the block, ride their bikes for five minutes, or just stare off into space. Even if it's just to read, being outside can get them out of the sometimes unnatural feeling of Zoom.

### Consider "Cameras Off" Breaks

Reach out to see if your teacher is OK with students to turn off their cameras during class, as this could help mitigate self-consciousness or anxiety your child might feel. Let your child choose a five-minute window when they might turn their camera off.

### Build in "Brain Breaks"

Build in brain breaks during the day for your child and makes sure they step away from the screen. A good rule of thumb is to look away from the screen for 20 seconds every 20 minutes. Brain breaks are crucial for students' focus and mental energy. Teachers have also placed brain breaks throughout the day's schedule.

### Teach Your Child Mindfulness Activities

Working on social-emotional skills and mindfulness can limit the amount of multi-tasking your child does, increase social-emotional health, and increase their ability to focus and be present. The *Counselor's Page* has activities you can use at home.

### Space Out Social Zooms

Planning for additional social times for your child is important during this time. If you're planning a Zoom or video chat "hangout" for your child, make sure to not plan them back to back with a class.

### Increase Socialization Time

If you don't feel comfortable allowing your child to see other kids in person right now, it's a great opportunity to do more intentional face-to-face socializing with family members. Have dinners, play outdoors together, go on walks, play board games, or just talk on the patio.

### Share Feedback With Your School

Tell your school what works and what doesn't. Be open and transparent in a way that builds a respectful partnership.

## October

### UPCOMING EVENTS

#### October 22

- Curriculum Materials Distribution (MP 2-Grades K-5 9:00-4:00)
- Food Distribution & free flu shot 4:00 pm-Galway bus loop

#### October 23

- Curriculum Materials Distribution (MP 2-Grades K-5 9:00-4:00)

#### October 24

- PTA General Meeting 11:00 am Galway Bus Loop

#### October 30

- Harvest Class Parties 2:30-3:15 pm
- Harvest Night Event (PTA sponsored) 6:30 pm

**Turn Back Your Clocks  
Time Falls Back November 1**



**READ-A-THON COMING  
NOVEMBER 9**

**"Where Readers are Leaders"**



Read·A·Thon

## ALERT!!!! CALENDAR CHANGE

Parent Conferences have been moved to **November 23 and November 24**. Schools will have early dismissal on those days.

**LUNCH APPLICATIONS** - Although we are in a virtual setting and MCPS is providing free meals to students, parents still need to complete the 2020 - 2021 Application for Free and Reduced Priced Meals. I am requesting that you complete the application as soon as possible and no later than **October 30, 2020**. You can apply online <https://www.myschoolapps.com/>.



## ATTENTION 5TH GRADE PARENTS

### MIDDLE SCHOOL MAGNET CONSORTIUM THE CHOICE PROCESS

MSMC Open Houses: Grade 5 students and their parents are invited to attend all three MSMC open houses to learn about each school's unique magnet program. **All meetings begin at 6 PM.**

**Parkland MS, Thursday, October 22, 2020**

**Argyle MS, Tuesday, October 27, 2020**

Students will use their MCPS student Gmail account to complete and submit a Choice form at <http://bit.ly/choiceMSMC> (out of consortium) or <http://bit.ly/inMSMC> (in consortium\*). These case-sensitive links will be active in mid October. The deadline for Choice forms is **November 6, 2020**.

## PERSONAL BODY SAFETY LESSONS

Montgomery County Public Schools is taking an active role in the prevention of child abuse and neglect through early prevention and intervention education.

During the weeks of (10/22/20-12/18/20), our school counselor and classroom teachers will be presenting lessons on the topic of child abuse and neglect. The lessons are known as Personal Body Safety Lessons. (PBSL) Their purpose is to help students to:

- *Develop knowledge, decision making skills, and behaviors which promote safe living in the home, school, and community*
- *Learn skills for self-protection and identifying child abuse and neglect*
- *Learn skills for asking for help for self and others and practice reporting to a trusted adult*
- *Engage in positive and appropriate interactions with peers and adults*

If you have any questions or concerns about the topics that will be covered, please contact me, your child's classroom teacher, or the school counselor.

## HOLIDAY GIVING PROJECT

The Holiday Giving Project has begun to accept referrals for Thanksgiving and December holidays. The Holiday Giving Project provides holiday food, gift cards or toys to Montgomery County residents in financial need who are referred to their program. There is no guarantee that you will receive the gifts since it is dependent on donations, but most families do receive help. If you would like to be referred, please contact Ms. Rakhi, Ms. Gilchrist or Dr. Hamat Galway Elementary. The referral deadline for Thanksgiving help is October 28, and the deadline for December holidays is November 15, so please call soon.



