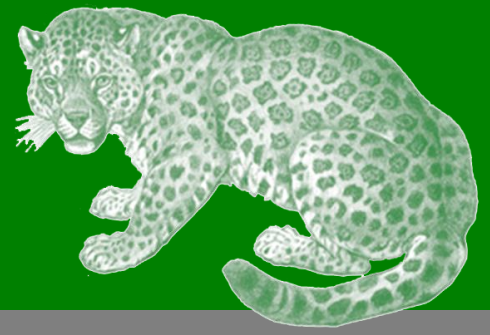


Silver Firs Jaguar News

SILVER FIRS ELEMENTARY SCHOOL NEWSLETTER



OCTOBER 2020

VOLUME 4, ISSUE 2

From the Principal:

Dear Silver Firs Families,

Thank you for your support and resilience.

How can parents support your student(s) with the uncertain school year? Setting our kids up for success with distance learning now can set them up for academic success later, no matter where they go to school or what the format is. My best advice is to focus on fostering the following key skills that can help our kids complete their work, concentrate longer, and remember more of what they are learning.

Motivation

Trying to motivate kids with sticks and carrots is its own special form of parental abyss. Without self-motivation, it's pretty darn hard to learn. Fortunately, we can foster self-motivation in our kids by supporting their competence, their independence, and their connection to others. These are some core psychological needs that, when filled, lead to self-motivation.

Acknowledge competence. Help kids see where they've done well in the past through their own effort.

Ask: "Where do you feel most confident?" And then help them see that it is their own effort that led to that capability.

Allow independence. Our kids need the freedom to fail on their own—and the freedom to succeed without having to give you credit. Our kids can't feel responsible for their schoolwork if we are still the organizing force.

So, instead of instructing and directing kids, ask them: "What's your plan?" As in, "What's your plan for eating breakfast before class tomorrow morning?" Asking kids about their plan makes it clear they are still in control of their own behavior, and it helps put them in touch with their own motivations and intentions. If kids aren't asked to articulate their plan, sometimes they won't make one.

Flexibility

We are living through a time of accelerated change and constant unknowns. That makes it critical for us—and our kids—to remain flexible. They may be going back into the classroom this year. They

Aleta Smoot
Principal

Anca Wilson
Assistant Principal

Silver Firs Elementary School
5909 146th Pl. SE,
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Oct 5

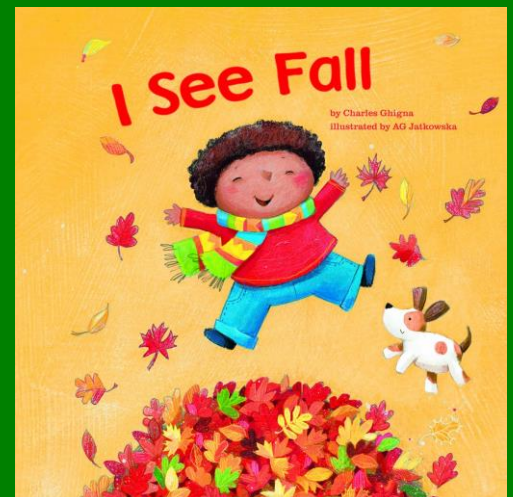
Materials pickup for Preschool, Kindergarten and Grades 3, 4 & 5

- 9am – 4pm

Oct 8

Curriculum Night for K-5 via Zoom

- 5:30pm – 7pm



may not. Either way, they'll need to roll with the punches. We can help them do so.

Stick to a consistent sleep schedule. Exhaustion makes us brittle; it's hard to stay limber when we're so tired we just want to lay down and cry.

Despite not having much going on, many kids are exhausted (especially teenagers). Not having the structure of school (at least the don't-miss-your-bus kind) makes it harder to impose our own schedules and enforce bedtimes.

Unfortunately, irregular sleep causes more than grogginess and grouchiness. Even modest reductions in sleep quality, such as simply not sleeping deeply because of a blue-light-induced decrease in melatonin, tend to make kids feel lonelier, even without a reduction in quantity. So, if their sense of connection to peers is already fragile, sleep disruption might be exacerbating the problem.

