

# HAMPTON COUNTY SCHOOL DISTRICT 2 GATOR HAPPENINGS NEWSLETTER

August 3, 2020

“Excellence is not a Skill. It is an Attitude.”



Julia Lee, Principal

**EES Family:** The invasiveness of COVID-19 cause the changing of our routines to be tough. It means not being with people you like to be with and not going places you like to go. So here are some things kids can do with their extra time:

**Notice your feelings.** Missing things — like playdates, school trips, and sports — can make you feel [sad](#). But it won't be forever. For now, you can feel better if you stay in touch with people you miss. Talk on the phone or visit by video. You can draw pictures that show how you feel. Or talk about it with someone you feel close to.

**Do things you enjoy.** Try to have fun spending extra time with the people you live with. When you're indoors, you can play games, [read](#), do puzzles, make art, write a story, do a craft. You can dance, do [yoga](#), build, learn, and play or listen to music. Go outside to ride [bikes](#), run, walk, or hike. Take some chalk and write happy messages on trails and sidewalks for other people to see.

**Be kind and helpful.** All the changes due to coronavirus can make kids and adults feel [stressed](#). Kids can help by doing little things that make a big difference:

- Help take care of a little [brother or sister](#). Keep them happy. Read to them and play with them.
- Put your stuff away. Make your bed. Do your best with schoolwork. Ask (nicely) for help. Use kind words. Take your bath or shower without a fuss. Share. Offer to help with meals or cleanup.
- Show love to your family. Give hugs. Help take care of your pet.
- Be kind to yourself too. Relax. Get outside to play when you can. When you're kind and helpful, it's nice for others in your family and it helps you feel good too.



Superintendent Wright will be hosting a virtual “town hall” meeting from 5:00 pm – 6:00 pm on Thursday, August 13, 2020, to engage and keep parents informed about the district’s plans for the reopening of school. The meeting is designed to address topics and questions about the district’s reopening guidance.

We acknowledge that the parents of Hampton County School

District 2 may have many questions regarding health and safety protocols, delivery of instruction, and transportation, to name a few.

The survey link will be available for parents to register for the virtual “town hall” meeting. Registration is required for participation as an email will be sent to all participants with a meeting link and code. Hampton County School District 2 will be utilizing Microsoft Teams as the organization’s virtual platform. Microsoft Teams is a free virtual tool that parents can download on desktop computers. Additionally, both the apple and google play stores have the app available for free download. A question and answer session will take place during the virtual meeting for parents. However, all questions must be submitted using the “town hall” registration link on the district’s web page. We will do our very best to address as many questions and topics as possible.

We look forward to your participation via registration of the superintendent’s virtual “town hall meeting.

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Estill Middle School – Mrs. Shrona Taylor, Principal

## Managing Your Emotional Reactions Learning to React Well

Managing emotional reactions means **choosing how and when to express the emotions we feel**.

People who do a good job of managing emotions know that it's healthy to express their feelings — but that it matters how (and when) they express them. Because of this, they're able to react to situations in productive ways:

- They know they can choose the way they react instead of letting emotions influence them to do or say things they later regret.
- They have a sense of when it's best to speak out — and when it's better to wait before acting on, or reacting to, what they feel.
- They know that their reaction influences what happens next — including how other people respond to them and the way they feel about themselves.

Once these basic skills feel natural, you're more able to manage what you actually **do** when you feel strong emotions. Practicing the basic skills also will help you get past difficult emotions faster.

### Student Registration

The district is implementing a new registration format for the 2020-2021 school year. All students currently enrolled and new enrollees are required to complete the online student registration form. Parents will be asked to select the preferred learning model for their child in preparation for the new school year. The online student registration form is conveniently located on the district website. Parents who do not have internet access can complete the online registration at the district office by scheduling an appointment with Jloundia Johnson, Coordinator of Student Services. Ms. Johnson can be reached by voice at 803.625.5024 or by email at [JohnJlo@hampton2.k12.sc.us](mailto:JohnJlo@hampton2.k12.sc.us) to schedule an appointment. It is imperative that all parents register their child(ren) for return to school.



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**Estill High School – Mrs. Synetria Hawkins, Principal**



**Estill High School would like to introduce our new  
Guidance Department:**

**Mr. Kevin Lewis, Guidance Counselor  
Ms. Detera Beaton, Administrative Assistant**

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