

Whittier Wildcat News

WHITTIER ELEMENTARY SCHOOL NEWSLETTER



March 2021

VOLUME 4, ISSUE 7

From the Principal

Welcome to March Whittier families! I want to take the time to thank all families for your commitment, support, and flexibility this year with our unique learning structure, and especially now as we continue our transition process to phasing in additional groups of students to in-person hybrid learning Whittier.

We are excited for our 2nd and 3rd grade students to return to Whittier for in-person learning the week of March 1-5 and we look forward to our 4th and 5th grade students returning to in-person learning the week of March 15-19. COVID-19 Health Screening Attestations are a requirement of ALL students returning to the building for in-person instruction. If your child is returning to Whittier for in-person learning, please go to the following link (<https://www.everettsd.org/Page/38789>) to access and complete the attestation commitment, and return it to Whittier prior to your child starting in-person learning. Thank you!

Ensuring that students are able to safely return to Whittier is the highest priority for all Whittier and Everett Public Schools staff, so many of our elementary counselors throughout the district worked together to create and introduce grade level safety videos for families that highlight the important health and safety measures that have been put in place at all elementary school buildings as we return to the hybrid in-person learning model. If you were not able to attend the Whittier hybrid parent meetings, this would be a great opportunity to learn more about the safety systems that have been put in place to ensure that students are safely learning in all buildings. Please visit the district link to access the videos. <https://www.everettsd.org/site/default.aspx?PageID=37540>

March is “National Reading Month” so Whittier is planning to have a big reading focus to support our students in continuing to improve their reading skills and to find their passion in reading! Mrs. Heininger, Whittier’s librarian, is planning some fun engaging reading activities that will connect students with books! She will be sending information out to everyone soon to prepare us for our March reading activities. Please view her “March Reading Madness” video to learn more about our March reading plans: <https://www.wevideo.com/view/2066740637>

Spring parent/teacher conferences are coming soon later this month, and they will take place from Monday, March 29 through Friday, April 2, 2021. All families will be invited for a spring conference and you will be receiving information from your child’s teacher by mid-March. Communication between home and school is vital to your student’s success, and even more so than ever this school year with our unique learning structure, so we would love to see 100% parent participation in our spring conferences.

The Whittier uniform policy will still apply for students returning to in-person learning at Whittier. Screen Printing Northwest (2526 Colby Ave, Everett, WA 98201 / 425-303-3381) is providing Whittier families with an additional uniform purchasing option. The other traditional retail options to purchase uniform items are Walmart, Old Navy, Target, and Children’s Place. Please contact our office at 425-385-4301 if you need uniform assistance for your child.

Parents, thank you for your continued support in making Whittier a great place for your children to learn and grow. Let’s make it a great month of March!

**Tony
Wentworth**

**Principal
Whittier Elementary
School**
916 Oakes Avenue,
Everett, WA 98201
www.everettsd.org/whittier

March 1

Hybrid 2 & 3 return to school
Kinder registration begins
March - National Reading Month

March 3

LIW- 8:30 am zoom
check-in with teacher

March 10

LIW- 8:30 am zoom
check-in with teacher

March 17

LIW- 8:30 am zoom
check-in with teacher

March 24

LIW- 8:30 am zoom
check-in with teacher

March 27

Highly Capable Testing
@ View Ridge

March 29-April 2

Parent Conference Week

April 5-9

Spring Break

Tony Wentworth, Principal



From the Library

Whittier Library March 2021 News

Ways to get books this March

FREE gently used books!

Roger & Susan Atlas live in Seattle and have been collecting gently used books for the past three years and donating them to schools in the area. We have a variety of books for K-5 grades to select from. Please come pick out a few books!

When? Wednesday, March 10th 11:30-4:30 in our parking lot (more times might be shared later) and hybrid K-3 will get an opportunity during school day.

3 Book Service Options:

- Online ebooks (read book on computer)
- Place holds online and pick books up at library
Mondays 2:00-4:00
Thursdays 2:45-4:30
If the above times for book pickup don't work, then please reach out to me.
- Borrow a book with no checkout
Anytime you see the book cart outside of the library door (up the stairs) Mon-Tues & Thurs-Fri.
-Weather depending

*Learn more on our [library website!](#)

March is National Reading Month!

