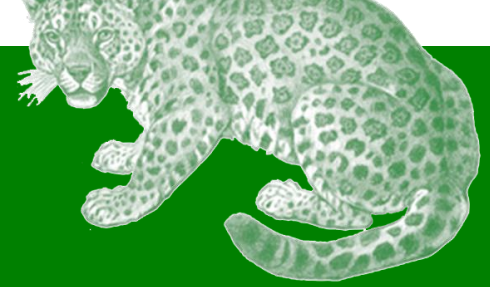


# Silver Firs Jaguar News

SILVER FIRS ELEMENTARY SCHOOL NEWSLETTER



MAY 2021

VOLUME 4, ISSUE 9

## From the Assistant Principal:

Dear Silver Firs Families,

We hope you are doing well and enjoying the warmer weather, the longer days, and the ability to spend more time outdoors. May is upon us, Mother's Day is approaching, and we gradually realize we're in the final leg of the school year.

The last several weeks of school can be challenging with respect to keeping students engaged in learning, and so I'd like to share with you some tips to help keep your child focused (from [hopkinsmedicine.org](http://hopkinsmedicine.org)):

- Have each child create a personal goal that he or she would like to accomplish by the end of the school year — something they normally wouldn't have time for, but now they do! Work on the goal daily/weekly.
- Keep things fresh. Allow your children to explore their creativity and what interests them.
- Use everyday occurrences as opportunities for learning. These are chances to teach valuable life skills.
- Create a question, quote, or riddle of the day.
- Take it outside! Work on homework on the front porch or in the backyard to get some fresh air. Completing math problems? Bust out the sidewalk chalk.
- Need something to do? Read! Start a book club in your household.
- Stay connected. Your child can set up a virtual "study hall" with classmates and friends. Set aside X amount of minutes to catch up socially, and the remainder to focus on homework/classwork.
- Work together with other classroom families to create a virtual yearbook.
- Plan a celebration for the end of the school year. Invite friends to join online.

### **iReady Spring Diagnostic**

It is almost time for the final iReady diagnostic of the school year! Students will be taking the iReady math and reading spring diagnostic between May 10 and June 15. This is a particularly important diagnostic as it will help determine the overall growth our students have made since fall. Each grade level will be selecting a date and time to administer the assessment. Your child's teacher will communicate those dates to you. We would greatly appreciate your

**Aleta Smoot**  
Principal

**Anca Wilson**  
Assistant Principal

**Silver Firs Elementary School**  
5909 146th Pl. SE,  
Everett, WA 98208  
[www.everettsd.org/silverfirs](http://www.everettsd.org/silverfirs)

**May 5**

Materials Pickup ~ 1<sup>st</sup> and 4<sup>th</sup> Grade  
Remote Classrooms

**May 12**

Materials Pickup ~5<sup>th</sup> Grade Remote  
Classrooms

**May 31**

Memorial Day ~ No School



support with the iReady diagnostic by emphasizing its importance to your child. Here are some important reminders:

- Your child will receive questions with which he or she may struggle, and that's okay! Remember that iReady is an adaptive test. The more questions your child answers correctly, the more difficult the questions will get.
- Resist completely the urge to help your student answer the questions, even if they struggle. Helping your child will alter their score and give us an inaccurate picture of their progress. This in turn will affect the supports we put in place to meet their needs.
- Support your child's completion of the assessment according to their teacher's directions, e.g., establish a quiet space without distractions and with the necessary technology and other tools within the testing dates.
- Make sure your child gets proper rest and nutrition.

We are deeply grateful for your continued support! Hang in there, parents, and please reach out if you have any questions or concerns.

Working together,  
Anca Wilson



## Silver Firs Elementary News:



### Materials Pick-Up for REMOTE Classrooms

1<sup>st</sup> & 4<sup>th</sup> Grade: May 5<sup>th</sup> 8:30am to 4pm

5<sup>th</sup> Grade: May 12<sup>th</sup> 8:30am to 4pm



## SFE PTA News!

Please see PTA's May's Newsletter Attached

Have a question? Email PTA! [questions@silverfirspta.org](mailto:questions@silverfirspta.org)

Visit the SFE PTA website: [www.silverfirspta.org](http://www.silverfirspta.org)

Like and Follow: <https://www.facebook.com/silverfirspta>



# “Let’s Connect” Family and Community Engagement Meeting

You are invited to connect with regional superintendent Larry Fleckenstein and engage in conversation about hybrid learning and provide feedback to help us improve. We want to hear from you and hope you can attend a Zoom meeting to share your thoughts. RSVP is required to receive the link for the Zoom meeting.

