



***“All our dreams can come true if we have the courage to pursue them.”
- Walt Disney***

**5 Ways to Support Kids with ADHD
During Remote Learning**
by Katy Reckdahl



Things to Keep Post-COVID

A frequent question I've been getting is what new practice adopted during COVID might we keep in a post-COVID world. What comes to mind the most is how we have engaged with families in new and effective ways. By using Zoom, we were able to have veterans from around the country participate in our Veterans Day activities. At a recent writing celebration for Distance Learners, there were many parents and grandparents cheering our young writers. I've heard that more caregivers could participate in PPT and parent-teacher conferences. We can also invite caring adults to join our mini-lessons and then use these taught reading skills to support our developing readers at home. There is a lot of potential in keeping up with digital tools to engage with families post-COVID. It will be something our team will be thinking about in the months ahead. In this same spirit, we invite you to our [Invention Convention Information Session](#) on December 15th. Check it out!

Professional Development Corner Check out this episode of Hidden Brain, [What Gratitude Gets You!](#) Many of us struggle with self-control. And we assume willpower is the key to achieving our goals. But there's a simple and often overlooked mental habit that can improve our health and well-being. This week on Hidden Brain, we explore that habit — the practice of gratitude.



How can we help you? Please use this reference guide for contacting our Central Office Team for support.

Do you have a resource, quote, or article to share? Please email them to me at tbaird@hebron.k12.ct.us.