

# Just the Facts

Dwight-Englewood Lower School

March 19, 2021

## CALENDAR OF EVENTS

### March

3/22-4/5 Spring Break – **SCHOOL CLOSED**

### UPCOMING:

4/5-4/9 Virtual Classes for all D-E Students

4/12 On-Campus Classes Resume  
5<sup>th</sup> Grade Virtual Field Trip Boston Tea Party 10:00 a.m.

4/21 Joseph Bruchac Virtual Author Visit  
Kindergarten –2<sup>nd</sup> Grade – 11:00-11:45 a.m.  
Grades 3-5 – 1:45–2:30 p.m.

### GRADE 5 – SAVE THE DATES...

Fifth grade families will receive more details about important year-end dates. Please see the dates below for your planning.

**Tues., April 20** 5<sup>th</sup> Grade Parent Forum – 6:00-7:00 p.m. Zoom link to follow  
**Weds., June 9** Wave Parade 6:00–7:00 p.m.  
**Fri., June 11** Promotion Ceremony – 9:00 a.m.

### LUNCH REMINDER...

A reminder to order lunch for the returning week 4/12-4/16 if your child has opted for the school lunch program. You can access the menu on Nutrislice - <https://d-e.nutrislice.com/>.

### NURSES NOTES...

Spring pollen has arrived, and with that, so have allergies. If your child takes allergy medicine for spring allergies, please be on alert for symptoms so that you may start their daily dose. Their daily antihistamine usually works best when taken at night, so that they are ready to go in the morning. Additionally, if your child is bothered by itchy, red eyes, please administer their eye drops **before** they leave for school. The pollen is very high in the morning, and they will suffer throughout the day once a reaction to pollen has begun. If you find that they need eye drops administered at school, please download the “over the counter” form on your Magnus portal and have it completed by your doctor. Remember, a physician permission/signature, as well as your

own signature, is required for me to administer any medication in school--even those that do not require a prescription. Finally, if your child is newly diagnosed with asthma that is triggered by pollen, please complete the Asthma Action Plan and send in any prescribed medications in their original prescriptive box. Thank you for your cooperation in this very important matter. Kindly email us or call with any concerns.

### **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](mailto:kranem@d-e.org)

April Boghossian RN (4th-7th grade) [Boghoa@d-e.org](mailto:Boghoa@d-e.org)

***The faculty and staff wish all our students and their families a wonderful spring break.***

# Dr. Richard Davidson

Founder & Director of the Center for Healthy Minds, University of Wisconsin - Madison

April 7, 2021, 7 PM



## *“Well-being is a Skill: Lessons for the Current Pandemic”*

- In this talk Dr. Davidson will present a framework for understanding well-being and how it might be cultivated. This framework has been in development for the past 5 years in the UW - Center for Healthy Minds, and includes four pillars of well-being: Awareness, Connection, Insight and Purpose.
- Each of these four pillars of well-being exhibits plasticity—each can be nurtured through simple mental exercise. The cultivation of well-being is particularly important during the COVID pandemic. The talk will invite listeners to reframe the public health message of social distancing to physical distancing with social connectedness.
- Specific suggestions will be offered to transform the constraints that we must now live with into opportunities to cultivate well-being.

### About the Speaker

Dr. Richard Davidson is best known for his groundbreaking work studying emotion and the brain. A friend and confidante of the Dalai Lama, he is a highly sought after expert and speaker, leading conversations on well-being on international stages such as the World Economic Forum, where he serves on the Global Council on Mental Health. Time Magazine named Davidson one of “The 100 Most Influential People in the World” in 2006.

His research is broadly focused on the neural bases of emotion and emotional style as well as methods to promote human flourishing, including meditation and related contemplative practices. His studies have centered on people across the lifespan, from birth through old age. In addition, he’s conducted studies with individuals with emotional disorders such as mood and anxiety disorders and autism, as well as expert meditation practitioners with tens of thousands of hours of experience. His research uses a wide range of methods including different varieties of MRI, positron emission tomography, electroencephalography and modern genetic and epigenetic methods.

Davidson has published hundreds of scientific papers, numerous chapters and reviews, and is co-author with Daniel Goleman of “Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body” (Avery, Sept. 5, 2017). He is also the author, with Sharon Begley, of The New York Times bestseller “The Emotional Life of Your Brain” (Penguin, 2012). He has been featured widely in popular media, including the Today Show, ABC’s Nightline, National Public Radio, National Geographic Magazine, Time Magazine, Newsweek, O: the Oprah Magazine, PBS’s The Charlie Rose Show, Harvard Business Review, and additional national and international news outlets.

