

Silver Lake Mustang News

SILVER LAKE ELEMENTARY SCHOOL NEWSLETTER



MAY 2021

VOLUME 4, ISSUE 9

From the Principal

Silver Lake Families,

Spring is in full swing and we are proud of how our students have been working in their classes both in the building and at home. We are now in the final two months of school and we want to make sure that we are finishing strong. Please keep encouraging and supporting your students to engage with their teachers and complete their assignments on Canvas daily. As always, please reach out to your teachers, Mrs. Suroiweic, or myself if you have any needs or questions.



As announced by the state, there will be no state assessments (Smarter Balanced Assessment) for our students this year. This is a positive since it relieves any stress and test anxiety our students may experience. Although, this takes away one way we measure our students' achievement growth over time. Without this measure, the upcoming spring iReady diagnostic will be extremely important to your student learning and our summer/fall

planning. We will have all students take the iReady math **and** reading diagnostic from 05.13.21 until 06.11.21. This diagnostic will be extremely important since it will provide us relevant growth data for the year and it will reset our students' learning pathways for summer school.

For the iReady diagnostic, please help your student stay focused in completing the assessment in math and reading. Please **do not** help

Daniel Natividad
Principal

Silver Lake Elementary School
12815 Bothell-Everett Hwy.,
Everett, WA 98208
www.everettsd.org/silverlake

May 5

Scholastic Book Fair, 10 am – 6 pm

May 24

PTA General Membership Meeting, 7 pm

May 31

Memorial Day, NO SCHOOL

Don't forget your iReady goals each week.



May 5, 12, 19, 26

Independent Learning Wednesdays

[Web Calendar](#)



them with the questions since the diagnostic is computer adaptive and will cause your student's lessons to be too hard when they complete the diagnostic. Feel free to reach out to your teacher if you have any questions about iReady.

Teacher Appreciation Week: Teacher appreciation week is around the corner. If your student or you would like to send some kind words and show gratefulness to a teacher, please record a video on our Teacher Appreciation Flipgrid: <https://flipgrid.com/d24a2f0e>

Everett Ready and Jumpstart: This summer we have several programs to support students and their learning. We will have our summer school program for 2nd - 4th grade hosted at Penny Creek Elementary. For our incoming kindergartners, we will host a one-week school readiness program called **Everett Ready** from August 23 - 27. For our upcoming 1st and 2nd graders, we will host a one-week focused program called **Jumpstart** from August 16 - 20. Connect with Assistant Principal [Larissa Fuller](#) for more details on any of these programs.

Parent Tip: As a parent of three children (sixth grader, 2nd grader, 16-month-old), it has been difficult to turn on the television and see all the issues that our community faces. Oftentimes, my children will ask me questions about why things are so negative, why people do what they do, and/or how can we make it a better world. One resource that has been helpful is this article from Common Sense Media that provides tips and ideas on how to talk to our kids about the news and the world around us.

<https://www.common sense media.org/blog/explaining-the-news-to-our-kids>

As always, it is a privilege to work with your students. Thank you for being effective partners to ensure the success of our students at Silver Lake Elementary. Go Mustangs.

Daniel Natividad

From the Assistant Principal

Are you looking to get connected and stay engaged with your child's education at Silver Lake Elementary?

Research shows that student success is highly correlated to the level of parent engagement. When parents are involved, students achieve more regardless of economic status, ethnic background, or familial education level.



We have a few opportunities available for adults with students at Silver Lake Elementary. Join our [PTA](#) (Parent Teacher Association). The PTA works in conjunction with the school to help create a community that supports students and teachers by hosting events, supporting fundraisers, providing volunteer opportunities, and so much more. [CLICK HERE FOR MAY MEETING NOTICE](#)



Natural Leaders

Another exciting group to consider joining is our Natural Leaders program. This group serves as a multi-cultural bridge between students, families, communities, and schools. The Natural Leaders program helps families identify and develop skills necessary to overcome systemic barriers. Parents take on leadership roles to build stronger relationships with families and their children and identify best practices. They take action to help families become more successful in the school system and implement their ideas while partnering with the school.



