

HAMPTON COUNTY SCHOOL DISTRICT 2 GATOR HAPPENINGS NEWSLETTER

July 20, 2020

The mission of Hampton County School District 2 is to provide a rigorous, personalized environment of academic excellence that prepares Each child, Each Day and in Every classroom to be college/career and citizen ready

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



Julia Lee, Principal

hello

EES Family: As the numbers for the coronavirus continue to rise, here are the **4 best ways** everyone (including kids) can help stop the COVID-19:

Wash your hands. Use soap and water. Wash for 20 seconds. You can count slowly to 20. Or you can sing the happy birthday song twice. Be sure to wash the tops of your hands, and between your fingers. Get your thumbs, and even your fingernails. Always wash your hands after you use the bathroom. Wash them whenever you come in from outside, before you eat, after you play with a pet. Wash your hands after you blow your nose, sneeze or cough.

Cover your sneeze or cough. [Sneeze](#) or cough into your elbow, not your hand. Then wash your hands anyway. It's always fun to drown a [germ](#) with soap and water!

Stay home. Schools and most other places are closed for now. Experts are asking people to stay home. When people stay at home and don't visit others, germs can't spread.

Cover your face and keep your distance. If you do go out, wear a cloth face covering (or face mask, if you have one). Kids younger than 2 years old shouldn't cover their faces. But everyone else should because this helps prevent the spread of the virus. It's also important to stay at least 6 feet away from people you don't live with when you're out in public. ***When you do these things, you're doing your part to stop COVID-19.***

Mr. James Dunbar, our Assistant Principal, is hardworking and has been gifted with many talents especially in the area of technology. He is successful wherever his heart leads him. He mentors and support teachers and help them improve their practice, which helps children learn and grow.



**a great
Assistant Principal
Builds Character
INSPIRES DREAMS
Encourages Creativity
BUILDS CONFIDENCE
INSTILLS A LOVE OF LEARNING
Touches Our Hearts
& *CHANGES OUR LIVES FOREVER***

Student Enrollment Notification

All parents are required to complete the Online Student Registration Form for Fiscal Year 2020-2021. It does not matter whether your child is a new or returning student. Everyone must complete the form. The Online Student Registration form is conveniently located on the Hampton District 2 webpage (hampton2.k12.sc.us).

Parents who do not have internet access can complete the enrollment notification by scheduling an appointment with JIoundia Johnson, Coordinator of Student Services. Ms. Johnson may be reached by calling (803) 625-5024 or by sending an email request to JohnJlo@hampton2.k12.sc.us.

Estill Middle School - Mrs. Shrona Taylor

Coronavirus (COVID-19): Calming Anxiety/**Part 2**

If you feel stressed about coronavirus, you're not alone. Coronavirus (COVID-19) has had ripple effects into almost every aspect of our lives. It's natural to feel anxiety when we face a crisis, the unknown, or sudden change. It's a normal reaction to feel the need for safety, certainty, predictability, and control. Here are some tips that can help you cope with anxiety and give you a sense of control even during an uncertain time. Many are simple techniques with proven benefits.

Direct your attention or practice mindfulness. When you notice anxious thoughts, know that you don't have to dwell on them. Direct your attention to things that help you feel calm. You can use techniques such as guided imagery (easily found on YouTube or Google Video) or mindfulness practices that help you focus on being in the moment.

Practice breathing. Just pausing to take a breath can calm you in a difficult moment. It can help you pause before you react, and choose how to react. Specifically, "belly breathing" or diaphragmatic breathing is most helpful. Practice for 5–10 minutes a day. Try an app like "Belly Bio" that is free to download.

Reach out to others. Staying in touch with friends and family is good for you and for them. Feeling close to others reduces anxiety, and has been known to boost the immune system. Even though we're staying home, we can reach out by phone, video chat, or social media. We can feel close, even while we're apart. Practice physical distancing, but social togetherness.

Practice gratitude. Noticing what we're grateful for is a powerful remedy to anxiety. Showing gratitude is another way to feel close to others. It benefits your mood and your health. Say a simple heartfelt thank-you. Make a list of what you're grateful for. Send a letter to someone who's helped you. Let loved ones know how much they mean to you.

Summer Reading 2020

6th grade:

Rising sixth graders are requested to read one of the following:

- *One Crazy Summer* by Rita Williams-Garcia
- *Finding Langston* by Lesa Cline-Ransome

7th grade:

Rising seventh graders are requested to read one of the following:

- *Miracle's Boys* by Jacqueline Woodson
- *Blended* by Sharon Draper

8th grade:

Rising eighth graders are requested to read one of the following:

- *The Invincible Summer of Juniper Jones* by Daven McQueen
- *Bad Boy* by Walter Dean Myers



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Turn your summer into an adventure and pick up a book and read. Escape the boredom of television, video games and lounging around, and allow your mind to travel to faraway lands or to just sit around and read about the adventures of other children your age who dare to be adventurous. Here is a reading list for you to start spending your days with a good book. You can pick up a book from the school, the local library, or download them on your phones.

Summer Reading List

The Book Thief
I Know Why the Caged Bird Sings
Harry Potter Series
The Hate You Give
The Hunger Games
Chains
To Kill a Mockingbird
Wuthering Heights
A Raisin in the Sun



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- Procedures for visiting the school
 - Call prior to visiting to make an appointment.
 - Wear a mask. Persons without a mask will not be allowed to enter the building.
 - Your temperature will be taken prior to entry.
 - If you have been out of town visiting areas that are considered a “hot spot” please be courteous and postpone your visit until 14 days after your out of town visit.
- Summer school has started. Classes are being held online. In the event you missed the correspondence, please call the school as soon as possible to determine what steps you will need to take in order to complete the necessary courses.
 - Credit Recovery courses: \$75
 - Seat Time Recovery (Failure Due to Attendance): \$5 per hour, per class.
 - Initial Courses: \$150 for one class \$225 for two classes. (This option is available only to students that need courses to graduate on time)