



THE OBERLE UPDATE

April 2020

A Student Created Newsletter

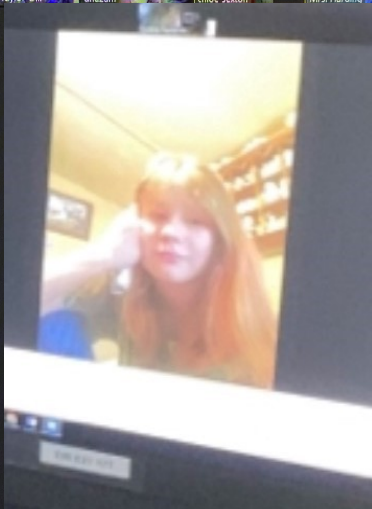
Volume X Issue VI



WE MISS YOU!!



Chloe



Enjoying a video class with Ms. DuBois, Ms. Nuzum and Mrs. Harding!



REMOTE LEARNING: WE GOT THIS!

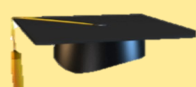
We hope everyone is doing well and adjusting to remote learning which began on March 30th. And how about our Oberle teachers!!! What show offs!! No matter what instructional platform is thrown at them, they design and deliver creative and engaging learning activities to keep your skills sharp!

All students have been invited by their teachers to join Google Classroom. If you do not remember the login information for your GHOS gmail account, just let us know. Every teacher has access to your email information. Through Google Classroom, you are able to complete and turn in any work assigned for all of your classes.

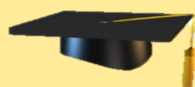
Live, interactive lessons through videoconferencing are also part of the remote curriculum. Teachers are so excited to see your smiling faces! Check your gmail daily for invitations from your teacher for these classes.

Pick-up and drop-off of work for those students choosing to complete work using hard copies is available on Monday mornings from 8:00 to 10:00 am.

Don't have a computer and would like to complete your work using Google Classroom and live, video conferencing? We have Chromebooks available!



SENIORS



Coming in May!

A special edition newsletter dedicated to our awesome seniors!



<https://www.facebook.com/ERI.Oberle/>

https://www.instagram.com/ghos_eri/

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What Am I?

I have a home and a big space, I have keys but I have no locks, I have lots of letters but I have no mailbox.

Send your answer to Mrs. Simms

psimms@eri-va.com

Spotlight ON...

COPING SKILLS



All of us may be feeling some strong and overwhelming fear and anxiety during this stressful time. Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco or other drugs

Practicing coping skills will help you and the people you care about stronger. Some ways to cope with stress:

- **Take breaks from watching, reading or listening to news stories**, including social media. Hearing about stressful events repeatedly can be upsetting.
 - **Take care of your body.**
 - Take deep breaths, stretch or meditate
 - Try to eat healthy, well-balanced meals
 - Exercise regularly
 - Get plenty of sleep
 - Avoid alcohol and drugs
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.

**MAKING
CONNECTIONS**

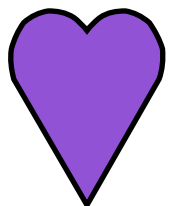


Please reach out and connect with your counselor!

Mrs. Love and Mrs. Dillow have been trying to reach all of their students! If you have not yet made a connection, please do! They will be able to help you with any anxiety or stress you may be feeling. They also miss you!

Our counselors are providing individual and group counseling for students through email, phone and teletherapy. A permission form to participate in teletherapy was sent via email. Please sign and return. If you did not receive one, let us know! Mrs. Love has also created Google Classrooms for each group to share articles and videos related to topics of interest and for the groups to interact.

If a family is in need of any basic necessities such as food, supplies, gas, etc., please let your counselors know so they can connect you with community resources.



HEALING POWER OF PETS

Pet therapy is a broad term that includes animal-assisted therapy and other animal-assisted activities. Animal-assisted therapy is a growing field that uses dogs or other animals to help significantly reduce pain, anxiety, depression and fatigue in people with a range of physical and mental health problem. Students at the Gladys H. Oberle School get the opportunity to interact with several animals throughout the year including guinea pigs, baby goats, kittens and, especially, our therapy dog, Lincoln.



HEALING POWER OF PETS



Bulldogs in Action

We Miss Clubs!



Gladys H. Oberle School

Bulldogs

remotely

in Action



Lazarus happily drawing for art class!

ACROSTIC POEM BY LUCAS STILWELL

Helpful
Excited
Laugh
Positive
Fun
Unique
Lovable

ACROSTIC POEM BY CARSON GEORGE

Racer
Acer
Caring
Effortful
Redhead

ACROSTIC POEM BY DARIUS COLLIER

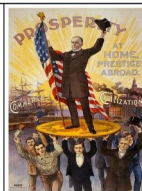


Respectful
Energetic
Sensitive
Productive
Eager
Compassionate
Truthful

ACROSTIC POEM BY JACKSON COMER

Generous
Real
Entertainer
Ambitious
Tenacious



Judah's Garden!

Laissez-Faire capitalism	Laissez-faire is an economic system in which transactions between private parties are absent from any form of government intervention such as regulation, privileges, imperialism, tariffs and subsidies.	
"Jim Crow" laws	"Jim Crow" laws were state and local laws that enforced racial segregation in the Southern United States.	
Ida B Wells	Ida Bell Wells-Barnett was an American investigative journalist, educator, and an early leader in the civil rights movement.	

An Excerpt From Carson's Webquest in
US/VA History

Gladys H. Oberle School

Bulldog Barks

Bulldogs Staying Safe And Busy At Home!



STAY BUSY!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Take a Walk	Read a Magazine	Play Board Games	Organize Your Room	Write a Poem	Watch a Movie	Snapchat a Friend
Work a Puzzle	Draw a Picture	Bake Cookies	Start a Blog	Yoga!	Learn Calligraphy from YouTube	Start a Gratitude Journal
Indoor Scavenger Hunt	Virtual Field Trip Using Google Earth	Start a Book Club with Friends or Family	Take One Photo a Day	Make a Weekly Menu	Plant a Small Garden	Color in a Coloring Book!
Cook Dinner	Play a Video Game	Learn a Card Game	Ride a Bike	Meditate	Bake and Decorate a Cake	Make Collage with Photos of the Day



April 4	Mrs. McMahon	May 1	Mr. Harris
April 7	Mrs. Corbin	May 3	Lazarus P.
April 12	Mr. Davis	May 7	Matt H. & Kamal N.
April 22	Carson V.	May 18	Mr. Chapman
April 23	Mr. Perrow	May 19	Mr. Manahan
April 27	Tyler A.	May 24	Josh L.



The Gladys H. Oberle School
 404 Willis Street
 Fredericksburg, VA 22401
 (540) 372-6710
www.eri-va.com