- Look for the library Canvas assignment and the paper coming home with details.
- Let's spread the joy of reading and achieve our goals this month! All participants will receive two rewards from the Aquasox.
- Also, let's spread joy to our community. How? For every student that turns in their March reading goal Mrs. Heininger will donate \$2.00. How much will Mrs. Heininger donate if ALL 396 students participate?

Great community library resources:

[Sno-Isle](#)
[Everett Public](#)

Mrs. Heininger
Whittier Librarian
sheininger@everettsd.org
(425) 385-4308



Shannon Heininger
Whittier Elementary Librarian
(425)385-4308

Whittier PTA



Happy March Whittier Families! Hope you all enjoyed your mid-winter break and had a chance to play in the snow.

It's time for a Yum-Raiser! Our See's Candies fundraiser is underway. The proceeds from this fundraiser will go towards next year's 5th Grade Camp. Visit the link and check out all of the chocolate goodies you can purchase: <https://tinyurl.com/y3ykb5m6>. Buy a gift or treat yourself! Place your orders from now until March 19th. Thank you for supporting our students!

For those of you wondering, yes, yearbooks are happening this year. We are going to need your help! The Pictavo site is now up and ready for you to upload your photos. Since we were unable to have school photos taken at the school, we are asking you to send in a headshot of your child/children that you would like as their yearbook photo. Please send in a clear photo of them, face and shoulders, preferably not a full body shot. We would also like any photos of your child participating in spirit days, with their artwork, or any other school related photos you would like to share. We cannot guarantee they will all be in the yearbook but we will try our best.

Here is the link to upload your photos: <https://commpe.pictavo.com/PictavoSchool/FindSchool>

If you have any questions or need assistance in taking a photo taken of your child, please email us at ptawhittierelementary@gmail.com

Keep an eye out for an Award Nomination form that will be sent home in your student's folder later this month. Each year, Whittier PTA solicits nominations and then recognizes a Whittier community volunteer, an outstanding educator, and an outstanding advocate for their contributions to Whittier throughout the school year.

Lastly, we are starting to plan for the next school year. Can you believe it? If you are interested in joining the PTA this year or next but just haven't quite made the leap, please do so. We will be looking for YOU as we have several spots in our committees that are open and will open up for Fall 2021. It is critical to pass the baton to other parents and guardians at Whittier and keep alive the many programs and events that the PTA supports throughout the year.

Remember that happiest people are not getting more, but those giving more.

Warm Regards,
Erica Youngman, PTA President
Heather Reid, PTA Vice President
Sareh Hunt, PTA Secretary
Tiffany Leigh, PTA Treasurer



From the Counselor

How to Avoid Passing Anxiety on to Your Kids- Brigit Katz

Help yourself, and them, by learning techniques to manage stress in a healthy way.

On a recent afternoon, JD Bailey was trying to get her two young daughters to their dance class. A work assignment delayed her attempts to leave the house, and when Bailey was finally ready to go, she realized that her girls still didn't have their dance clothes on. She began to feel overwhelmed and frustrated, and in the car ride on the way to the class, she shouted at her daughters for not being ready on time. "Suddenly I was like, 'What am I doing?'" she recalls, filled with anxiety. "This isn't their fault. This is me."

Bailey has dealt with anxiety for as long as she can remember, and she knows that her anxiety occasionally causes her to **lash out at her daughters** when she doesn't really mean to, and she can see that it affects them. "You see it in your kids' face," Bailey says. "Not that they're scared, but just the negativity: 'Oh my God, my mommy's upset.' You're their rock. They don't want to see you upset."

Taking cues from you

Witnessing a parent in a state of anxiety can be more than just momentarily unsettling for children. Kids look to their parents for information about how to interpret ambiguous situations; if a parent seems consistently anxious and fearful, the child will determine that a variety of scenarios are unsafe. And there is evidence that children of anxious parents are more likely to exhibit anxiety themselves, a probable combination of genetic risk factors and learned behaviors.