We parents will do well to enforce consistent bedtimes. The most important thing is not necessarily that they go to bed early (if their school starts late and they can sleep in), but rather that they are getting enough sleep for their age, and that they are doing so on a regular schedule.

Practice accepting whatever is happening. Our kids don't have to **like** doing school online, but the more they resist it, the more they will struggle. We can acknowledge all the ways that school isn't ideal right now, and also how they are feeling about it. It's okay if they are frustrated or disappointed. Our feelings are a part of what is actually happening! When our kids surrender resistance, they put themselves in a better position to move forward.

To be clear, acceptance is not the same as resignation. Accepting a situation doesn't mean that it will never get better. We don't accept that things will stay the same forever; we only accept whatever is happening at the moment.

Foster happiness. By happiness, I mean positive emotion, not pleasure. Positive emotions enhance our "cognitive flexibility"—that's a fancy way of saying our ability to deal with a change. Research shows that positive emotions (like gratitude or awe) make dealing with change less taxing, and they make us more open to new things.

https://biglifejournal.com/blogs/blog/back-to-school-free-printable-care-package?_pos=1&_sid=3aaeb493e&_ss=r

From the Assistant Principal:

Dear Silver Firs Families,

We hope you are well and enjoying this incredible summer-like weather! We miss seeing you and our students in person. Please take a moment to read some important information regarding attendance during these COVID-19 times.

Attendance is a critical building block for student learning. When students are not present, they cannot fully engage in learning. Attendance helps us determine when students might need additional support and identifies areas for school improvement.

OSPI defines an absence during remote learning as a student not participating in planned instructional activities on a scheduled remote learning day. Evidence of student participation in remote learning may include, but is not limited to:

- Daily logins to the learning management system (e.g., Canvas); or
- Daily interaction with the teacher, or
- Evidence of participation in a task or assignment. Student participation can be synchronous or asynchronous, and span a 24-hour period to qualify as being present that day.

For example: a student can participate synchronously or asynchronously from the beginning of the school day to the beginning of the next school day (e.g., Monday at 9:10 am to Tuesday at 9:09 am) to qualify as present for Monday. Allowing students, a 24-hour period to participate matches the intent of asynchronous learning, providing maximum flexibility to students and families to demonstrate participation.

At Silver Firs, we have created an engaging way to keep track of the days when classes have 100 percent attendance. Our Attendance Committee has created ALL HERE posters, and this is how they work: Each time a class has perfect attendance, they earn a letter. The first time all students in a particular class are present, they will earn the "A", the second time they will earn the "L", the third time, the other "L", and so on, until they earn all of the letters that spell "ALL HERE". At that point, they will be eligible for some fun prizes. We will then begin the challenge again, with another phrase, such as "WE GOT THIS".

We ask our students to show up for learning every day, to do their best, and to have fun. Thank you, families, for your amazing support!



Silver Firs Elementary News:

Materials Pick-Up for Preschool, Kindergarten, 3rd, 4th, and 5th Grade Families!

If you have a student in Preschool, Kindergarten, 3rd, 4th or 5th grade, please stop by Silver Firs Elementary on Monday, October 5th from 9am to 4pm to pick up your students' new materials. Supplies will be organized in wagons or crates by teacher name in the undercover area. Your student's materials will be labeled with their name. We hope you will be able to stop by! Any unclaimed materials will be left in the office.

Silver Firs Field and Playground:

The field and the playground at Silver Firs Elementary will be open and available between the hours of 4pm and 8pm Monday to Friday through the month of October. For safety reasons starting November 1st the Silver Firs Campus will be closed until Spring.



SFE PTA News!

SFE Families- Thank you for your continued partnership with the PTA as we navigate our way through this strange school year! The PTA is still at work planning and providing resources for our school; we would love to have you join our mission by becoming a member AND signing your student up to participate in our fall fundraiser, Raise Craze! You can do both easily by visiting **our website:** www.silverfirspta.org

Raise Craze update- We are making great progress so far, we have surpassed our first benchmark fundraising goal of \$5000 and in celebration, we will have video footage released later this week of our

awesome librarians Ms Fruland & Ms Binkley and our tech specialist extraordinaire Ms Slaven being **pie-faced!!** We can't wait to show you all the fun video footage of that!! 😊

Attached is the coloring sheet for our **Kindness Challenge #2**. The challenge is easy- have your student color the attached coloring page and then send us a picture of it by email raisecraze@silverfirspta.org OR hashtag #SFEraisecraze on Facebook. All students who submit their coloring by midnight Sunday 10/4 are entered to win a PRIZE!

