

# Jefferson Charger News

JEFFERSON ELEMENTARY SCHOOL NEWSLETTER



MAY 2020

VOLUME 3, ISSUE 8

## From the Principal

The **month of May** is upon us! I hope that this message finds your family healthy and keeping up good spirits as we face this unprecedented time.

Each week, we see more and more **students engaging in at-home learning**. This has been a learning process for staff, students, and families alike. Each family's situation is unique, and if your experience is anything like mine, some days are relatively straightforward, while others are very challenging. You may have seen a piece of writing circulating on social media that talks about how we are all in the same storm, but not all in the same boat. No matter what, please put your children's and your family's social-emotional and physical wellness first! I would like to thank you for doing everything you can to help keep learning moving forward for your child. Please communicate how things are going with your child's teacher so that they can support with any adjustments.

There are many questions about what summer and fall will bring, and not many answers yet. We do know that summer school will be a remote learning experience rather than in person. I'll share more information as soon as I receive it. Looking ahead to fall – well, it's just too soon to know lots of details. What I do know is, we are a **strong community working together** for our children, and we will keep doing that no matter what! We will soon begin the process of creating class lists for next year. What will help us most is your letting us know if your family plans to move away. Please [e-mail the office](#) if your plans for next year change at any point. If you have additional questions, the district [FAQ page](#) is a helpful resource.

We believe that with both in-person and at-home learning, the **social-emotional well-being of children** is a key foundation for both personal and academic growth. Now that students' initial questions about coronavirus/COVID-19 have faded, they may have deeper questions, or you may be seeing stronger emotions connected to bigger behaviors. One great resource for addressing children's big questions comes from the University of Washington's Center for Philosophy for Children. Books, videos, and discussion questions are organized by categories (fear/worry, loneliness/isolation, boredom, and illness/death) in this [guide](#).

Don't forget to support your child's participation in our "**Send Thunder to Kenya**" i-Ready challenge! Full details are in this [video](#).

Stay well, keep in touch, and read on for greetings from staff members and updates from our specialists!

**Mrs. Kelley**

**Elizabeth Kelley**  
Principal

**Jefferson Elementary School**  
425-385-7400  
2500 Cadet Way, Everett, WA 98208  
[www.everettsd.org/jefferson](http://www.everettsd.org/jefferson)  
[https://twitter.com/EPS\\_Jefferson](https://twitter.com/EPS_Jefferson)

### Family resources

#### Free meals:

- 11:00-11:30 a.m. weekdays at Mirabella Apartments, 805 112<sup>th</sup> St. SE.
- 11:30 a.m.-12:30 p.m. weekdays at Jefferson Elementary School
- Full details on district meals, including other sites: [click here](#)
- See the last page of the newsletter for information about additional free meal options around Everett.

#### Technology:

- If your family still needs a Chromebook and/or wifi hotspot, please send an [e-mail](#) or leave a voicemail at 425-385-7400.
- District [tech support](#) for families (the request form is linked in the second bullet point below the photo)
- Low-cost Internet access: [click here](#)

**Free emergency dental care:** [click here](#)

**Other resources of all types:**  
Dial 211 or toll-free 1-800-223-8145



## Greetings from Jefferson Staff

I can't wait to see everyone again! The Charger Family will get through this, and when we start school again our learning will thrive, and our relationships will be better than ever! - Mrs. Roach

You are stronger and more capable than you think you are. You can do hard things!  
- Ms. Montzingo

Hello to all Jefferson families: I hope you are all staying healthy and enjoying some good family time. Hang in there and we will all come through this, together. -Ms. Vila-Henninger

**Always remind yourself that you are capable, you are kind and you have such a bright future ahead! - Ms. Magley**

I am thinking of you and missing you! Keep smiling, focusing on the positive, and remember: "Don't let what you cannot do interfere with what you can do." - Ms. Kearsley

Thank you, Jefferson families, for engaging with your students and providing support throughout this puzzling time. Together, we can do so much for our kids - GO CHARGERS! - Mrs. Wright

Remember Chargers: You are smarter than you think ... stronger than you know ... and loved more than you can imagine! - Ms. Nielson

Sending everyone patience, hope, and health during this challenging time! We miss you all very, very much.  
- Mrs. Lucas

*I cannot wait to see all Jefferson students again! Stay hopeful and positive, we've got this! - Mrs. Bye*

Sending you hugs! We miss learning with all of you and hope you are doing awesome. 😊 - Mrs Weitkamp

If you carry one thing with you today, let it be this: You are SO BRAVE, You are SO STRONG, You are SO SMART, AND You are SO LOVED AND SO MISSED!!! KEEP MOVING FORWARD!!!! #TEAMJefferson -Ms. Haskins (Buff)



