



**El Camino Real
Academy**
FAMILY NEWSLETTER
January 22, 2021



WELCOME

Hello ECRA families! We hope everyone is doing well. We want to thank families for being a big part of the school's success. We wouldn't be successful if our families weren't as involved as you are. I know things have been hard, but together we are overcoming the challenges!

IMPORTANT DATES

January 25- NWEA testing continues
January 25-29: Great Kindness Challenge

February 4- HOWL Assembly

ALL EVENTS/MEETINGS ARE VIRTUAL



VACCINATION

Have you signed up to receive your vaccine yet? If not, use this link to get registered and you will be contacted once it is your turn.

<http://vaccinenm.org/>

Be sure to act quickly if you are contacted so you are sure to get an appointment before they are all taken for the date available.



STRESSED?

The pandemic can cause people to feel overwhelmed, scared, or anxious. The link below provides resources and access to support.

<https://www.newmexico.gov/stress>

Taking care of your mental health is just as important as all the precautions we are taking to avoid the coronavirus.




Kind words
can be short
and easy to
speak, but
their echoes
are truly
endless.

-Mother Teresa

El Camino Real Academy
NOW ENROLLING
Grades K-12
(tuition free)
314.2212
Hours: 8:00am - 3:00pm
'Linking Learning to Life!'

KINDNESS MATTERS

HERE ARE SOME STUDENT CHECKLISTS WITH WAYS TO BE KIND



The Great Kindness Challenge

VIRTUAL CLASSROOM EDITION

Your Kindness Matters

We challenge you to complete as many acts of kindness as you can.

Have fun and smile big knowing that you are changing the world for good!

Kind Acts


<ul style="list-style-type: none"> <input type="checkbox"/> Smile at 25 people <input type="checkbox"/> Place a nice note on a family member's pillow <input type="checkbox"/> Sincerely compliment 5 people <input type="checkbox"/> Pick up 10 pieces of trash in your neighborhood <input type="checkbox"/> Bond with your classmates with a Scavenger House Hunt game <input type="checkbox"/> Be kind to yourself & eat a healthy snack <input type="checkbox"/> Learn something new about your teacher <input type="checkbox"/> Be kind to yourself & create an I Am poster <input type="checkbox"/> Draw a picture & give it to someone <input type="checkbox"/> Leave a flower on someone's doorstep <input type="checkbox"/> Be kind to yourself & take a Breather Break <input type="checkbox"/> Cut out & decorate a Happy Heart & place in a window <input type="checkbox"/> Entertain someone with a happy dance <input type="checkbox"/> Be kind to yourself & do 10 one-minute exercises <input type="checkbox"/> List 10 things you are grateful for <input type="checkbox"/> Make & display a thank you sign for essential workers <input type="checkbox"/> Show appreciation to a counselor or mentor <input type="checkbox"/> Make a wish for a child in another country <input type="checkbox"/> Write a note of friendship for The Great Toy Giveaway <input type="checkbox"/> Send a thank you to your superintendent <input type="checkbox"/> Make & deliver a happy card to a senior friend <input type="checkbox"/> Learn something new about a different culture <input type="checkbox"/> Write a thank you note to your mail carrier <input type="checkbox"/> Invent a kind handshake with a family member <input type="checkbox"/> Donate toys, clothes or books to a charity or someone in need 	<ul style="list-style-type: none"> <input type="checkbox"/> Make & display 10 positive notes around your house <input type="checkbox"/> Read a book to a younger child <input type="checkbox"/> Call or video chat your grandparent or esteemed elder <input type="checkbox"/> Step up for someone in need <input type="checkbox"/> Make & display a KINDNESS MATTERS sign <input type="checkbox"/> Say "hi" or cheer someone up who looks sad <input type="checkbox"/> Decorate a kindness rock & randomly place it <input type="checkbox"/> Make 10 Love Links for Kindness Unites Paperchain <input type="checkbox"/> Pat yourself on the back <input type="checkbox"/> Embrace your family with a big hug <input type="checkbox"/> Take a family walk and look for Happy Hearts <input type="checkbox"/> Learn to say "hello" in a new language <input type="checkbox"/> Show appreciation to your principal creatively <input type="checkbox"/> Be kind to the earth & make a cardboard creation <input type="checkbox"/> Make a friendship gift for someone new to you <input type="checkbox"/> Recycle your trash <input type="checkbox"/> Go a whole day without complaining & use only positive words for the entire day <input type="checkbox"/> Find something you have in common with a classmate <input type="checkbox"/> Tell a current or past teacher how they've inspired you <input type="checkbox"/> Prepare a healthy meal or snack for a loved one <input type="checkbox"/> Say "sorry" to someone you may have hurt <input type="checkbox"/> Tell a joke & make someone laugh <input type="checkbox"/> Bond with your classmates & play a Virtual Game of Tag <input type="checkbox"/> Raise funds for a cause you care about <input type="checkbox"/> Create your own kind act
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#GreatKindnessChallenge

GreatKindnessChallenge.org ♥ KidsforPeaceGlobal.org

(Your Name Here)

FREE APP!





