



BEL AIRE NEWS

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Raising Healthy Families



PTA NEWS



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Let's Get Social

PRINCIPAL MESSAGE

STAY SAFE & HEALTHY DURING MID-WINTER BREAK

Dear Families,

I continue to be impressed by the consistent cooperation and adherence to our safety practices and protocols. Our successful in-person instruction is very much a reflection of our community's commitment, flexibility, and collaborative spirit.

I am wishing everyone a safe and restful mid-winter break. In order to continue on our current trajectory, I would like to remind families how important it is that we all make every effort to follow current public health guidance and avoid:

- **any** indoor gatherings (with mixed households)
- outdoor gatherings with **more than 3** households (including host)
- non-essential **out-of-state** travel

If these activities cannot be avoided during the designated break (February 15 - 19), please use the following distance learning week (February 22 - 26) for any necessary *testing* and *isolation*.

Sincerely,
Lexie Cala
Bel Aire Principal

👉 IMPORTANT DATES 👈

EVERY FRIDAY | SPIRIT WEAR DAY

FEBRUARY 15 - 19 | NO SCHOOL • MID-WINTER BREAK

FEBRUARY 22 - 26 | DISTANCE LEARNING (PHASE 1 SCHEDULE)

MARCH 5 | END OF TRIMESTER

MARCH 17 | PICTURE DAY MAKE-UP

★ FREE VIRTUAL PARENT ED ★

Marin County's Office of Ed (MCOE) is partnering with the county's Community Institute for Psychotherapy (CIP) to host the 2021 [Raising Healthy Families](#).

The annual, free series is virtual and designed to empower parents and educators with strategies to support children in today's contexts. This year's topics include: resiliency, self-esteem, social media, and adolescent substance abuse. Please see [linked flyer](#) and/or register directly on their site below.

♥ ADDITIONAL RESOURCES ♥

The [Greater Good Science Center](#) (GGSC) at the University of California, Berkeley, "studies the psychology, sociology, and neuroscience of well-being and teaches skills that foster a thriving, resilient, and compassionate society."

Appropriately for February, the GGSC's online magazine offers us a selection of tools and articles around the themes of love and equity. Below are a few you may want to explore:

How to Help Your Kids Feel Loved

Loving bonds between parents and kids can help kids grow into compassionate adults.

Video by Susan Harris, Kelly Whalen, and Maryam Abdullah

WATCH NOW

How Love Can Help Your Child Become More Compassionate

Research suggests that warm relationships with parents help children become compassionate adults.

Article By Maryam Abdullah

READ MORE

Five Ways to Reduce Racial Bias in your Children

How do we combat racial prejudice? New research reveals how parents influence the formation of bias in children.

Article By Jill Suttie

[READ MORE](#)

How to Raise Kids Who Are More Tolerant Than You

This is a time of intense political partisanship. How can we avoid feeding hate and distrust in our children?

Article By Maryam Abdullah

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BEL AIRE ELEMENTARY SCHOOL PTA



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