I'm hoping for you all peace, rest, play, companionship, conversation, and moments of joy as we all manage our way through social distancing and figure this out together. You are doing GREAT! - Ms. Hanson

Hey Charger Families! I miss you and hope you are doing well. I can't wait until we are back together again! - Mrs. Stewart

*Hi, thinking of you all everyday and miss seeing your smiling faces. Stay strong and keep learning. - Ms. Debbie*

I love seeing your smiling faces on Zoom sessions, reading your thoughtful responses on the weekly check-in surveys, and watching your creative ideas shine on FlipGrid. - Mrs. Nelson

To my Jefferson students and families, I miss you all so much! And if you haven't heard this today, you are AMAZING, SMART, and you are doing a GREAT JOB. Your teachers are just one e-mail, Google Classroom post, or Zoom meeting away. - Ms. Lobdell

Dear students, ♥ I hope you are doing well and being safe! Most of all I miss you very much! - Ms. Cote

**"Be Silly, Be Honest, Be Kind."** (Ralph Waldo Emerson) - Ms. Rowland

*I'm so amazed with all the great learning and flexibility that is happening with our Jefferson families. Please know that we truly care and are here to support you in any way we can! - Mrs. Clark*

**"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible."** (Francis of Assisi) - Ms. Pryor

Keep it up, Jefferson Chargers! I know we are all trying our best right now, and trying our best is enough. Sending you so much hope and support! - Mrs. Graham



To my current and future 5th grade students, I am proud of the effort you are putting into taking charge of your learning, and I am so glad to be part of your team! Learning new things isn't easy, and guidance from others is incredibly helpful. Be sure to say thank you to the people in your life who help you when you need it – your friends, your siblings, parents, aunts and uncles, grandparents, neighbors and teachers. We are all teachers, and we are all learners! Keep showing up and trying your best! Soon, we will all be together again. - Mr. Nelson

Stay healthy and strong, Chargers! We are in this together! - Ms. Heen

**Creativity and creating artwork will keep your days bright! Use what you have to make something! I miss you all everyday! - Ms. Gardner**

I AM THINKING OF YOU AND MISSING YOU. TAKE CARE, JEFFERSON STUDENTS AND FAMILIES! - MRS. BENNETT

This is an opportunity to step outside our comfort zone and explore learning in new and different ways. Adjusting to the challenges and struggles of this situation helps gain insights to ourselves and others. Just like a great book expands our perspective, this experiences will help us grow. Take some time to read a book or listen to a story online. Remember to make reading part of your day, everyday! - Ms. Kjluber

Things are different and we can make it OK. It gives all of us opportunities to find ways to make lemonade out of what first appears to be just lemons. We can discover different ways to find and create joy in our lives. Make GREAT days happen! - Ms. Susan

To my awesome students and families, Although I miss working with all of you in person, our work together over the past month along with the laughter, the smiles, the enthusiasm and the caring convinces me that we are all learners and that we will continue to learn and to grow together no matter what! Nothing can keep us down! You are all very important to me. Take care, everyone. I believe in you. 😊 - Mr. Schmeider

**Keep making music! - Mrs. Rockwell**

**Sending air hugs, air fist bumps and air high-fives to you! 😊 - Ms. Rowe**

*I miss you guys! Take care and keep doing your best work! - Ms. Hendrickson*



Hope is being able to see that there is light despite all of the darkness (author Desmond Tutu). I miss you, Jefferson families! #JeffersonTogether – Ms. Branch

**I miss every one of you so much. Keep reading, stay strong, stay safe. I will see you on Zoom! Ms. Gil**

**Jefferson Chargers: I miss seeing you all so much! I hope that you are staying healthy, and spending part of each day learning -- not only from what your teachers send you, but also things you want to learn more about! Remember to be safe, respectful, responsible, and kind in all that you do, wherever you are! - Mrs. Kelley**

### Important Reminder from the Jefferson Office

Moving this summer? If you will not be returning for the 2020-21 school year, please e-mail the office at [ttolpingrud@everettsd.org](mailto:ttolpingrud@everettsd.org) as soon as possible.

