



BLOOM



WHERE YOU ARE PLANTED
MEMORIAL ELEMENTARY SCHOOL

Panther Tales

April 2020



Free Meals Available to BASD Students Starting March 18

We are able to provide free meals to all students through the National School Lunch Program's Seamless Summer Option during the closure. These meals are available for all families to any child age 18 and younger.

The families and /or caregivers will be able to pick up meals for their children. Lunch and breakfast for the following day will be provided on a first-come, first-served basis. CHILDREN MUST BE PRESENT FOR MEALS TO BE PROVIDED.

Starting on **Wednesday, March 18**, pick up will be available on weekdays at:

Memorial Elementary School 11:30am-12:30pm

500 Market Street, Bloomsburg

Lunches will include sandwiches, vegetables, fruit, and milk. Cereal, muffins, and cereal bars are some of the items that will be provided for breakfast. Breakfast will also include fruit, juice, and milk.

We encourage families to continue to be proactive in reducing the risk of Coronavirus by not congregating at the pick-up site once meals have been distributed, washing their hands often, sneezing or coughing into their arm, and staying home if they are sick.

Contact the Food Service Department at 570-784-5000, extension 1010 or memcaf@bloomsd.k12.pa.us if you have questions about this service or if you need to make arrangements for medically necessary meal accommodations.



See the District Website for more information
pa01000125.schoolwires.net



Please like us on our Facebook page:
Bloomsburg Memorial Elementary

CONTACT US

MEMORIAL ELEMENTARY SCHOOL

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Asst. Principal: Mrs. Kim Honabach
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Visit us on the web: www.bloomsd.org

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Your Counselors Care

We understand that your lives feel confusing right now and you may be struggling to find an activity to keep your body and mind busy. Trust us, you are not alone...which is why your counselors are here to help! We miss you all so much and wanted to provide you with a few of our favorite activities to focus on during this challenging time.



Start a Journal

You can find a spare notebook or even staple/tape together pieces of paper to start a journal. When journaling, you can start by drawing a picture of something that is on your mind and finish by writing about your thoughts and/or feelings about your day or about a moment in your day. Don't forget to date each entry and store it in a safe place!



Design and Go on an Indoor Treasure Hunt

Find some treasured items around the house (stuffed animal, favorite toy, baseball hat, etc.) and locate creative hidings spots for each item. Then, create a map and have someone in your house follow your map to find the items! Remember, the more detail you add to your map, the better chance they have at finding your items!



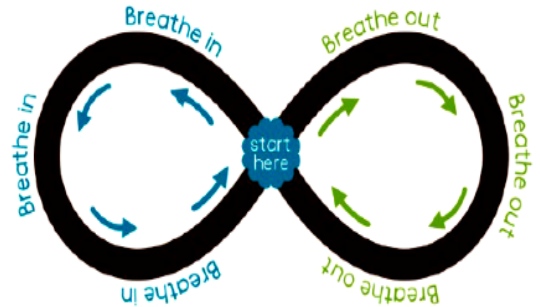
Connect with Family or Community Members

Find some construction paper lying around the house and create colorful cards for relatives. We know you can't see some of your family members right now, which is why it is so important to stay connected. If drawing is not your thing, you can always write a nice letter your grandma or grandpa! When you're done with your family, you can move on to community members! Create a card or write a letter to a hospital worker, a local senior center, or even your mail carrier.



Lazy 8 Breathing

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



Play Emotions Charades

Charades or role playing is a great way to teach about feelings through play! Create a list of emotions or situations (like you see on the right) on small pieces of paper. Fold the pieces of paper and place them in a hat or bowl. Then, decide who is going to play with you! You can play with one other person or create two teams. When it is your turn to go, pull a piece of paper from the hat and "act out" that word or scenario using facial and body expression. If a member from your team guesses your emotion or scenario, your team wins a point! Then, it is the other team's turn to go!



EMOTIONS Charades



Hitting a baseball through a neighbor's window
Fighting over a toy with your brother
Saying goodbye to someone you will miss
Going on a rollercoaster
Hitting a homerun
Flying on an airplane
Breaking your favorite toy
Learning to drive
Missing the winning soccer goal
Riding a bike for the first time
Falling off your bike
Holding a baby
Taking out the stinky garbage
Getting dropped off for the first day of school
Not getting invited to a friend's party
Performing in a talent show



Stay Active

We understand that you're stuck inside a lot more these days, which is why it is so important that you continue to stay active! A few ideas that we have tried to keep our bodies busy include:

*Stretching, DEEP Breaths, or Yoga

*Animal Races- Hop like a bunny, squat and waddle like a duck, slither like a snake.

*Dance Parties- Put on some music and dance like no one is watching!

*Popcorn Push-ups- Put a small bowl of popcorn on the floor, lower yourself down and stick out your tongue to get a piece of popcorn with each thrust! Before you know it, the whole bowl will be gone!

Spend Time Together

Try to look on the bright side of things during this time. You are now able to spend much more time at home with the people close to you, so why not focus on activities that you can do together? A few of our favorite activities to do with our loved ones include:

* Board games

* Organize toys, clothes, books, etc.

* Indoor picnics

* Have a movie night!

* Create a collage of your favorite things (find a magazine or old pictures)

* TALK together! Talk about your worries, what you're excited about, or anything at all!



Panther Strong!

