

November 20, 2020

Dear Live Oak Charter School Families and Friends,

### **Thanksgiving break personal reflections**

Oh, how grateful I am for the shift in seasons and the experience of less daylight and longer nights. Lessons from the bear come to mind as I try to use this time to hibernate, reflect, and go inward more often. Whatever your plans are for the Thanksgiving break, I urge you to first stay safe by following all health guidelines and recommendations and secondly, devote some time to yourself. Take a brisk walk early in the morning, journal in the evening, take a drive...whatever activity you prefer that gives you time to be with you. Live Oak will be ready and back in action on November 30!

### **Sonoma County Four Weeks video:**

I know many are wondering about when we are going to be able to have students come back to school for in person instruction. I want to share a video that does a really good job explaining the timeline. You can watch the video [here](#).

### **Distance Learning 2.0 Parent Survey link:**

Thank you to everyone who participated in providing important feedback about distance learning 2.0. I was able to gather the input and am providing you a link so you can review the responses.

[Click here for parent survey link.](#)

Below are some announcements of recommended and high-interest offerings.

### **How to Support Math Learning at Home:**

**When: December 1, 3, 7, and 14 (depending on your grade level).**

The Sonoma County Office of Education's math department will be hosting a series of sessions for parents and caregivers to connect and figure out ways to best support their child's math learning. During our time together, participants will connect with other parent and caregivers. In addition, parents and caregivers will be supplied with resources to help them navigate the math learning that their child is engaging in. Math at home support link to learn more and register: <https://sites.google.com/scoe.org/math-support/home>

### **Nature in Crisis Event**

**When: December 2 from 3pm to 4:30**

This is a conversation with National Book Award Winner & New York Times Op-Ed Writer Timothy Egan and U.S. Congressman Jared Huffman discussing the interdependency and complexity of people and natural systems, with an emphasis on local wildfires. Nature in crisis link to learn more and register: <https://sites.google.com/scoe.org/nature-in-crisis-event/home>

### **Christmas Cheer program**

**When: Due by December 4**

Please find the attached graphic about the year's Christmas Cheer program. The organizers have pivoted it a bit this year. Only gift cards for food and toys will be given out. Applications are due by December 4th. <https://petalumapeople.org/christmas-cheer/>

## Managing Anxiety Workshop for Parents

**When: December 8**

Lista Tanner, a former Live Oak presenter and current Clinical Director at the Santa Rosa Center for Cognitive-Behavioral Therapy will be presenting a workshop for Live Oak parents via Zoom. The topic is ***Managing Anxiety in Uncertain Times: Navigating the stress and anxiety of a pandemic, the fight for social justice, AND distance learning can feel like an insurmountable task even on our best days. Join us for an online workshop focused on helping parents learn how to use their values as a compass to navigate the current storm of uncertainty for both themselves and their children.*** We are fortunate to be collaborating on this workshop with Linsey Gannon the Principal at Willowside Middle School in the Oak Grove School Union District. Please click on the [flyer link](#) for more information including registration.

Thank you to everyone for your continued perseverance and positive attitude during this time. Please continue to stay safe, take care of each other, and find joy whenever possible.

Gobble, gobble

Justin Tomola

Director