### News from the Gym, Ms. Rowe

Hello Jefferson Chargers and Families,

First, I want to tell you how much I miss seeing each and every student in the gym and around school! I hope you are all staying healthy and happy. While you are at home, not only is it important to practice healthy habits like social distancing and regular hand washing, but it is also important to stay active. You might be even more active while at home, or you may find the opposite, and you are less active. It is important to find creative ways to move while learning from home. Exercise and activity can be a lot of things! Here are some components of exercise and fitness to focus on while at home:



1. **Cardiorespiratory endurance:** jogging, dancing, star jumps, cycling, sports or competitive games like run-racing, basketball, or soccer. Also, hiking, jumping jacks, burpees, walking at a faster pace, jumping on a trampoline, roller-blading or skating are all good ways to get your heart and lungs working more efficiently. It is great if you set a goal to get one hour (60 minutes) of this kind of exercise EVERY day!
2. **Flexibility:** stretching, tai chi, yoga, Pilates, dance, and balance poses are all ways to help yourself to become more flexible. Try to stretch daily, even if just for a few minutes!
3. **Muscular strength and muscular endurance:** push-ups, low and high plank poses, crab walking, bear walks, sit-ups, lifting heavier weight with fewer repetitions, climbing, balance poses, carrying heavy items, wall sits, pull-ups, gardening and yard work, and even vacuuming (whoa, your parents would love that!) are all ways to make you stronger.

I am posting new P.E. assignments and activities every Wednesday in the specialists' Google Classroom that includes these fitness components, so please make sure you check weekly and click "Turn In" when finished. If you have any questions, you can send me a "private comment" in Google Classroom or e-mail me at [srowe@everettsd.org](mailto:srowe@everettsd.org). Also, check my website for fun links and resources like a monthly activity calendar at <https://www.everettsd.org/jfe-srowe>.

Again, I miss you all VERY much and cannot wait to see you again! Sending you an air high-five! Be safe and have fun!



### News from Art/Tech, Ms. Gardner

I miss seeing you all every week in the Art/Tech Lab! Many of you have already found the assignments in our Google Classroom and have been sharing your masterpieces-GREAT JOB! This month, you can look forward to having three options to practice being creative: Art, Tech & Mail. When you open your assignment, choose the option that sounds the most fun to you and get to work! Please share your work by e-mailing, mailing, or posting it in the Google Classroom. Most importantly, have fun and focus on great craftsmanship (do your best, take your time). You're awesome and I can't wait to see your masterpieces!

### News from the Library, Mrs. Klujber

Hello, Chargers! Did you know you can read books and listen to stories without visiting a library? While we may not have access to our school's library shelves, there are many other opportunities to enjoy reading digitally. Take some time to look over the digital resources and find one that looks appealing to you. Then, sit back, read or listen, and enjoy!



**Did you know you can sign up for a library account online?**

**There are many e-books and audio books available there.**

<https://www.sno-isle.org/getacard>



**Audible offers a selection of free audio books.**

**Go**

**to:** [https://stories.audible.com/discovery?ref=adblent\\_anon\\_ds\\_ds\\_vn](https://stories.audible.com/discovery?ref=adblent_anon_ds_ds_vn)

### News from the Reading Team

We hope you are all well, safe, and settling into a new normal. We have been working hard to support your child's teacher and to provide resources where they are needed. The most important thing families can be doing now is making sure their families are safe, and we know that is your top priority! As far as literacy development, we suggest these options:

1. Support your child in completing assignments from his/her teacher.
2. Read to your child.
3. Help your child select books to read independently.
4. Make use of i-Ready as a great way to maintain skills.
5. If your child has an IL account, provide time to complete those lessons.

We really miss seeing the students and being able to support them in person. Please let us know if we can help in any way. Students, we miss you! We look forward to being together again.

- Janet Erickson, ELA Coach; Mary Rowland & Sue Gil, LAP support; Kathy Cote & Nicole Bednark, EL support

### News from Math Coach Mrs. Roach

Hi everyone! I hope you are all staying engaged in learning during this time. One site I came across that can help students better understand math and help them with a virtual hands-on opportunity is <https://toytheater.com/>. There, you and your child can find many math tools that would typically only be available in the classroom, like a virtual spinner, blocks, or clock they can use to learn to tell time. Have fun!

### News from the Music Room, Mrs. Rockwell

Jefferson students and families, I want to say that I miss making music with you every week so much. I hope you are still finding ways to be musical at home with your families. I am posting new musical activities for you every Monday in the specialist teachers' Google Classroom. All students have been invited, so all you have to do is log in and accept the invitation. If for any reason you don't have access, e-mail [DRockwell@everettsd.org](mailto:DRockwell@everettsd.org) and I'll get you in right away. Music is a skill that is lost without continuous practice, so I encourage all students to log in every week to maintain and extend what we've learned in fun, engaging ways.





### News from Mrs. Graham, PBIS specialist

Throughout the 2019/20 school year, students engaged in learning aligned with Washington state's grade-level social emotional learning standards. With school transitioning to a remote learning format, we are committed to continuing this social emotional learning for all students. We are also focused on providing resources to support families during this challenging time.