## PROYECTO DE VACACIONES

El Proyecto de donación para el día de las fiestas ha comenzado a aceptar las remisiones para el día de Acción de Gracias (Thanksgiving) y para las fiestas de diciembre. El Proyecto de fiesta que da alimentos para las fiestas, y tarjetas de regalo o juguetes a los residentes del Condado de Montgomery para familias dependiendo de la necesidad económica son referidos a este programa. No hay garantía de que va a recibir los regalos, ya que depende de las donaciones, pero la mayoría de las familias recibirán ayuda. Si usted quisiera ser referida, por favor, póngase en contacto con Mrs. Rakhi, Mrs. Gilchrist, Dr. Ham en la escuela de Galway Elementary. La fecha final de referencia para la ayuda de Acción de Gracias (Thanksgiving) es el 28 de octubre y la fecha final de referencia para La Navidad es el 15 de noviembre, así que por favor llame pronto.

## Galway Elementary School

12612 Galway Drive • Silver Spring, Maryland 20904 • Phone: 301.595.2930 • Fax: 301.902.1290



October 16, 2020

Hello Galway Elementary School Parent(s)/Guardian(s):

MCPS is preparing to distribute instructional materials to all students for marking period two (MP2). Our school will offer curbside pickup of instructional materials for Kindergarten-Grade 5 on October 22<sup>nd</sup> and October 23<sup>rd</sup>; we will provide curbside service to families from 9 a.m. - 4:00 p.m. Please use the car loop. To keep everyone healthy and safe drivers and occupants are not permitted to exit the vehicle. We ask you to follow the schedule provided below to limit crowds, wait times, and risks to the community. We have scheduled this time to distribute reading and math instructional materials

If parents are unable to come to the distribution, they can send another family member, a friend, a neighbor or older sibling to pick up instructional materials.

If you are not able to visit the school on these dates, please contact Ms. Yesenia Trejo [Yesenia\\_Trejo@mcpsmd.org](mailto:Yesenia_Trejo@mcpsmd.org) or Ms. Jean Lohr [Jean\\_R\\_Lohr@mcpsmd.org](mailto:Jean_R_Lohr@mcpsmd.org) to make other arrangements.

### Curbside Pickup & Delivery Procedures:

- All visitors must wear a face covering and have a VISIBLE SIGN with child's first and last name, grade level, and student ID number.
- MCPS staff will follow the CDC guidelines, maintain physical distancing, and wear face coverings.
- Drivers and occupants are not permitted to exit the vehicle unless asked by staff to meet the needs of the student.
- Accommodations will be made for walk ups.

Returning Galway's Library Books: Please gather up all of Galway's library books, that were checked out by your child in March, and bring them with you on October 22<sup>nd</sup> and 23<sup>rd</sup>. Individuals will be available to collect Galway's library books from you.

If you are having technology issues and need another Chromebook please go to 45 West Gude, in Rockville, Maryland. We are no longer doing chrome books exchanges at the local school.

We look forward to seeing you on October 22<sup>nd</sup> or October 23<sup>rd</sup> for your child's marking period two instructional materials.

Sincerely,

*Nichola Wallen*

Nichola Wallen  
Assistant Principal  
Galway Elementary School

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16 de octubre de 2020

Buenas tardes padre(s)/tutor(es) de la escuela primaria de Galway:

MCPS está preparando para distribuir materiales instructivos a todos los estudiantes para el período de calificaciones dos (MP2). Nuestra escuela ofrecerá recogida de materiales instructivos para Kindergarten-5to grado el 22 y 23 de octubre; el servicio en la acera se brindará a las familias de 9 a.m. a 4:00 p.m.. Utilice el círculo para dejar/recoger a los estudiantes. Para mantener a todos sanos y seguros, los conductores y ocupantes no pueden salir del vehículo. Le pedimos que siga el horario que se proporciona a continuación para limitar las multitudes, los tiempos de espera y los riesgos para la comunidad. Hemos programado este tiempo para distribuir materiales de instrucción de lectura y matemáticas.

Si los padres no pueden asistir a la distribución, pueden mandar otro miembro de la familia, un amigo, un vecino o un hermano mayor para recoger los materiales de instrucción.

Si no puedes asistir a la escuela en estas fechas, por favor comunicarse con la Sra. Yesenia Trejo [Yesenia\\_Trejo@mcpsmd.org](mailto:Yesenia_Trejo@mcpsmd.org) o la Sra. Jean Lohr [Jean\\_R\\_Lohr@mcpsmd.org](mailto:Jean_R_Lohr@mcpsmd.org) para hacer otros arreglos.

### Procedimientos de recogida y entrega en la acera:

- Todos los visitantes deben usar mascarilla facial en la cara y tener una CARTEL VISIBLE con el nombre y apellido del niño, el nivel de grado y el número de identificación del estudiante.
- El personal de MCPS seguirá las guías del CDC, mantendrá la distancia física y usarán mascarilla facial en la cara.
- Los conductores y ocupantes no pueden salir del vehículo a menos que el personal lo solicite para satisfacer las necesidades del estudiante.
- Se harán acomodación para gente llegando de pie.

Devolución de los libros de la biblioteca de Galway: Reúna todos los libros de la biblioteca de Galway, que su hijo (a) prestó en marzo, y tráigalos con usted el 22 y 23 de octubre. Las personas estarán disponibles para recoger los libros de la biblioteca de Galway.

Si tienes problemas de tecnología y necesitas otra Chromebook (computadora), por favor vaya a 45 West Gude, en Rockville, Maryland. Ya no estamos haciendo intercambios de Chromebooks en la escuela local.

