

Silver Lake Mustang News

SILVER LAKE ELEMENTARY SCHOOL NEWSLETTER



MAY 2020

VOLUME 3, ISSUE 9

From the Principal

Dear Silver Lake Families,

I hope that this message finds you and your family healthy and safe. We [miss our students](#) and hope to see them as soon as possible. Spring is here which provides us renewed energy. Unfortunately, we are all facing unprecedented challenges that have changed the way we work, learn, and interact with each other. Facing these challenges together, our staff has been dedicated to adapting our teaching and finding ways to best support and engage our students, families, and communities.

As a parent, it has been a struggle to balance work from home and supporting the continued learning for my three children. It's hard work. It is a stress that we are all experiencing together. I want to thank all of you for doing your best in this new and strange reality. As we work together towards our students' success, here is the best way to support learning:

1. Have your students connect with their teachers on their google [classrooms](#) daily. This is where you will find their weekly and daily schedules, their activities, their assignments and Zoom schedules.
2. Remind your students to work on their [iReady](#) lessons for both reading and math. This is our most valuable tool to maintain and grow our students' skills.
3. Read. Have your students read to themselves, read to you, or read with you.
4. Reach out as often as needed with your teachers through email if you have any questions or needs. We are working together. Also, our instructional coaches have created a teaching tips FlipGrid that you can access here. <https://flipgrid.com/sle1234>

As a reminder, do what you can to support our students in learning. We will get through this together. Our staff is committed to the success of our students and the Silver Lake community. Regardless of how long we may face these challenges, I know we will get through this and become stronger together.

Daniel Natividad
Principal

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Principal

Silver Lake Elementary School
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MAY EVENTS

Please keep checking your email, our school website, and the EPS District website for upcoming events and other informational updates

MAY 1-8

5th graders who will be attending Eisenhower Middle School need to register [here](#) before May 8.



From the Counselor



Dear Silver Lake Families,

As we struggle with the challenges brought on by COVID-19, maintaining a sense of hopefulness and optimism is critical. Optimistic thinking is a skill that can be learned. We would like to share a simple strategy that you can use with your children to promote their sense of optimism.

The need for social distancing has filled our children's lives with disappointment. From not being able to go to a friend's house to play, to not being able to go to school; children could be experiencing loss and frustration. **Even if** can help ease some of that disappointment. The essential idea of **Even if** is to encourage your child to reframe the loss as an opportunity. Instead of focusing on the negative, we want to help them to see the positives in the situation. For instance, **Even if they can't** have their friends over for a birthday party, **they can still** have a virtual birthday party. In fact, with a virtual party, all friends and relatives, even those who live far away, are able to attend and participate! Encourage your children to think, "**Even if I can't...I can still...**" With enough practice, this can become a life-long skill to help your child deal positively with disappointment.

One of the most important ways that you can both teach your children and promote your own well-being is by modeling the **Even if** strategy. Show your children how you use the strategy and ask them to help you find the positives in the challenges you are facing. Practicing **Even if** as a family can be a fun way to bring you together.

Stay Safe and Healthy,

Carrie Surowiec

School Counselor

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Resource - Center for Resilient Children, https://apertureed.com/wp-content/uploads/2020/04/Promoting-SEL-at-Home-OT.pdf?utm_campaign=COVID-19&utm_source=hs_email&utm_medium=email&utm_content=87141860&hsenc=p2ANqtz--AkWDIbWqxewql8tBnSIEQ75kJerQuGmOlljoCuIMxAs0GH6tEUfh8dSk-hMN5YNGAyEIKSo4aqZGPOBEO-tbgDVeug&hsmi=87141860

District News

School closure resources



Watch for all Coronavirus updates at www.everettsd.org/COVID-19.



3-D printers loaned to help support local health care systems

Everett Public Schools is grateful to be able to loan ten 3-D printers, through an agreement with Ignition Partners, to support manufacturing N95 masks, visors and other critical medical and safety equipment for our local health care systems. [Click for full article.](#)



Frequently Asked Questions



Did you know we have an [FAQ page](#) on our district website? We actively add content as we develop answers that apply to our students, staff and community. If you do not see your question answered, there is also an ['Ask a Question'](#) form where you may submit your question. Hoping this is a helpful resource for all!

Emergency meal schedule update

Go to https://bit.ly/EPS_EmergencyMeals for schedule of locations and times.

Due to physical distancing standards, and for the safety of our staff, meals will no longer be delivered directly to homes.

How families can help:

- Please take advantage of curbside pickup and stay in your car
- Avoid socializing with other families
- Leave the school property immediately after receiving your meals
- If you do walk-up, stand six feet behind the family in front of you, only stand in line with people you live with
- Pick up your meals at a later time in the meal service
- Pick the meal option for your child
- Follow directions provided by Everett Public Schools staff

Thank you for your understanding as we make these necessary changes to keep everyone safe.



Social & Emotional Health during school closure

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people and communities. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children.



Everyone reacts differently to stressful situations. The emotional impact of an emergency on a person can depend on the person’s characteristics and experiences, the social and economic circumstances of the person and their community, and the availability of local resources. People can become more distressed if they see repeated images or hear repeated reports about the outbreak in the media.

Children react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Please visit the district’s website for [links and resources](#) for social & emotional health.



Kindergarten registration

During the current school closure, you can register for kindergarten online. Please visit the [registration page](#) on the district’s website. If you have questions, please email the Early Learning Department at EarlyLearning@everettsd.org. Thank you!

Teacher Appreciation Week

Since 1984, National PTA has designated one week in May as a special time to honor the men and women who lend their passion and skills to educating our children. This year, Teacher Appreciation Week is May 4 – 8, 2020.



National School Nurse Day



National School Nurse Day, May 6, 2020, is a time to celebrate the specialty practice of school nursing. In 1972, the National Association of School Nurses (NASN) created National School Nurse Day to recognize school nurses and acknowledge their role in the educational setting. NASN applauds the contributions school nurses make every day to improve the health, safety, and academic success of all students.

The theme this year – School Nurses: Supporting Students in Times of Crisis – reinforces the changing times of 2020. This year, more than ever, all members of our school communities, school nurses included, have been required to take on unprecedented roles and adapt quickly to changes in their jobs. It is reflective of the significant roles school nurses have in the health care of their school communities to help make a healthier place

for children and families to learn and grow during this crisis.



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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.

Designated to handle inquiries about nondiscrimination policies are:

- **Title IX/Civil Rights Compliance Officer** – Mary O’Brien, MO'brien@everettsd.org, 425-385-4106, PO Box 2098, Everett, WA 98213
- **504 Coordinator** – Becky Ballbach, RBallbach@everettsd.org, 425-385-4063, PO Box 2098, Everett, WA 98213
- **ADA Coordinator** – Randi Seaberg, RSeaberg@everettsd.org, 425-385-4104, PO Box 2098, Everett, WA 98213