Your student will continue to participate in social emotional learning facilitated by their classroom teachers and supported by our Second Step curriculum. Additionally, all students access social emotional lessons each week through their specialists' Google Classroom. This is the same site in which they are accessing their music, P.E., art/tech, and library lessons.

Social emotional lessons for the first four weeks of the school closure have focused on the character traits of **hope** and **empathy**, and the social skill of understanding the connections between our **thoughts and feelings**. If your student missed those lessons, they are still welcome to complete them through the Google Classroom.

Jefferson Elementary has a social emotional learning website with content for both students and families. From this site, you and your student can access resources related to COVID-19, including materials for talking to children about these challenges and full-color storybooks about COVID-19 in multiple languages. Additionally, the site offers links to mindfulness exercises for adults and children; stress and coping resources; and detailed information on social emotional learning standards. Click the link to find our [Social Emotional Learning Website](#). If you or your student have any questions about social emotional learning or supports please contact me at [wgraham@everettsd.org](mailto:wgraham@everettsd.org).

### News from Counselor Lillian Ortiz-Self

Growth mindset and emotional resilience are important for both students and adults. Check out these great growth mindset [resources](#) for parents, and this link of [emotional resilience](#). Remember to take good care of yourself so that you can support your children and family!

## District News

Watch for all Coronavirus updates at [www.everettsd.org/COVID-19](http://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](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](mailto: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.



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

**Designated to handle inquiries about nondiscrimination policies are:**

- Title IX Officer/Civil Rights Compliance Officer – Mary O'Brien, [MO'Brien@everettsd.org](mailto:MO'Brien@everettsd.org), 425-385-4106
- 504 Coordinator – Becky Ballbach, [rballbach@everettsd.org](mailto:rballbach@everettsd.org), 425-385-4063
- ADA Coordinator – Randi Seaberg, [rseaberg@everettsd.org](mailto:rseaberg@everettsd.org), 425-385-4104



### EVERETT FREE MEALS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cocoon House, 10am-1pm	Cocoon House, 4:30pm	Cocoon House, 4:30pm	Cocoon House, 4:30pm	Cocoon House, 4:30pm	Cocoon House, 4:30pm	Cocoon House, 10am-1pm
Everett Gospel Mission, 11:30-Noon & 4:00-4:30pm	Everett Gospel Mission, 11:30-Noon & 4:00-4:30pm	Everett Gospel Mission, 11:30-Noon & 4:00-4:30pm	Everett Gospel Mission, 11:30-Noon & 4:00-4:30pm	Everett Gospel Mission, 11:30-Noon & 4:00-4:30pm	Everett Gospel Mission, 11:30-Noon & 4:00-4:30pm	Everett Gospel Mission, 11:30-Noon & 4:00-4:30pm
Central Lutheran Church, 5pm Only on: April 12th & April 26th	Esther's Place, Noon-1:30pm	Esther's Place, Noon-1:30pm	Esther's Place, Noon-1:30pm	Esther's Place, Noon-1:30pm	Esther's Place, Noon-1:30pm	The Lord's Little Cooker, 8am
	Everett First Church of the Nazarene, Noon	Faith Lutheran Church, 5pm	First Presbyterian Church, 5:30pm	Everett United Church of Christ, 5:00pm	First Baptist Church, 5pm	Recovery Cafe, Noon-3pm
		Vision Church, 11am-2pm	Vision Church, 11am-2pm	Vision Church, 11am-2pm	Recovery Cafe, Noon-3pm	
		Recovery Cafe, Noon-3pm	Recovery Cafe, Noon-3pm	Recovery Cafe, Noon-3pm	Vision Church, 5pm	

<b>Central Lutheran Church</b> 2702 Rockefeller Ave	<b>Everett Gospel Mission</b> 3711 Smith Ave	<b>First Presbyterian Church</b> 2936 Rockefeller Ave	<b>Cocoon House (YOUTH Ages 13 to 24)</b> 3530 Colby Ave	<b>Everett United Church of Christ</b> 2624 Rockefeller Ave	<b>Recovery Café</b> 2624 Rockefeller Ave	
<b>Esther's Place (WOMEN &amp; CHILDREN)</b> 2936 Rockefeller Ave	<b>Faith Lutheran Church</b> 6708 Cady Road	<b>The Lord's Little Cooker</b> 32nd St. & Wetmore Ave	<b>Everett First Church of the Nazarene</b> 2502 Lombard Ave	<b>First Baptist Church</b> 1616 Pacific Ave	<b>Vision Church</b> 1917 California Ave	

UPDATED 4/09/2020