Remember, our top prize for the most money fundraised wins a **NINTENDO SWITCH LITE!!** So, keep sending those emails asking for donations in return for your students acts of kindness!

Fall Event Volunteers Needed- We would love to plan a festive school community event, **but we need a little help**. If you are willing and interested to volunteer your time to help your PTA plan this potentially super fun event for our school families, please let us know by emailing: vp-volunteers@silverfirspta.org. We hope to get volunteers to partner with us!

Have a question? Email us! questions@silverfirspta.org

Visit our website: www.silverfirspta.org

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

District News:

2020 High School & Beyond Event

The High School & Beyond event will be completely virtual this year. The Pacific Northwest Association for College Admissions Counseling has been in the process of designing remote opportunities for students and families to connect with colleges and universities from all over the country. The Washington-specific portion will take place live from October 19-23. The presentations will also be recorded and will remain available until December 31st.

The virtual event site is available here: <https://pnacac.swoogo.com/PNACAC>.

In order to participate, register using the blue button in the top right-hand corner of the page. Once registered, you will be able to preview the college fair booths beginning on September 15 all the way through December 31. College representatives and presentation will be "live" during the days and times below:

Washington student week live times October 19 - 23, 2020	
Date	Time
Monday, Oct 19	9 a.m. - noon
Tuesday, Oct 20	4 - 7 p.m.
Wednesday, Oct 21	10 a.m. - 1 p.m. AND 4 - 7 p.m.
Thursday, Oct 22	4 - 7 p.m.

Parent University

Everett Public Schools Parent University is available 24/7 online and mobile, for you to access important resources to help support your student's remote learning. You can find details on how to access and log in to Canvas, how to view your student's schedule, where to get meals, and much more. Resources will continue to be added throughout the year. You will find Parent University, and all other information related to remote learning, at www.everettsd.org/COVID2020-21



Website refresh

Feedback from families and the community to improve navigation and the layout of the district's website was integrated into the redesign, which launched October 1. The new site features inviting visuals, reduced clicks and a standard experience with navigation among all school sites. The interface is user-friendly, attractive and a welcome change.

Community survey about strategic plan

The district is engaging the community as we start the process of creating a new strategic plan. Please look for a survey coming out on October 12 on the district website to provide your input.

Let's Connect

You are invited to connect with district leaders and engage in conversation on October 19 from 5 – 6 p.m. (topic to be determined). 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 zoom meeting. Let's Connect!

Website tools for you

The website has tools to make your life easier. Sign in with your LMS password to:

- Add your student's school and teachers' calendars to your calendar view
- Filter calendar items by category
- Export calendar items to your personal calendar
- Access *Grades & More*, lunch menus and staff contact information from the home page
- Find directions and maps to event locations listed on the calendar

Mobile app

Families can [download the district mobile app](#) to easily access student information, grades, attendance, lunch balances, borrowed library books, calendars and more! Translate notifications and app functions into the language you prefer.



Did you miss a call from us?

If you missed a call from your school, please first check your voice mail, email or mobile app for the message rather than calling the school. Schools are often inundated with phone calls from parents after they send an automated call and cannot answer all of the calls.

Is your contact information up-to-date at school?

If your contact information has changed, please let your school know so we can reach you.

Homeless resources

We care about all our Everett Public Schools families and know many are experiencing economic impacts due to changes in the economy. If not your family directly, you may know others who are starting to question whether there is any help available. If you are staying temporarily with someone else because you lost your housing, or are staying in a motel, campground, shelter, outside or are in an inadequate place, you and your children have special rights at school. Everett Public Schools' Kids in Transition (KIT) program supports students who qualify as homeless under the federal [McKinney-Vento Homeless Act](#). Students without a fixed, regular, and adequate nighttime residence may qualify. The KIT program works to eliminate barriers to students' academic success. If you believe your child qualifies, please complete the [online Housing Questionnaire](#). For more information, visit the [KIT website](#) or contact the KIT office at 425-385-4032.