Davidson is the William James and Vilas Professor of Psychology and Psychiatry at the University of Wisconsin–Madison where he has been a faculty member since 1984. He is the founder of Healthy Minds Innovations, Inc., an external, affiliated nonprofit dedicated to supporting the mission of the Center for Healthy Minds.

**A Virtual (Zoom) Event\***

**Free Admission**

**Open to all D-E Parents and Guardians**

*\*Zoom Link and Password provided after RSVP is received.*

*To RSVP, visit [bit.ly/DEDrDavidson](http://bit.ly/DEDrDavidson) or scan the QR code.*



**Scan to RSVP!**



# Helping children navigate a racialized world: A Conversation for Parents of All Races

With Dr. Howard Stevenson and Dr. Ali Michael

Thursday, April 15, 2021, 6 - 7:30 p.m.

*In a joint conversation with parents at D-E and Newark Academy, the D-E Parent Education Committee and the Newark Academy Parents Association welcome these two premier scholars on matters of racial identity, racial bias, and healing from racism. Howard's work focuses on helping parents and children recognize and navigate racially stressful situations. Ali will speak directly to parents of White children who are asking, "What am I supposed to teach my children about race?"*



**Dr. Howard C. Stevenson** is the Constance Clayton Professor of Urban Education, Graduate School of Education and Professor of African Studies at the University of Pennsylvania. He is the Executive Director of the Racial Empowerment Collaborative, designed to promote racial literacy in education, health, and community institutions. He is a nationally recognized clinical psychologist and researcher on negotiating racial conflicts using racial literacy for independent and public K-12 schooling, community mental health centers, teachers, police and parents. His recent best-seller book, *Promoting Racial Literacy in Schools: Differences that Make a Difference*, is designed to reduce racial threat reactions in face-to-face encounters. He is the father of two sons, Bryan and Julian.

**Dr. Ali Michael** is the co-founder and director of the Race Institute for K-12 Educators, and the author of *Raising Race Questions: Whiteness, Inquiry and Education* (Teachers College Press, 2015), winner of the 2017 Society of Professors of Education Outstanding Book Award. She is co-editor of the bestselling *Everyday White People Confront Racial and Social Injustice: 15 Stories* (2015, Stylus Press) and bestselling *Guide for White Women who Teach Black Boys* (2018, Corwin Press). Ali's article, "What do White Children Need to Know About Race?", co-authored with Dr. Eleonora Bartoli in *Independent School Magazine*, won the Association and Media Publishing Gold Award for Best Feature Article in 2014. Ali holds her Ph.D. from the University of Pennsylvania, where she continues to be engaged with race and equity efforts on campus. She spends the rest of the time raising two amazing human beings.

You are invited to join us for this important evening.

Visit [bit.ly/DEPAApril15](https://bit.ly/DEPAApril15) or scan the QR Code to RSVP online today.

\*Zoom link and Password information will be provided after RSVP is received.



# A NIGHT AT THE RACES

The



## We're Off & Running!

JOIN US Thursday, April 29, 2021

"AD-E Community Event in support of Financial Aid"



**BULLDOG  
BASH**

[d-e.org/events](http://d-e.org/events)

You're Invited to D-E's can't-miss, one-of-a-kind, annual fundraiser to benefit financial aid!

## AN ALL-VIRTUAL D-E COMMUNITY EVENT *featuring*

- Special Guest Emcee **TOM RINALDI** (Fox Sports)!
- **Virtual Horse Racing!** (complete with training, sabotage, & other fun options)!
- **Silent Auction** (Check out auction items, bid on special items & extraordinary experiences such as Junior Parking Spot for Fall 2021, Reserved Seats at Commencement, & more).
- **Auction Items Available for Browsing & Bidding on April 5th.**
- **You do not need to be registered for the event to participate in the auction.**
- **An Opportunity to Support D-E Financial Aid!**

### Admission Price: \$225/Guest

- *Allows online access to the event, plus, participation in the virtual horse racing.*
- *The winner from each virtual horse race will be awarded a special prize!*

Plan to join in and be a part of this evening that will promote the spirit and pride of all that is Dwight-Englewood!

Volunteer or Get Involved! Contact Linda Binder, Director of Special Events, at [bindel@d-e.org](mailto:bindel@d-e.org) or 201-227-3110



### Sponsorships & Donations

Please consider donating an item, a unique experience, or internship opportunity for our auctions!

Bulldog Bash Journal Ads are also a great way to advertise your business or service.

Learn More: <http://d-e.org/events>



## RSVP TODAY!

for D-E's BULLDOG BASH: A NIGHT AT THE RACES  
"A Special D-E Event in Support of Financial Aid" !

<https://anightattherace.givesmart.com>



A Special message from  
the D-E Bulldog Bash  
Committee

Scan code to watch