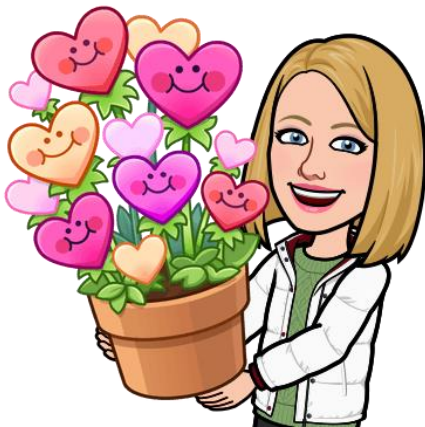
Dads of Great Students

Watch D.O.G.S. (Dads of Great Students) is a program designed to provide positive male role models for students, demonstrating by their presence, that education is important. Watch D.O.G.S. also provide extra sets of eyes and ears to enhance school safety and reduce bully. A Watch D.O.G.S. can be a father, grandfather, uncle, or any father-figure that volunteers for at least one day each school year. While here, they may read or work with students, play at recess, help at lunch, assist at arrival and dismissal, or any other activity where they actively engage with students.

If any of these programs sounds like something you may be interested in, please contact Larissa Fuller (lfuller@everettsd.org) or Carrie Surowiec (csurowiec@everettsd.org).

From the Counselor

Happy May!



Lessons

We had a lot of fun completing our Bullying Prevention Unit. The lessons looked different than they normally do, but the students still learned to Recognize, Refuse, and Report bullying behavior. They practiced their assertive skills to report unsafe behavior to a trusted, safe adult. In a normal school year, I would move into teaching personal safety lessons, but unfortunately, the Committee for Children has recommended these only be taught in person. Instead, they have provided a campaign called, "[Hot Chocolate Talk](#)" with resources for families. If you would like access to other resources to talk to your child about personal safety, please contact me.

Family Needs

There are many resources available through community organizations to assist with basic needs. Please visit my school website or contact me for any assistance. I'm always happy to help!

Carrie Surowiec

School Counselor

Silver Lake Elementary

Phone: 425-385-6910 (Office) or 971-238-9917 (Google Voice)

Email: csurowiec@everettsd.org

Schedule a Meeting with Me: <https://calendly.com/csurowiec>



From the Librarian

Library has changed since Spring Break!

- Hybrid students still need to put books on hold using Destiny.
 - For a refresher on how to put books on hold, [watch this video](#).
 - Books will be delivered to them on their synchronous (in building) days.
 - eBooks are still available for [checkout](#).
- Remote students will continue to put books on hold using Destiny.
- Curbside Pickup for library books, Wednesdays from 4:00 p.m. -5:30 p.m.
- Silver Lake Elementary's back parking lot, off of 129th PI SE

You can **return books** at these times as well.

Starting this month, SLE Library will be sending out school-wide late notices each Friday.

The hope is that the many missing books will be returned to our library. The process of counting books for the summer starts in June. Please help by looking for missing books. Please return any missing books to your student's teacher (hybrid) or the office from 10 a.m. – 3 p.m. (remote).

Here are a few places people have found long-lost books in the past:

- In the closet (under dirty clothes?)
- Under beds (sometimes books fall through the cracks between the bed and the wall)
- Under the couch (check under the cushions too!)
- At Grandparents' homes (or aunt's or uncle's)
- At Daycare (in cubbies or in their library)
- In your vehicle (under seats or in the trunk)

If you are unable to locate the missing book, try and replace it or pay the fine. If you are unable to do either of those choices, please let Mrs. Sand know so she can arrange repayment for the lost book. Please let Mrs. Sand know if you have any questions. Thank you for your help!





Spring Book Fair

Silver Lake Elementary

MASKS REQUIRED

YOU SCREAM, I SCREAM, WE ALL SCREAM FOR BOOKS!

Scholastic Book Fair

Scholastic Accepts Credit Cards and eWallet

UNDERCOVER PLAY AREA
WEDNESDAY, MAY 5, 2021
10AM-6PM

KOOL KIDZ ICE CREAM
1PM-6PM
ACCEPTS CASH, CREDIT, VENMO AND ZELLE

TACOS LOS KORAS
11AM-6PM
ACCEPTS CASH AND CREDIT

SOCIALLY DISTANCE

On Wednesday, May 5, Silver Lake Elementary will be hosting our Spring Scholastic Book Fair!

Who: Silver Lake Elementary Library

What: Scholastic Book Fair (and Food Trucks see below)

When: Wednesday, May 5 from 10 a.m. – 6 p.m.



Where: Silver Lake Elementary's Undercover Play Area & ONLINE

<https://www.scholastic.com/bf/silverlakeelementaryschool1>

Why: Book Fairs help raise money to buy new books for our library...and it's FUN!

How: Safely with masks and social distancing!