The Great Kindness Challenge

EDICIÓN PARA LA CLASE VIRTUAL

IMPORTA TU BONDAD

Te retamos a que realices todos los actos de bondad posibles. ¡Recuerda que el distanciamiento físico también es amable!

Cuidate, diviértete y sonríe a lo grande sabiendo ¡que estás haciendo del mundo un lugar mejor!

Actos de Bondad


<ul style="list-style-type: none"> <input type="checkbox"/> Sonríe a 25 personas. <input type="checkbox"/> Deja una nota bonita para un familiar en la funda de almohada. <input type="checkbox"/> Felicita sinceramente a 5 personas. <input type="checkbox"/> Recoge 10 trozos de basura en tu barrio. <input type="checkbox"/> Hazte amigo de los compañeros de clase con un juego de búsqueda por la casa. <input type="checkbox"/> Cuidate y toma una merienda sana. <input type="checkbox"/> Aprende algo nuevo de tu maestro/a. <input type="checkbox"/> Sé amable contigo mismo y crea un póster de Yo soy. <input type="checkbox"/> Haz un dibujo y dáselo a alguien. <input type="checkbox"/> Deja una flor en el umbral de alguien. <input type="checkbox"/> Cuidate y tómate un respiro. <input type="checkbox"/> Recorta y decora un corazón feliz y colócalo en una ventana. <input type="checkbox"/> Entretén a alguien con un baile feliz. <input type="checkbox"/> Cuidate y haz 10 ejercicios de un minuto de duración. <input type="checkbox"/> Enumera 10 cosas por las que te sientes agradecido. <input type="checkbox"/> Crea una nota/un letrero de agradecimiento para los trabajadores esenciales. <input type="checkbox"/> Muestra agradecimiento a un consejero o mentor. <input type="checkbox"/> Pide un deseo para un niño en otro país. <input type="checkbox"/> Escribe una nota de amistad para The Great Toy Giveaway (El gran obsequio festivo). <input type="checkbox"/> Envía un agradecimiento a tu superintendente. <input type="checkbox"/> Escribe y entrega una tarjeta feliz a un amigo mayor. <input type="checkbox"/> Aprende algo nuevo de una cultura diferente. <input type="checkbox"/> Escribe una nota de agradecimiento a su cartero. <input type="checkbox"/> Inventa un apretón de manos divertido con un miembro de la familia. <input type="checkbox"/> Dona juguetes, ropa o libros a una organización benéfica o alguien que lo necesite. 	<ul style="list-style-type: none"> <input type="checkbox"/> Haz y muestra 10 notas positivas en su casa. <input type="checkbox"/> Lee un libro a un niño más pequeño. <input type="checkbox"/> Haz una (video)llamada con un abuelo o anciano apreciado. <input type="checkbox"/> Álzate en defensa de alguien que lo necesite. <input type="checkbox"/> Haz y muestra un letrero de LA BONDAD IMPORTA. <input type="checkbox"/> Saluda a alguien que parezca triste. <input type="checkbox"/> Pinta una piedra y déjala que sorprenda a alguien. <input type="checkbox"/> Escribe 10 mensajes de amor y esperanza para LinkedlyLove (Vinculado por el Amor). <input type="checkbox"/> Date una palmada en la espalda. <input type="checkbox"/> Abrazate fuertemente a la familia. <input type="checkbox"/> Da un paseo con la familia y busca corazones felices. <input type="checkbox"/> Aprende cómo decir "hola" en otro idioma. <input type="checkbox"/> Muestra tu agradecimiento al director de manera creativa. <input type="checkbox"/> Cuida la tierra y haz una creación de cartón. <input type="checkbox"/> Haz un regalo de amistad para alguien recién conocido. <input type="checkbox"/> Recicla tu basura. <input type="checkbox"/> Pasa un día entero sin quejarte y usa solamente palabras positivas durante todo el día. <input type="checkbox"/> Encuentra algo que tengas en común con un compañero de clase. <input type="checkbox"/> Cuéntale a un maestro actual o pasado cómo te han inspirado. <input type="checkbox"/> Prepara una comida o merienda sana para un querido. <input type="checkbox"/> Pide perdón a alguien a quien podrías haber lastimado. <input type="checkbox"/> Cuenta una broma y haz reír a alguien. <input type="checkbox"/> Hazte amigo de los compañeros de clase y juega un juego virtual del pilla-pilla. <input type="checkbox"/> Recauda fondos para una causa que te importe. <input type="checkbox"/> Crea tu propio acto de bondad.
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#GreatKindnessChallenge