Esperamos con interés verlos el 22 de octubre o el 23 de octubre para distribuir los materiales instructivos para el período de calificaciones dos de su hijo.

Sinceramente,

*Nichola Wallen*

Nichola Wallen  
Assistant Principal  
Galway Elementary School

# Pandemica's Dropbox

or

## School Library Media in the Time of Covid19

by Mitchell Schorr, Galway Media Specialist

The challenges of online learning have required much from families, students, administration, support staff, and classroom teachers. As a library media specialist, I have five roles: Teacher-Librarian, Instructional Partner, Information Specialist, Program Administrator, and Content Producer. No matter what hat I'm wearing, each role contains a single thread – getting books to my clients. My most important clients? Your children, of course. When the novel coronavirus shut down our buildings, my biggest challenge has been figuring out how I can fulfill this primary mission when all of us are locked out of the school library.

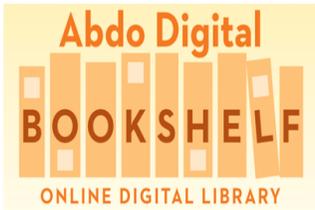
When I came on board as Galway's media specialist last year, Dr. Fuller, Ms. Wallen, and I shared a mutual vision of growing the library to meet the needs of our learning community to become more equitable and more reflective of life in the 21<sup>st</sup> Century. At the time, our path toward this vision would be implemented gradually. Each year I would add a little to our digital collection of materials, and each year I would reevaluate our nonfiction print books to determine which materials would be more effective to have as an online version (accessible by many students at once) or a duplicate print book that pairs with an online one. With all books – print or online – we continue to ensure that subjects, characters, and authors reflect the faces and cultures in our hallways and in the world at large.

And then came distance learning.

Like the marines, we have overcome, adapted, and improvised to meet this challenge in order to meet media's primary mission. Even with reduced funds in all areas, Dr. Fuller and Ms. Wallen have provided a great deal of support of every kind to help the media mission to reorganize and put the acquisition of digital options in the forefront to better serve our school.

The following online resources below are just a few that will support your child in finding books of high interest and assist them in meeting their information needs. As we progress through an online learning environment, library media lessons are teaching students how to use our online resources.

	<p><a href="#">Sora</a> is the school version of Overdrive used in public libraries and higher education. It functions as an online library. Students can have three books checked out at a time. They automatically turn themselves in after two week, but I encourage returning books as soon as one is done reading the book. Most content is fiction for free choice reading, but it does contain several non-fiction reading options too. Over a thousand books are offered by MCPS shared among all schools, even more books can be accessed by combining your account with the Montgomery County Public Libraries Overdrive collection, and by November 1<sup>st</sup> Galway is on track to add 3,000.00 worth of titles just for Galway ES students. Most students are signed in to Sora through their media lessons, but <a href="#">these directions can be used to sign in and combine your account to MCPL's Overdrive collection of books</a>. Note that students need to login using their ID number (the six numbers in their email address) with @mcpsmd.org. Again -- .org, and NOT .net. Their password is their assigned MCPS password they use to login to their Chromebooks.</p>
	<p>Need a Montgomery Public Library Card for your child? <a href="#">Sign up here</a>. Our youngest readers will need parent support using an adult's email to establish the account. The Galway Media Center is a strong supporter of <a href="#">The Library Bill of Rights</a>. However, parents should decide if their older child is ready to manage their public library materials independently or requires support and supervision. <a href="#">MCPL is now supporting print materials</a> by ordering online and picking up the book at your local branch.</p>
	<p>Tumblebooks provides “talking” books as eBooks and videos. Like Netflix, instead of permanent collection, books are hosted for a period of time and then replaced with new ones. Use the link on the <a href="#">Galway Media Online Sources</a> page to access with no login required. If searched, students will be asked to sign up for an independent account and asked to pay. Therefore, please use the <a href="#">online sources link</a>.</p>



[Capstone Interactive](#) also provides “talking” books. Many of these books are online versions of books in our print collection. We currently own 76 books that are multi-use, meaning they don’t need to be checked out and can be viewed by more than one person at a time. By November 1, the number of titles will be increased by double or more.

Abdo Bookshelf is similar to Capstone. While mostly non-fiction, many of these books “talk” while others contain links to additional material and video. Their print counterparts, when scanned by a QR reader on a Chromebook, will also provide this access. Look for Abdo Bookshelf to go online by November 1 on our Online Resources page.

[Passwords for Capstone and Abdo can/will be found here.](#)

You can find the passwords for other resources by following this link as well.



[On the Galway Media Online Sources webpage](#), you can view other free choice reading options from Storyline, Audible, and more. I’m constantly adding new resources, so please check back often.

I hope you will also check out the [main media page](#) for ongoing updates about other parts of the media program. In the coming weeks there will be information about our GNN reboot, details about returning print books your children checked out in the Spring, and much, much more! We’re also redesigning all our pages, so look for changes all over the Galway Website making it easier to keep up on all the events and information happening in the life Galway Elementary School.

I want to give Dr. Fuller special thanks for the chance to share this information with you now and possibly in the future.