BOOK FAIR

In order to keep the event as safe as possible, please make sure to:

- Stay home if you are feeling ill
- Wear a Mask
- Practice social distancing
- Limit shopping to 30 minutes
- Use credit cards or [eWallet](#)
 - eWallet is an easy-to-use digital payment method for contactless shopping
 - to set up an eWallet, visit our school's [Book Fair Homepage](#)
 - NO CASH WILL BE ACCEPTED AT BOOK FAIR
- Shop ONLINE from 4/28 until 5/11. <https://www.scholastic.com/bf/silverlakeelementaryschool1>

FOOD TRUCKS

Tacos Los Koras Express

Will be selling tacos, rice, and beans from 11 a.m. – 6 p.m.

They accept cash and credit cards.

Kool Kidz Ice Cream

Will be selling ice cream treats from 1 p.m. – 6 p.m.

They accept cash, credit (with \$0.50 transaction fee), Venmo, and Zelle.

**LET'S TACO
BOUT IT**



Thank you so much for supporting your student and our school! Please contact Cerra Sand csand@everettsd.org if you have any questions.



From the PE Specialists

Dear Families,

We are so excited to be partnering with the American Heart Association's **Kids Heart Challenge**! We had an awesome kickoff and now we need your help! **I need you to download the FREE Kids Heart Challenge App for [Apple](#) or [Android](#) or visit our website www.heart.org/khc to register your child on our school team!**

When registering, your child will take one of three healthy challenges – Move More, Be Kind, or Choose Water! And they'll earn a FREE decoder wristband.

Thank you for empowering our students to have happy and healthy hearts!

Wrap Up/Donations Due: May 25th

Sign Up Here: <http://www2.heart.org/goto/silverlake>



Upcoming Event for 5th Grade Families



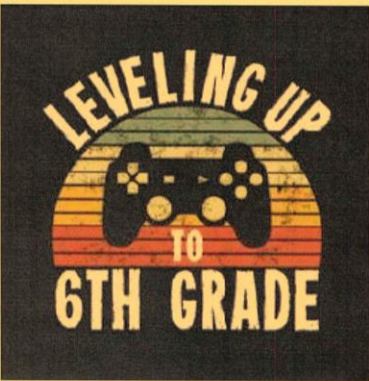
OUR MUSTANGS ARE...

SAVE THE DATE

Tuesday, June 15 ~ 5:00 to 6:00 p.m. back parking lot
Car Parade
Celebrate & pick up goodie bags, certificates, awards, etc.

Wednesday, June 16 ~ 6:00 to 7:00 p.m. via Zoom
Moving Up Ceremony

Zoom Link will be sent via email to all families before the ceremony



PTA GENERAL MEMBERSHIP MEETING

**JOIN MAY 24, 2021
ZOOM MEETING**

**MEETING ID: 883 1838 1905
PASSCODE: MUSTANGS**

[CLICK HERE](#)

We are looking for
nominees for
ALL BOARD POSITIONS.
All positions are open. We
must publish a list of
nominees on the website
10 days prior to the
election - so we need
nominations by May 14th!

Executive
Committee Board
Recommendations

Due May 14 by 4 pm
To become a PTA
member

[CLICK HERE](#)

- **Vote** on 2021 - 22
 - Executive Board Members
- **Vote** on 2021 - 22
 - Budget
- **Announce** the winners for the
 - Outstanding Educator
 - Golden Acorn
- **Door prize** drawing for a
\$50 Amazon gift card must be
present to win

There Is No Wrong
Way To PTA.

How Do You PTA?

SLE PTA Website

[CLICK HERE](#)

2020 - 21 Golden Acorn,
Outstanding Educator,
Outstanding Advocate
Award Nomination Form
Due May 3 by 4 pm

[CLICK HERE](#)

**[JOIN
HERE](#)**



District Updates

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.

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 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

**EVERETT
PUBLIC
SCHOOLS®**

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
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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 ¡también 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.

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.

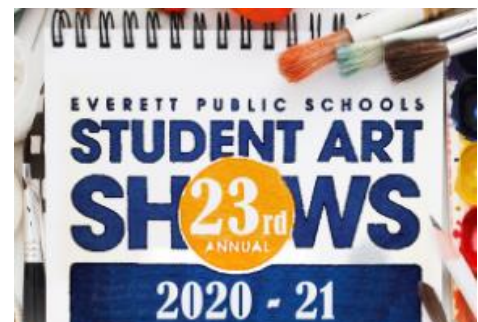
Manual de Derechos y Responsabilidades del Estudiante 2021-2022

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 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



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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.

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