Topic: Hybrid Learning

Date: Monday, May 3, 2021

Time: 5:00 – 6:00 p.m.

Discussion questions:

- What is working with your students’ learning experience at this time?
- What can we do to improve the learning experience?
- What school experiences would you like your student to have between now and the end of the school year?

Register in advance for this meeting:

[https://everettsd.zoom.us/meeting/register/tJIucOqpqz4tEtbS28kKf\\_rOE2J4DpOUYy\\_q](https://everettsd.zoom.us/meeting/register/tJIucOqpqz4tEtbS28kKf_rOE2J4DpOUYy_q)

After registering, you will receive a confirmation email containing information about joining the meeting

# Kindergarten Enrollment 2021-2022



***Will your child be 5 by August 31?***  
**Now is the time to enroll for kindergarten!**

Full day kindergarten is **free** and an important part of  
your child's success in school and beyond.

**Visit [www.everettsd.org](http://www.everettsd.org)**

Enroll online or download enrollment forms

- **Everett Ready:** transition into kindergarten program - August 23-27
- **Family Connections meetings:** meet your child's teacher to help them learn more about your student  
*Your school will contact you regarding your family's appointment.*
- **First day of Kindergarten:** will be announced as soon as the schedule is confirmed



**General Information: 425-385-6500**

**Transportation: 425-385-4144 \* Translation (5 languages): 425-385-4011**

Nondiscrimination statement Everett Public Schools does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination: Title IX/Civil Rights Compliance Officer Mary O'Brien 425-385-4106 MO'Brien@everettsd.org Section 504 Coordinator Dave Peters 425-385-4063 DPeters@everettsd.org ADA Coordinator Randi Seaberg 425-385-4104 RSeaberg@everettsd.org PO Box 2098, Everett WA 98213





# District News: ECEAP preschool accepting applications for 2021-22

Everett Public Schools Early Childhood Education & Assistance Program (ECEAP) is a FREE preschool program for three- and four-year-old children from families with limited income. ECEAP prepares children for kindergarten and provides family support and health and nutrition services. It is funded by the Washington State Department of Early Learning.

The six ECEAP sites within our school district are Cedar Wood, Garfield, Hawthorne, Lowell, Madison, and Silver Lake elementary schools. Space is limited – apply early! For an application or more information, please visit the [district ECEAP website](#) or call 425-385-4628.



## Everett Public Schools is hiring paraeducators

We are hiring Paraeducators! Great benefits, competitive wages, professional development with summers and school breaks off! Interested?

Please apply [online](#). Schools are located in Everett, Mill Creek and Bothell, Washington.



## Let's Connect - May



You are invited to connect with district leaders and engage in conversation on Monday, May 3 from 5 – 6 p.m. to get feedback on how we can do better. We want to hear from you and hope you can attend a Zoom meeting to share your thoughts. Please check your email for an invitation to connect with your school's regional superintendent and other district leaders. Be sure to check your email; RSVP required to receive the link for the meeting. Let's Connect!

## Summer school registration is open!

Registration is open for summer school 2021 and [registration materials are online](#). Eligible elementary and middle school students will receive an invitation from their teacher(s). A variety of summer school courses are available for high school students including district-facilitated credit recovery courses, Online High School and several community-based programs. Tuition is waived for EPS students for elementary, middle and high school (including OnlineHS.net courses) students. Cost varies for community-based summer school programs.

Contact your school for more information! (or each school should put their summer school contact information here)

# Connecting with counselors video series



Two new series of videos are now available on the district's Parent University webpage; Healthy and Safe Social Time for Teens and Helping your Child Respond to Stress.

