



Tri-City Day School
Family Newsletter
May 2020

Dear Parents/Guardians,

How quickly we have arrived at this bittersweet time of year! We are saying good-bye and good luck to our seniors this year! Congratulations to Johnny Clark, Max Greenup, Justin Lucero, Phillip Markum, Alec Owens and Ame Wilson! We will miss them very much and wish them all the best! Congratulations are also in order for a number of our students who will be reintegrating either part time or full time back to their base schools. There are exciting adventures ahead for many of our students!

You should have all received a letter from me by now so you know that this year is especially bittersweet to me as it is my last year at Tri-City. I am so grateful to USD 261 for giving me the opportunity to serve as the principal/administrator at Tri-City for the past 16 years. I am also very grateful to all of you for your willingness to work with me and trust me over the years. I have many fond memories of my time at Tri-City and the wonderful students I have had the opportunity to work with. I am excited to be including an introduction to the new Tri-City principal, Mr. Douglas Berryman in this newsletter. Mr. Berryman and I are working very closely together to make this a smooth transition for all involved.

I usually give you preliminary information and a timeline about enrollment for the next school year in this newsletter. However, due to the pandemic and the phases we are working through to get to our regular routines, I am unable to predict what that timeline may look like. Therefore, I will simply say that sometime late in the summer, you should expect to get enrollment paperwork for your child that is returning to Tri-City for the 2020-2021 school year. For those of you who are newer families, you will enroll first with your base school in your home district and then also complete paperwork for enrollment at Tri-City that you will receive in the mail. Transportation will not be set up for your child until both of these enrollment procedures take place.

I will be in and out of the office and checking my district email at gkeirns@usd261.com through June 11 if you need to contact me. Again, thank you for the privilege of working with your children!

Wishing you well,
Gina

My name is Doug Berryman and I will be taking over the position of Tri-City Day School Administrator beginning in the 2020-2021 school year. I want to point out that I do not feel I am replacing Gina Keirns; after all, I am not a super hero! However, I am taking on the role that she previously held at Tri-City. I wanted to take some time to give you some information about me so that you will be able to have some prior knowledge as we get to know each other.

This coming school year will mark my 28th year as an Educator, with all of those years being spent as a Special Educator in some form. I began my teaching career in Albuquerque, New Mexico. This made total sense, since I did not speak Spanish and 85% of the student body at my school was Hispanic! I only taught one year in Albuquerque, then moved on to teach in Elko, Nevada for four years. I am originally from Kansas, and my grandparents were getting up in age, so I moved back to the Wichita area to begin teaching in the Butler County Special Education Interlocal. I taught three years in the Interlocal, while working on my Master's Degree to be a school administrator. Upon completion of my degree, I took a job in Salina, Kansas as a special education administrator, but unfortunately, my wife did not like Salina, so we moved back to the Wichita area.

We moved back to the Wichita area late in the hiring season, so I took a job teaching in the Wichita School District for one year and then once again found my way back to the Butler County Special Education Interlocal. I again taught special education for nine years and when the position of Transition Coordinator became available, I jumped at the chance to help make a difference in the lives of students with disabilities as they transitioned from the school world to the real world. I was able to stay in that position for six years before changes were made in the Interlocal and my position was eliminated. It just so happened that there was an opening at the Haverhill Day School and Academy as the Principal, so I was able to take that position.

My journey at Tri-City Day School actually began back in December 2019, when I was able to take a tour of Tri-City along with my teachers. I was so impressed; not only with facility, but also more importantly with all of the people and students we met. Tri-City is a first class facility with first class staff and students and I am so proud and excited to now be a part of that family.

On a more personal level, I am married to my wonderful wife, Brenda, who is an Area Operations Manager for Ricoh Americas, who also happens to have the Print Center for Haysville Schools as one of her accounts! We have been married 19 years and look forward to re-visiting our honeymoon for our 20th anniversary in Walt Disney World next March for spring break. We are avid Disney fans. I also am on the school board for Augusta Public Schools, which keeps me quite busy. When I do have spare time, I enjoy spending it with our dog Bailey and occasionally spending some time at the Augusta Model Railroad Club. I am a loyal Kansas State University graduate and I enjoy every fall spending time at KSU football games as well as a Kansas City Chiefs fan, Go Chiefs!

I look forward to working with all of you as we begin another school year at Tri-City and I cannot wait to meet all of you. It's great day to be a Gator!!

