

Just the Facts

Dwight-Englewood Lower School

February 26, 2021

CALENDAR OF EVENTS

March

11 Thursday Parent Conferences for all grade levels
12 Friday Parent Conferences for all grade levels - **NO CLASSES**

UPCOMING:

3/22-4/5 Spring Break – **SCHOOL CLOSED**
4/5-4/9 Virtual Classes for all D-E Students
4/12 On-Campus Classes Resume

Coping with COVID: Pets in the Pandemic

Sunday, February 28, 2021

7:00 PM via Zoom

There is no question having a pet in your home during the best of times can bring joy. In more trying times, as we are experiencing now during the global pandemic, pets can offer more than just companionship. Many people are finding their pets are offering mental as well as physical health benefits to help cope during this time. Join us for a fun and interactive online event featuring...your pets! Our conversation will cover topics including:

- The rise of pet adoptions in response to the social isolation associated with COVID-19
- The mental health benefits of owning a pet, especially during the pandemic
- Story-sharing of how your pets have helped 'make it better' for you and your family

[CLICK HERE TO REGISTER.](#) (Zoom link will be provided prior to the event)

PARENT CONFERENCES...

The classroom teachers have been in contact with you directly to schedule conference times. There is no school for Lower School students on Friday, March 12. If you have not yet scheduled a convenient time, please contact your child's teacher to schedule.

In the past, the School Store has sold D-E merchandise at the LS Parent Conferences on campus. Since the conferences will be held virtually, please access merchandise online at

www.d-e.org/shop. There is a variety of D-E imprinted items such as water bottles, travel mugs, sunglasses, stuffed animals, and car magnets. Both youth and adult clothing is also available. If you have questions regarding merchandise or ordering, contact Joan Millien at [201-227-3130](tel:201-227-3130) or millij@d-e.org.

NURSES NOTE...

Magnus Reminder

Magnus has begun sending reminders out to let you know your child's health exam is coming due. There will be reminders right up until the due date. This date is determined by your child's 2020 exam date. Reminders are automatically sent so that you will have enough time to make an appointment and also comply with your insurance requirements. There will be a two-week grace period from the anniversary date of your child's 2020 physical exam during which the 2021 exam should be uploaded. *This is a change from what we previously have done.* Maintaining an up-to-date health file will ensure full participation for you child and help us meet their needs. Once completed, please send an email to your child's assigned nurse so that your health form may be marked received. As we near the summer, you will get additional reminders to complete the other forms in your portal. Please email with any questions.

Maureen Krane RN (preschool through 3rd grade): kranem@d-e.org
April Boghossian RN (4th-7th grade) Boghoa@d-e.org

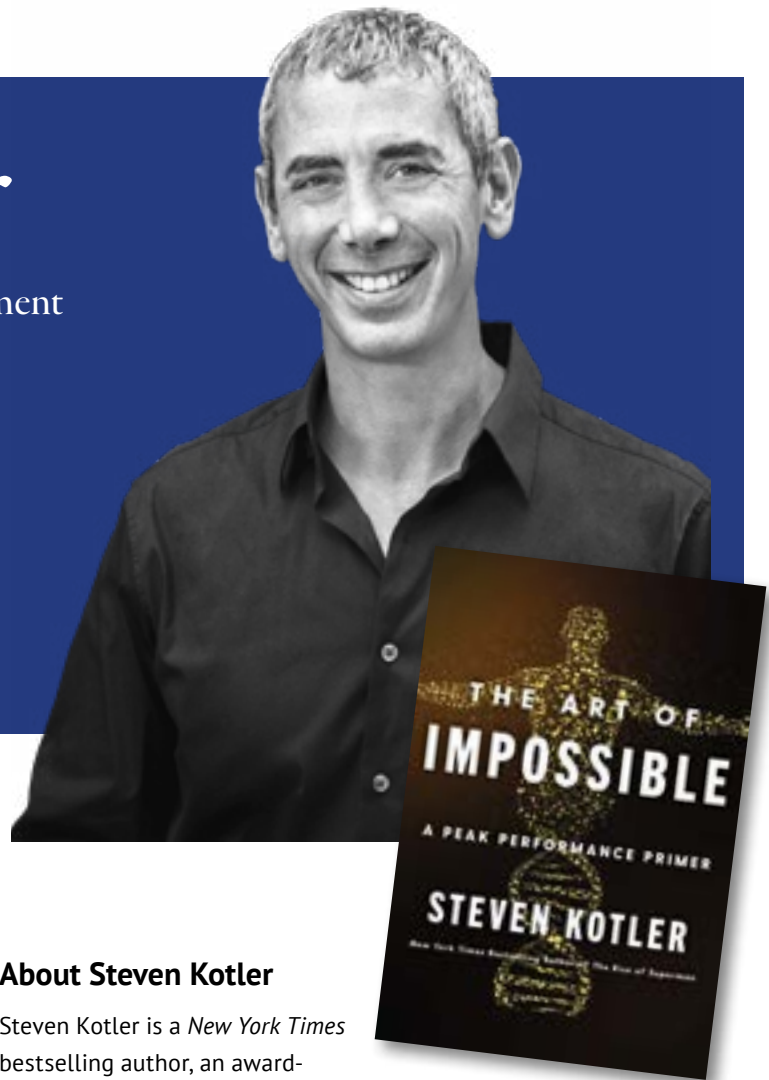
D-E Parents' Association proudly presents
A Parent Education Evening Zoom Event featuring

Steven Kotler

Finding Flow: Developing Resiliency and Fulfillment
in the time of COVID

Founder/Executive Director, Flow Research Collective, and
Author, *The Art of Impossible: A Peak Performance Primer*

March 15, 2021, 7:00 PM
Zoom Link provided following RSVP



**To RSVP, scan the QR code below or
go to bit.ly/DEStevenKotler**

About Aol (Art of Impossible)

- “Peak performance” is the stage that comes after resilience, when you grow and transform yourself beyond your highest expectations. “Peak Performance” can be found in extreme sports, but also in business and in life!
- With resilience you learn to overcome difficult circumstances. By developing the right mindset, we all can move on to the next stage: thriving.
- How can we take advantage of life's biggest challenges (e.g. pandemic, social unrest, political and economic instability) -- to develop the grit and core skills that will enable us to both overcome these challenges AND fully embrace them as opportunities for growth, personal exploration and excellence?
- Join us for an exciting virtual discussion with Art of Impossible author Steven Kotler, to learn more and talk through how “utterly uncomfortable and impossible circumstances” can actually lead you to great success and fulfillment in life!

About Steven Kotler

Steven Kotler is a *New York Times* bestselling author, an award-winning journalist, and the Executive Director of the Flow Research Collective. He is one of the world's leading experts on human performance. He is the author of nine bestsellers (out of thirteen books total), including *The Art of Impossible*, *The Future Is Faster Than You Think*, *Stealing Fire*, *The Rise of Superman*, *Bold and Abundance*. His work has been nominated for two Pulitzer Prizes, translated into over 40 languages, and appeared in over 100 publications, including the *New York Times Magazine*, *Wired*, *Atlantic Monthly*, *TIME* and *the Harvard Business Review*. Steven is also the cohost of Flow Research Collective Radio, a top ten iTunes science podcast. Along with his wife, author Joy Nicholson, he is the cofounder of the Rancho de Chihuahua, a hospice and special needs dog sanctuary.



To RSVP scan QR code or go to bit.ly/DEStevenKotler
Zoom Link will be provided to all who RSVP.
Questions? Email pa@d-e.org