In the series, Healthy and Safe Social Time for Teens, MTSS Facilitator Kristin Walker and North Middle School Counselor Susie Smothers discuss how parents can support healthy and safe social time for teens and pre-teens. The series includes videos on the following topics:

- **[Video 1: Introduction to the Series and Maintaining Social Connections](#)** – Adolescence is a stage in life when social connections and experiences are a healthy and critical part of development. Not being able to see friends, go to school events, and play sports can cause sadness and major disappointment for teens and pre-teens and many parents are struggling with the best way to help them cope. Learn about healthy ways kids can maintain social connections while following health and safety guidelines.
- **[Video 2: Supporting Healthy Online Boundaries](#)** – With so many healthy and creative ways for kids to socialize online during the pandemic, our counselors share ways to set and balance responsible online boundaries for your teen.
- **[Video 3: Social Connections at School](#)** – As was the case before the pandemic, students can still participate in a variety of extracurricular activities after school. Encourage your child to get involved. Reach out to your school to find out what is available. Many schools are still offering a variety of clubs and organizations your child can join to stay connected with peers.
- **[Video 4: Family Social Opportunities](#)** – With many parents working from home at this time, families should try to carve out unplugged time together. Watch this video for suggested ways the whole family can engage in social activities together.
- **[Video 5: Supporting Your Child's Struggle](#)** – Pandemic fatigue is a real thing. Coronavirus has put a strain on our everyday functioning and teens may display a range of emotions including sadness, anger, frustration, depression, and more. Learn strategies to listen empathetically to your teen as a way to acknowledge their experiences without trying to “minimize” or “fix” the situation.

In the series, Helping your Child Respond to Stress, MTSS Facilitator Kristin Walker and Evergreen Middle School Counselor Dr. Kaley Mitchell help us understand and define stress and offer action-oriented strategies for parents to help their children as they exhibit emotional and behavioral signs of stress. The series includes videos on the following topics:

- **[Video 1: Understanding Stress](#)** – Many parents are asking “Why is my child so stressed out?” Stress is dominating our world and society and both adults and children are stressed at more intense levels than ever before. In this video, Evergreen Middle School Counselor Dr. Kaley Mitchell helps parents understand the history, biology, and experiences that lead to feeling stress.
- **[Video 2: Opposite Action Strategy](#)** – In this video, learn about the “Opposite Action” strategy to help your teen or pre-teen respond to stress. Opposite Action is doing the opposite of your urge when your urge is not helpful or healthy and is a skill that can help children (and adults too!) to respond to stress in a healthier, more effective way.
- **[Video 3: Cold Water Strategy](#)** – Is your child exhibiting heightened signs of anxiety or intense emotions? The Cold Water strategy can help! The Cold Water strategy is the act of using cold water on the face or body to bring anxiety down immediately. Learn more in this informative video.
- **[Video 4: What if we need help?](#)** – If coping mechanisms just aren't working, learn when you should seek immediate help for your child. Also learn more about school, local, and national resources of support such as mental health counseling, crisis lines, and more.

All of the links to these videos can be found at [www.everettsd.org/ParentUniversity](http://www.everettsd.org/ParentUniversity).

# School Stakeholder Annual Survey



To guide Everett Public Schools' continuous improvement process, each year schools survey students, families, and staff to understand specific strengths and challenges that impact school quality. The School Stakeholder Annual Survey is only one of many pieces of data analyzed by school leaders and staff. In addition to survey data, student achievement, attendance, discipline, and program data are evaluated to create School Improvement Plan goals.

You should have received [a link](#) to our anonymous, multiple-choice family survey in late April. We ask that you please complete and submit the survey by **May 21**. If you have more than one student in Everett Public Schools, please complete a survey for each school your student attends so they can benefit from your feedback.

We truly appreciate your time and participation. Your feedback is very important to us as we set and evaluate school improvement goals.

## 2021-22 Student Rights and Responsibilities Handbook

Beginning next school year, the district will no longer be printing the annual Student Rights and Responsibilities Handbook. Students and parents/guardians will access the handbook on the district website at [www.everettsd.org](http://www.everettsd.org) under "Students" and then "Student Handbook" or on the desktop of their student's district provided device. Parents/guardians will acknowledge "receipt" of the student handbook and complete the required FERPA information through the district's online annual student information update process. More information and instructions for completing the annual student information updates and accessing the Student Rights and Responsibilities Handbook will be provided to families before the start of the next school year.