Rights include:

- Keeping your children in the same school even if you move, and receiving transportation to that school, as long as it is in the student's best interest;
- Enrolling in school immediately without the documents schools usually require;
- Receiving free school meals;
- Getting help with school supplies and other needs;
- Receiving extra support for youth who are on their own;
- Connecting young children with early childhood services;
- and referrals to other community resources.

Get resources and activities for your children from [Sesame Street in Communities](#), including tips for [how to talk to your child about homelessness](#) and [how to create a feeling of home](#) even if you are moving around a lot.

If you find yourself in a dangerous situation, or in need of medical, emotional, or physical support, please see [this list of national hotlines](#) that provide an array of services. All hotlines listed are national hotlines providing 24/7 support across the United States. In Snohomish County, you may call 425-25-ABUSE (425-252-2873) **In an emergency, call 911 for the police, get yourself and your children to a safe place, seek medical attention and call DVS for assistance.**



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: Evento de Preparatoria y Más Allá 2020 (High School & Beyond)

El evento de “High School & Beyond” será realizado completamente virtual este año. El consejo de la asociación de admisiones universitarias del pacífico noroeste (Pacific Northwest Association for College Admissions Counseling) ha estado en el proceso de diseñar oportunidades virtuales para que los estudiantes y sus familias se conecten con colleges y universidades de todo el país. La porción específica de Washington se llevará a cabo en vivo del 19 al 23 de octubre. Las presentaciones también serán grabadas y estarán disponibles hasta el 31 de diciembre.

El sitio para el evento virtual se encuentra aquí: <https://pnacac.swoogo.com/PNACAC>.

Para poder participar, regístrese usando el botón azul en la esquina superior derecha de la página. Una vez registrado, podrá tener una vista previa de los stands de la feria a partir del 15 de septiembre hasta el 31 de diciembre. Los representantes de las universidades y sus presentaciones estarán en “vivo” durante las fechas y horas siguientes:

<u>Horarios en vivo para los estudiantes de Washington del 19 al 23 de octubre de 2020</u>	
Fecha	Horario
Lunes 19 de octubre	9 a.m. – medio día
Martes 20 de octubre	4-7 p.m.
Miércoles 21 de octubre	10 a.m.-1 p.m. Y 4-7 p.m.
Jueves 22 de octubre	4-7 p.m.

Universidad para Padres

La Universidad para padres de las escuelas públicas de Everett está disponible 24/7 en línea y en medios móviles para que usted acceda a recursos importantes que le ayuden a brindarle apoyo a su estudiante, en su aprendizaje remoto. Puede encontrar detalles de cómo acceder e ingresar a Canvas, cómo ver los horarios de su estudiante, dónde conseguir comidas, y mucho más. Se seguirán agregando recursos durante el año. Encontrará la universidad para padres y toda la información relacionada al aprendizaje remoto en

www.everettsd.org/COVID2020-21



Actualización a nuestro sitio web

La retroalimentación de las familias y de la comunidad para mejorar la navegación y la distribución del sitio web del distrito fueron integrados como partes del rediseño que será lanzado el 1 de octubre. El nuevo sitio contiene visuales atractivas, reducción en clics y una experiencia estandarizada de navegación en todos los sitios escolares. La interface es amistosa, atractiva y un cambio bien recibido.

Encuesta comunitaria sobre el plan estratégico

El distrito está involucrando a la comunidad en su inicio del proceso de crear un nuevo plan estratégico. Por favor esté pendiente de la encuesta que se emitirá el 12 de octubre en la página del distrito para que nos proporcione con sus opiniones y comentarios.

Conectémonos

Está invitado a conectarse con los líderes del distrito y participar en la conversación del 19 de octubre de 5 a 6 pm. (el tema por determinarse). Queremos escuchar de usted y esperamos que pueda asistir a la junta vía Zoom para que comparta sus opiniones. Por favor esté pendiente de su email para la invitación a conectarse con su superintendente escolar regional y otros líderes del distrito. Verifique su correo. Requerimos que confirme su presencia a la junta para que reciba la liga a la junta Zoom. ¡Conectémonos!

