

The Eagle's Nest

A monthly, cozy corner for connection, community, and compassion for our young Eagle families.



Upcoming Eagle Encounters:

- **Jan. 28: School Spirit Night** @ CiCi's Pizza on Cherry Rd. **3-9pm** (3rd-5th grades)
- **Feb. 2: PTO Meeting**
- **Feb. 5: Teacher Work Day/ NO SCHOOL**
- **Feb. 10: School Spirit Night** @ Showmar's
- **Feb. 16: Report Cards Go Home**
- **Feb. 19: Kona Ice** @ Ebinport Elem. School

Nurturing the Family Tree:

ARE YOU A BIG-TIME **READER**?
OR ARE YOU MORE OF A PODCAST **LISTENER**?
GREAT NEWS FOR *BOTH CROWDS*
in this announcement...

Join us on our monthly journey as we READ BOOKS FOR PARENTS! COME ON.....LET'S READ & CONNECT!!!



Well-Being Play Book by Leysa C. Kielburger

This book brings the concept of "well-being" home to our day-to-day lives, with practical wisdom on every page. Download Ch. 1 [here](#). Can't wait for the rest? Download the book [here](#).

Prefer to listen? [Listen to Episode 1 here](#) and let us know if you'd like to connect for conversation in the upcoming future, by [telling us here!](#)

Leading your Learners:

As a parent, you're invited to participate in *Parent-Teacher Conferences*. What should you expect and how should you prepare for these events? (Source: Harvard Family Research Project)

Two-Way Conversation	Emphasis on Learning	Opportunities & Challenges
Like all good conversations, both talking & listening are keys to a successful conference.	Focus on how well the child is doing in school... celebrate your child's learning & development!	Teachers want your child to succeed —you'll very likely hear positive feedback & areas to improve.
This is a chance to learn about your child's progress .	The conference should address how your child can do even better .	Prepare by: Thinking about your child's strengths & challenges beforehand.
Ask to see: Data about your child's attendance, grades, & test scores. Is your child meeting school expectations & academic standards?	Prepare to Succeed: Look at your child's homework, tests, & notices ahead of time. Bring a list of questions you'd like to ask the teacher.	Be Ready to Ask: How can you & the teacher help your child with his or her challenges?



The Eagle's Nest is sponsored by the Ebinport School Improvement Council (SIC). The SIC welcomes all families interested in joining our work!

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Hope for the Journey:

Did you know? "About 75% of your brain is water. Dehydrated, it struggles to focus, solve problems, & coordinate motor skills. Water improves sleep quality, cognition, and mood." Wow!

-Harvard T.H. Chan School of Public Health, cited in Well-Being Play Book, this semester's family read!

Community Connections Corner:

Help **build a park bench** at Miracle Park in Rock Hill by donating your plastic caps & lids (#2, #4, and #5) by May 15, 2021:

[More details about donations here](#)

Do you want to hear a story from York County Library staff at any time? Now you can! Dial **803-620-8585** to hear stories for kids & adults, music & songs, poetry, jokes, riddles, and more!

It's not too late to join the fun with other readers in the 2nd Annual **York County Reads!** Kids, teens, & grown-ups all welcome to [join for free](#).

Enjoy exploring our outdoor spaces in town: 23 local [Rock Hill playgrounds](#), the [Anne Close Springs Greenway](#), and the [Fountain Park](#) on Main Street!

Free Family & Community Resources

Calming the Chaos Around Us: A Resource for Caregivers:
A free video series hosted by Dr. Dianna Inman, UofSC College of Nursing. Topics include children & anxiety, family coping strategies, & managing academic demands. Available [here](#).

From Children's Trust of SC:
Confidential, Zipcode-Based Family Resource Search Tool:
scparents.org

From SC Thrive:
Healthcare, Financial, Military, Food Assistance & more! Visit scthrive.org or call **800.726.8774** (Mon.-Fri., 8:30am-5pm)

From SC Dept. of Education & Graduation Alliance:
The [ENGAGE South Carolina Program](#) provides **free**, personal academic coach K-12 students. Coaches develop a plan for academic success, answer technology & curriculum questions, monitor students' progress & pace, and help to connect students to other community programs.

Webinar from RHSD & Winthrop University:
[Navigating the Pandemic: Acknowledging the New Normal, with a Side of Grief](#)

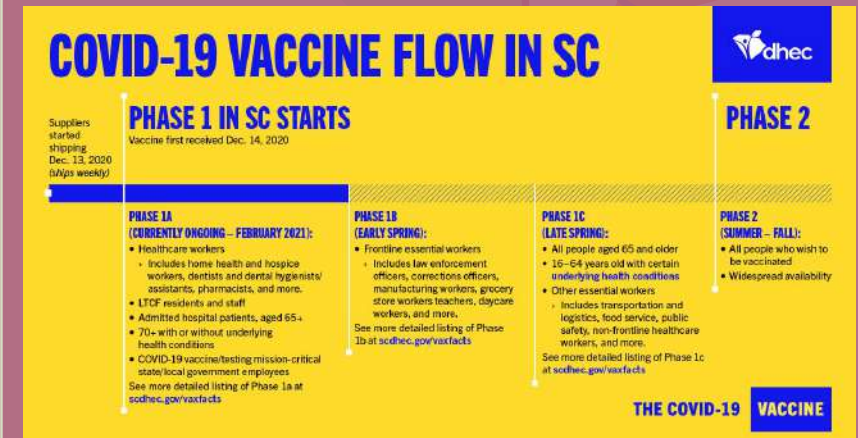
A Special Note on Valentine's Day 2021

Per the request of Rock Hill School District Leadership:
Ebinport is celebrating this special day with our students in a different way: [no outside treats, gifts, etc. may be brought into school](#), BUT don't worry, Ebinport will be providing students with Valentine treats & celebrating in a Covid-19-safe way at school.

Nurse's Knowledge

COVID-19 Vaccine Distribution Plan in SC (per DHEC website)

As you've likely heard, SC has started administering vaccines for COVID-19. See the current DHEC schedule below for more details about the plan for how vaccines will be made available or [visit the DHEC site](#) for more details.



SC DHEC Public Interest Survey for Input on Covid-19 Vaccine Interest (Jan. 24-Feb.8): <http://bit.ly/scdhecvaccinesurvey>

SC DHEC Cuestionario de interés público sobre la vacuna contra el Covid-19 (24 de enero-8 de febrero): <http://bit.ly/scdhecvaccinesurvey>