## Virtual Student Art Shows

Mark Your Calendars for virtual art gallery open for public viewing on the [district's website](#):

- Elementary school artwork – starting April 19
- High school artwork – starting May 17
- Middle school artwork – starting June 1



## Graduation dates

Please mark your calendars for our upcoming high school graduations in June. Ceremony details will be shared soon.

- Sequoia High School June 17, 6 p.m. at TBD
- Cascade High School, June 19 at 11 a.m. at TBD
- Jackson High School, June 19 at 3 p.m. at TBD
- Everett High School, June 19 at 7 p.m. at TBD



3900 Broadway  
Everett, WA 98201  
425-385-4000  
www.everettsd.org

• Everett Public Schools does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination:

• **Title IX/Civil Rights Compliance Officer:**

• Mary O'Brien  
• 425-385-4106  
• MO'brien@everettsd.org  
• PO Box 2098  
• Everett, WA 98213

**Section 504 Coordinator:**

Dave Peters  
425-385-4063  
DPeters@everettsd.org  
PO Box 2098  
Everett, WA 98213

**ADA Coordinator:**

Randi Seaberg  
425-385-4104  
RSeaberg@everettsd.org  
PO Box 2098  
Everett, WA 98213

## Noticias del Distrito: Preescolar ECEAP está aceptando aplicaciones para 2021-22

El Programa de Educación Temprana y de Asistencia de las Escuelas Públicas de Everett (ECEAP) es un programa de preescolar GRATUITO para niños de 3 y 4 años de edad de familias con ingresos limitados. ECEAP prepara a los niños para el Kínder y les ofrece soporte familiar y de salud, así como servicios de nutrición. Está financiada por el "Washington State Department of Early Learning".

Los seis sitios de ECEAP dentro de nuestro distrito son: Las escuelas primarias Garfield, Hawthorne, Lowell, Madison, Silver Lake y Cedar Wood. El cupo es limitado-¡Aplique pronto! Para aplicaciones o más información, por favor llame al 425-385-4628 o visite [el sitio web ECEAP del distrito](#).



## Escuelas Públicas de Everett está contratando paraeducadores

¡Estamos contratando paraeducadores! Grandes beneficios, salarios competitivos, desarrollo profesional con descansos en días asuetos escolares y de verano. ¿Está interesado?

Por favor aplique en línea [online](#). Las escuelas están localizadas en Everett, Mill Creek y Bothell, Washington.





## Conectémonos - Mayo



Está invitado a conectarse con los líderes del distrito y participar en una conversación el lunes 3 de mayo de 5-6pm para recibir sus comentarios y opiniones de cómo hacer las cosas mejor. Queremos oír de ustedes y esperamos que pueda asistir a esta junta por Zoom para que comparta sus opiniones. Por favor esté pendiente en su email de recibir la invitación para conectarse con su superintendente escolar regional y otros líderes del distrito. Revise su email y confirme su asistencia (RSVP) para poder recibir la liga a esta junta. ¡Conectémonos!

## ¡Ya están abiertas las inscripciones a la escuela de verano!

Las inscripciones a la escuela de verano 2021 están abiertas y [puede encontrar los materiales para inscribirse en línea](#). Los alumnos elegibles de primaria (Elementary) y secundaria (middle school) recibirán una invitación por parte de sus maestros. Se cuentan con una variedad de cursos de la escuela de verano para los alumnos de preparatoria (high school) que incluyen cursos de recuperación de créditos facilitados por el distrito, Preparatoria en línea y varios programas basados en la comunidad. La colegiatura está exenta para los alumnos de primaria, secundaria y preparatoria (incluyendo los cursos de OnlineHS.net). El costo varía para los programas de la escuela de verano basados en la comunidad.

¡Comuníquese con su escuela para mayores informes! ([or each school should put their summer school contact information here](#))

## Serie de videos de conexión con los consejeros



Ya están disponibles dos nuevas series de videos en la página web de “Parent University” del distrito: Healthy and Safe Social Time for Teens (Tiempo Social Sano y Seguro para Adolescentes) y Helping your Child Respond to Stress (Ayudando a sus Hijos con su Respuesta contra el Estrés). En las series de tiempo y social sano y seguro para adolescentes, la facilitadora MTSS, Krsitin Walker y la consejera de la escuela secundaria North, Susie Smothers discuten cómo los padres puede dar apoyo para un tiempo sano y seguro para sus hijos en edad de la pubertad y adolescencia.