Herramientas del sitio web para usted

El sitio web tiene herramientas para hacer su vida más fácil. Regístrese con su contraseña (password) de LMS para:

- Agregar los calendarios de la escuela de su estudiante y de sus maestros a su vista del calendario
- Filtrar elementos del calendario por categorías
- Exportar elementos del calendario a su calendario personal
- Acceder a calificaciones y más (*Grades & More*), menús de almuerzos e información de contacto del personal escolar desde la página principal
- Encontrar direcciones y mapas a lugares de eventos enlistados en el calendario

Aplicación Móvil

Las familias pueden [descargar la aplicación móvil del distrito](#) para tener fácil acceso a la información del estudiante, calificaciones, almuerzos, saldos, libros prestados de la biblioteca, calendarios y más! Traduce avisos y funciones de la aplicación en el idioma de su preferencia.



¿No alcanzó a contestar una llamada de nosotros?

Si no alcanzó a contestar una llamada de su escuela, por favor verifique su correo de voz, email o aplicación móvil para ver el mensaje en lugar de llamar a la escuela. Las escuelas frecuentemente están inundadas con llamadas telefónicas de los padres después de haber recibido una llamada automatizada y no podemos atender todas las llamadas.

¿Está su información de contacto actualizada en la escuela?

Si su información de contacto ha cambiado, por favor infórmele a su escuela del cambio para que se puedan comunicar con usted.

Recursos para personas sin hogar

Nos preocupamos por las familias de las escuelas públicas de Everett y sabemos que muchos están pasando crisis económicas debido a los cambios en la economía. Si su familia no fue impactada directamente, puede que conozca a otras que se empiezan a preguntar si hay ayuda disponible. Si ustedes se están quedando temporalmente con alguien más porque perdieron su vivienda, o viven en un hotel, campamento, albergue, a la intemperie o están en un lugar inadecuado, usted y sus hijos tienen derechos especiales en la escuela. El programa de las escuelas públicas de Everett de "Kids in Transition" (KIT) da apoyo a los estudiantes que califican como personas sin hogar bajo [la ley federal McKinney-Vento de personas sin hogar](#). Los estudiantes que no cuenten con una residencia fija, regular y adecuada para pasar la noche pueden calificar. El programa KIT trabaja para eliminar las barreras del estudiante para que logre su éxito académico. Si usted cree que su hijo/a califica, por favor llene [este cuestionario en línea de vivienda](#). Para mayores informes, visite [el sitio web de KIT](#) o contacte la oficina de KIT al 425-385-4032.

Los derechos incluyen:

- Mantener a sus hijos en la misma escuela incluso si usted se muda, y que reciban transporte a esa escuela, siempre y cuando esté en el mejor interés de los estudiantes.
- Inscribirse de inmediato a la escuela sin los documentos normalmente requeridos por la escuela.
- Recibir comidas gratis de la escuela.
- Conseguir ayuda con útiles escolares y otras necesidades.
- Recibir apoyo extra con los jóvenes que están solos.
- Conectar a sus hijos menores con los servicios infantiles de temprana edad. Y,
- Remisiones a otros recursos comunitarios.

Consiga recursos y actividades para sus hijos de [Sesame Street en las comunidades](#), incluyendo consejos de [cómo platicar con sus hijos sobre el desamparo](#) y [cómo crear un sentimiento de hogar](#) incluso si se están mudando y moviendo mucho.

Si se encuentra usted en una situación de peligro, o necesita de apoyo médico, emocional o físico, por favor vea [estas líneas de ayuda nacionales](#) que ofrecen una cantidad de servicios. Todas las líneas de ayuda son nacionales y ofrecen soporte 24/7 en todos los Estados Unidos. En el condado de Snohomish, puede llamar a 425-25-ABUSE (425-252-2873) **En caso de emergencia, marque al 911 para la policía, busque usted y sus hijos estar en un lugar seguro, busquen atención médica y llame a DVS para recibir asistencia.**



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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
PO Box 2098
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