GreatKindnessChallenge.org ♥ KidsforPeaceGlobal.org

(TU NOMBRE AQUÍ)

FREE APP!



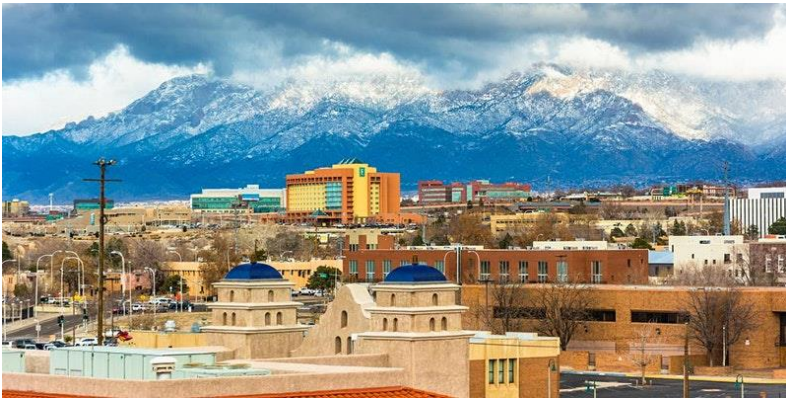
PICTURES NEEDED

Do you have any pictures of your students working on school projects or anything having to do with school? We would love to feature pictures in the newsletter and/or yearbook. If you would like to share images of them or their school work, please send them to denise.brown@ecr charter.org and indicate that they are for use in the newsletter, yearbook, or the school website. We will do our best to use them all.

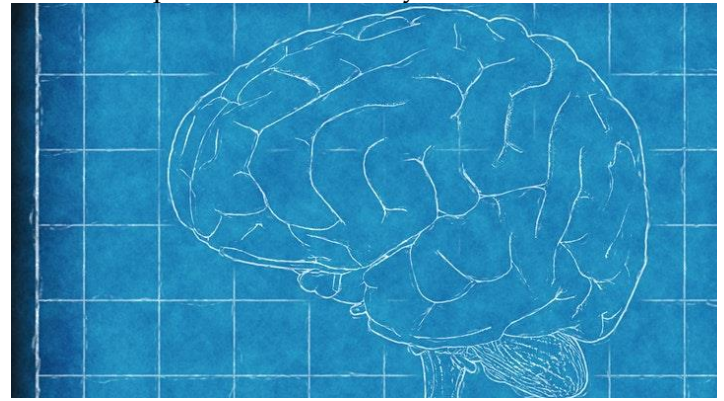
VIRTUAL EVENTS IN ALBUQUERQUE

Click on the images below to find out more about some upcoming virtual events in Albuquerque. ECRA does not sponsor these events but we thought you might be interested in learning more about them.

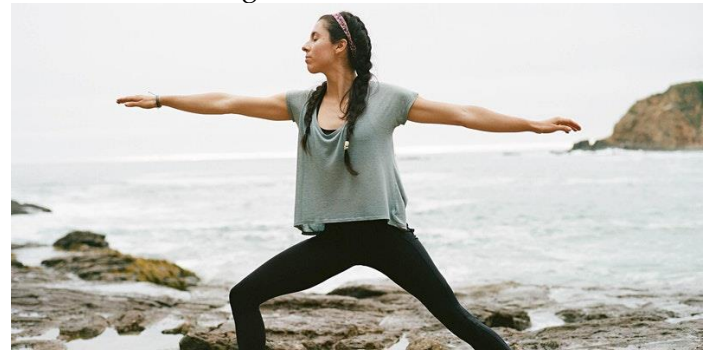
Albuquerque Career Fair: February 22nd



How to Improve Your Memory



Online Virtual Yoga



If any family has a positive case of COVID-19, please contact Brenda Garcia or Jennifer Mercer at 505-314-2212 as soon as possible. ECRA is required to report cases to the New Mexico Public Education Department. Thank you for helping us keep everyone safe!