La serie incluye videos en los siguientes temas:

- [Video 1: Introducción a las series y manteniendo conexiones sociales](#) – La adolescencia es una etapa en la vida en la que las conexiones sociales y las experiencias sociales son sanas y parte crítica de su desarrollo. No poder ver a sus amigos, ir a eventos escolares y no poder hacer deportes puede causar tristeza y grandes desilusiones para los pubertos y adolescentes y para muchos padres que están batallando con la mejor manera de poder ayudarlos a sobrellevarlo. Aprenda sobre las maneras saludables en que los niños pueden mantener conexiones sociales y seguir las medidas de salud y seguridad.
- [Video 2: Apoyando con los límites saludables en línea](#) – Con tantas maneras creativas y sanas para que los niños puedan socializar en línea durante la pandemia, nuestros consejeros comparten formas de establecer y balancear límites responsables en línea para sus adolescentes.
- [Video 3: Conexiones sociales en la escuela](#) – Como era el caso antes de la pandemia, los alumnos pueden aún participar en una variedad de actividades extracurriculares después de clases. Exhorte a sus hijos a que participen. Contacte a su escuela para averiguar que tienen disponible. Muchas escuelas todavía ofrecen una variedad de clubs y organizaciones a las que su hijo puede registrarse para mantenerse conectado con sus compañeros.
- [Video 4: Family Social Opportunities](#) – Con tantos padres trabajando desde casa en estos tiempos, deberíamos intentar apartar algo de tiempo para desconectarnos y estar juntos. Vean este video para las maneras sugeridas en que toda la familia puede participar de actividades sociales juntos.

- **[Video 5: Apoyando las luchas de su hijo](#)** – La fatiga pandémica es algo real. El coronavirus ha puesto tensión en nuestras funciones diarias y los adolescentes pueden exhibir una variedad de emociones que van desde la tristeza, la ira, frustración, depresión y más. Aprenda estrategias para escuchar con empatía a su adolescente como una manera de reconocer sus experiencias sin tratar de “minimizarlas” o “arreglar” la situación.

En las series de Ayudando a sus Hijos con su Respuesta contra el Estrés, , la facilitadora MTSS, Krsitin Walker y la consejera de la escuela secundaria Evergreen, Dr. Kaley Mitchell nos ayudarán a entender ya definir el estrés y ofrecer estrategias orientadas hacia la acción para que los padres puedan ayudar a sus hijos cuando muestren señales de estrés emocionales y de conducta. La serie incluye los siguientes temas:

- **[Video 1: Entendiendo el estrés](#)** – Muchos padres se preguntan “¿Por qué mi hijo está tan estresado?” El estrés domina nuestra mundo y sociedad y los adultos y niños están estresados a niveles más intensos que jamás antes visto. La consejera de la escuela secundaria Evergreen, Dr. Kaley Mitchell ayuda a los padres a que entiendan la historia, biología y experiencia que conduce a sentir estrés.
- **[Video 2: La estrategia de la acción opuesta](#)** – En este video aprenderá sobre la estrategia de la “acción opuesta” para ayudarle a su puberto y adolescente a que respondan contra el estrés. La acción opuesta es hacer lo contrario de su urgencia cuando su urgencia no ayuda o no es sana. Es una destreza que puede ayudar a los niños y itambién a los adultos! para que respondan contra el estrés de una manera más sana y efectiva.
- **[Video 3: La estrategia del agua fría](#)** – ¿Está mostrando su hijo altas señales de ansiedad o emociones intensas? ¡La estrategia del agua fría puede ayudar! Esta estrategia es el acto de usar agua fría en la cara o en el cuerpo para bajar la ansiedad de inmediato. Aprenda más en este video informativo.
- **[Video 4: ¿Qué hacemos si necesitamos ayuda?](#)** – Si los mecanismos para sobrellevar las situaciones no están funcionando, aprenda cuando debe buscar ayuda inmediata para su hijo. También entérese sobre los recursos escolares, locales y nacionales de apoyo como la consejería de salud mental, líneas de crisis y más.