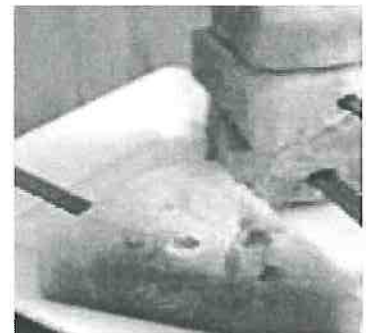


**Extended School Year (ESY)
at Tri-City Day School
June 1 – July 2
8:00 a.m. – 12:00 p.m. (Monday – Thursday)**

Community Services

To find help with food, clothing, cold weather assistance, counseling services, and many more services within our community you can dial 2-1-1 toll free across Kansas to talk with a trained specialist to find help. All calls are confidential and answered 24 hours a day, seven days a week. Community services can also be found on-line at <http://www.211kansas.org/211findhelp/Program/Search.aspx>

frozen watermelon popsicles



- *Prep Time:* 15 minutes
- *Yield:* 24 servings

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- half of a seedless watermelon
 - popsicle sticks

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1. From your watermelon, cut off one half-moon of a slice about 3/4 inch thick. Trim off the rind, poke off any pale seeds that are showing and then cut the slice into 3-4 triangles.
 2. Lay one triangle of watermelon on a cookie sheet. Slide a popsicle stick in at least halfway (I slide mine into the curved edge where the rind used to be but it doesn't really matter where you stick it as long as it goes at least halfway in and is completely surrounded by watermelon).
 3. Repeat with remaining watermelon until you have as many popsicles as you would like (note that they cannot be touching while they freeze or they become hard to break apart. So only make as many as you have space for on cookie sheets in your freezer).
 4. Spread the slices out on the cookie sheet so that they are not touching. Freeze on the cookie sheet for 3-4 hours, until frozen through.
 5. Eat or wrap watermelon popsicles individually in plastic wrap and return them to the freezer where they will keep for 5-7 days.

Tips to Help Deal with the Stress of COVID-19

Keep a structured day. Staying close to your normal schedule can be helpful for you and everyone in your household. Not having structure often contributes to anxiety in children who have grown accustomed to a daily routine. Structure provides a sense of control. However, within your routine, you can be flexible with normal rules of your household. Decide ahead of time, which rules you will continue to hold firm and which rules you will allow some flexibility.

Acknowledge feelings and emotions. Expect a wide range of emotions - including sadness and anger. These are part of adapting to the challenges we are all facing.

Create A Few New Routines. Enjoy family meals together, spend quality time together as a family, or learn a new game or activity. Start a new hobby that you have been putting off until you "had time" or re-engage a hobby you have neglected.

Engage in Physical Activity. If you normally go to the gym, take advantage of online/YouTube fitness classes in your own home. This can be done individually or as a fun family activity. If you are exercising outside, remember the CDC recommended guidelines about social distancing. Consider doing a virtual/video fitness with a friend. If you have not been physically active, this could be a great time to start. Consult with a physician for guidance before you start an exercise program.

Limit media time. Stay informed while avoiding getting saturated and overwhelmed with news through multiple venues (national/local news, Facebook, Instagram, Twitter, etc.). Research finds that social media can escalate anxiety more than traditional media. As more data is gathered about COVID-19, information changes rapidly. There is also mis-information about this virus, treatments, cures, and restrictions. Negotiate with family about the specific amount of time with social media. Social science evidence shows that too much media of any kind can increase stress and anxiety.

Help younger children feel secure. Ask younger children what concerns them, instead of providing information that may be confusing. Model healthy coping behaviors, good hand hygiene and other practices recommended by the CDC, including social distancing.

Embrace Individual Differences. Although we have similar physical reactions to stress and anxiety, our psychological reactions can be very different. We all deal with anxiety in our own ways. We can use this opportunity to help those around us deal with COVID-19, and learn from others better ways to handle these uncertainties.

Reach out for behavioral health care. If you are struggling, reach out for behavioral health care. Resources for behavioral health are expanding with COVID-19. Please do not hesitate to contact our medical team with any questions on when and how to seek reputable behavioral health care.

Allow house members social, psychological, and physical space. Each morning agree to check in with each other throughout the day.

Enjoy sunshine and fresh air. When possible, spend time outside, while avoiding crowds. Sunshine has many benefits, including improving mood. Even 10-15 minutes of sunshine can be helpful. Use sunscreen and always practice extra steps for safety.

Rise to the occasion. Reach out (calls, letters, and virtual visits) to loved ones who are homebound, isolated, or self-quarantined. Too much isolation can cause you to feel disconnected and ill at ease, which can lead to feelings of anxiety and depression. Rekindle neglected relationships. Evidence supports that a sense of belonging builds resiliency, especially during times of increased stress.

Fight boredom. Boredom can allow your thoughts to go into places that increase anxiety and a sense of loneliness. Boredom can also lead to habits or activities to avoid - overeating, excessive consumption of alcohol. Ahead of time, write a list of activities that you can do to combat boredom. Invite family members to create their own "go to lists" as well.

Give back. Find a meaningful way to support your community, such as dropping off canned goods at donation centers or donating blood. Studies show that giving to others boosts your physical and emotional well-being.

Take One Day At a Time. In all of this uncertainty, you have an opportunity to flourish. Remind yourself that we are truly all in this together and will remain in this together until the COVID-19 crisis abates.

Dr. Joseph A. Banken, PhD, Licensed Clinical Psychologist

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