Todas las ligas de estos videos pueden ser encontradas en [www.everettsd.org/ParentUniversity](http://www.everettsd.org/ParentUniversity).

## Encuesta anual escolar de calidad escolar (School Stakeholder Annual Survey)



Para dar guía al proceso de mejora continua de las escuelas pública de Everett, las escuelas cada año hacen una encuesta a sus estudiantes, familias y personal para entender las fortalezas y retos específicos que afecta la calidad escolar. La encuesta anual de calidad escolar es solamente una de muchas piezas de los datos que analizan los líderes escolares y el personal docente. Además de los datos de la encuesta se evalúan el aprovechamiento estudiantil, la asistencia, disciplina y datos del programa para crear El Plan de Metas de Mejora Escolar.

Ya debió haber recibido [una liga](#) a finales de abril para esta encuesta familiar que es anónima y de opción múltiple. Le pedimos que por favor la llene y la envíe antes del **21 de mayo**. Si tiene más de un estudiante en las Escuelas Públicas de Everett, por favor llene una encuesta por cada escuela diferente a la que sus hijos asistan para que se puedan beneficiar de su retroalimentación.

Apreciamos de verdad su tiempo y participación. Su retroalimentación es muy importante para nosotros para poder establecer y evaluar las metas de mejora escolar.

## Manual de Derechos y Responsabilidades

# del Estudiante 2021-2022

A partir del siguiente año escolar, el distrito ya no hará una versión impresa del manual anual de derechos y responsabilidades del estudiante. Los padres y alumnos podrán acceder al manual en el sitio web del distrito en [www.everettsd.org](http://www.everettsd.org) bajo “Students” y luego bajo “Student Handbook” o en el escritorio (desktop) de la computadora que se le proporcionó al estudiante. Los padres/tutores confirmarán de “recibido” el manual y llenarán la información de FERPA requerida siguiendo el proceso de actualización de información del estudiante anual en línea del distrito. Se proporcionará a las familias más información e instrucciones para llenar las actualizaciones anuales del estudiante y acceder al manual antes de iniciar el próximo año escolar.

## Muestras de arte estudiantil virtual

Anote en sus calendarios la apertura al público de la galería de arte virtual en el sitio [web del distrito](#):

- Arte de alumnos de Primaria - Abril 19
- Arte de alumnos de Preparatoria- Mayo 17
- Arte de alumnos de Secundaria- Junio 1



## Fechas de graduación

Por favor anote en sus calendarios las próximas fechas de graduación de preparatoria. Los detalles de la ceremonia serán compartidas pronto.

- Sequoia High School Junio 17, 6 p.m. LUGAR PENDIENTE
- Cascade High School, Junio 19, 11 a.m. LUGAR PENDIENTE
- Jackson High School, Junio 19, 3 p.m. LUGAR PENDIENTE
- Everett High School, Junio 19, 7 p.m. LUGAR PENDIENTE



3900 Broadway  
Everett, WA 98201  
425-385-4000  
[www.everettsd.org](http://www.everettsd.org)

• Las escuelas públicas de Everett no discriminan en ninguno de sus programas o actividades por sexo, raza, credo, religión, color, país de origen, edad, estado veterano o militar, orientación sexual, expresión de género o identidad, discapacidad, o el uso de perros guía entrenados o animales de servicio, y provee con acceso equitativo a los Boy Scouts y a otros grupos juveniles designados. Los siguientes empleados han sido designados para gestionar las preguntas y quejas de presuntos actos de discriminación.

• **Title IX/Civil Rights  
Compliance Officer:**

• Mary O'Brien  
• 425-385-4106  
• [MO'brien@everettsd.org](mailto:MO'brien@everettsd.org)  
• PO Box 2098  
• Everett, WA 98213

**Section 504 Coordinator:**

Dave Peters  
425-385-4063  
[DPeters@everettsd.org](mailto:DPeters@everettsd.org)  
PO Box 2098  
Everett, WA 98213

**ADA Coordinator:**

Randi Seaberg  
425-385-4104  
[RSeaberg@everettsd.org](mailto:RSeaberg@everettsd.org)  
PO Box 2098  
Everett, WA 98213