It can be painful to think that, despite your best intentions, you may find yourself transmitting your own stress to your child. But if you are dealing with anxiety and start to notice your child exhibiting anxious behaviors, the first important thing is not to get bogged down by guilt. "There's no need to punish yourself," says Dr. Jamie Howard, director of the Stress and Resilience Program at the Child Mind Institute. "It feels really bad to have anxiety, and it's not easy to turn off."

But the transmission of anxiety from parent to child is not inevitable. The second important thing to do is implement strategies to help ensure that you do not pass your anxiety on to your kids. That means managing your own stress as effectively as possible, and helping your kids manage theirs. "If a child is prone to anxiety," Dr. Howard adds, "it's helpful to know it sooner and to learn the strategies to manage sooner."

Learn stress management techniques.

It can be very difficult to communicate a sense of calm to your child when you are struggling to cope with your own anxiety. A mental health professional can help you work through methods of stress management that will suit your specific needs. As you learn to tolerate stress, you will in turn be teaching your child—who takes cues from your behavior—how to cope with situations of uncertainty or doubt.

"A big part of treatment for children with anxiety," explains Dr. Laura Kirmayer, a clinical psychologist, "is actually teaching parents stress tolerance. It's a simultaneous process—it's both directing the parent's anxiety, and then how they also support and scaffold the child's development of stress tolerance."

Model stress tolerance

You might find yourself learning strategies in therapy that you can then impart to your child when she is feeling anxious. If, for example, you are working on thinking rationally during times of stress, you can practice those same skills with your child. Say to her: "I understand that you are scared, but what are the chances something scary is actually going to happen?"

Try to maintain a **calm, neutral demeanor** in front of your child, even as you are working on managing your anxiety. Dr. Howard says, "Be aware of your facial expressions, the words you choose, and the intensity of the emotion you express, because kids are reading you. They're little sponges and they pick up on everything."

Explain your anxiety.

While you don't want your child to witness every anxious moment you experience, you do not have to constantly suppress your emotions. It's okay—and even healthy—for children to see their parents cope with stress every now and then, but you want to explain why you reacted in the way that you did.

Let's say, for example, you lost your temper because you were worried about getting your child to school on time. Later, when things are calm, say to her: "Do you remember when I got really frustrated in the morning? I was feeling anxious because you were late for school, and the way I managed my anxiety was by yelling. But there are other ways you can manage it too. Maybe we can come up with a better way of leaving the house each morning."

Talking about anxiety in this way gives children permission to feel stress, explains Dr. Kirmayer, and sends the message that stress is manageable. "If we feel like we have to constantly protect our children from seeing us sad, or angry, or anxious, we're subtly giving our children the message that they don't have permission to feel those feelings, or express them, or manage them," she adds. "Then we're also, in a way, giving them an indication that there isn't a way to manage them when they happen."

After JD Bailey lost her temper at her daughters on their way to dance class, she made sure to explain her reaction, and then focused on moving forward. "I said, 'I'm sorry. Mom is a little stressed out because I have a lot of work going on. Let's listen to some music,'" Bailey recalls. "We cranked up the music in the car, and it changed our mood."

Make a plan.

Come up with strategies in advance for managing specific situations that trigger your stress. You may even involve your child in the plan. If, for example, you find yourself feeling anxious about getting your son ready for bed by a reasonable hour, talk to him about how you can work together to better handle this stressful transition in the future. Maybe you can come up with a plan wherein he earns points toward a privilege whenever he goes through his evening routine without protesting his bedtime.

These strategies should be used sparingly: You don't want to put the responsibility on your child to manage your anxiety if it permeates many aspects of your life. But seeing you implement a plan to curb specific anxious moments lets him know that stress can be tolerated and managed.



Know when to disengage.

If you know that a situation causes you undue stress, you might want to plan ahead to absent yourself from that situation so your children will not interpret it as unsafe. Let's say, for example, that school drop-offs fill you with separation anxiety. Eventually you want to be able to take your child to school, but if you are still in treatment, you can ask a co-parent or co-adult to handle the drop off. "You don't want to model this very worried, concerned expression upon separating from your children," says Dr. Howard. "You don't want them to think that there's anything dangerous about dropping them off at school."

In general, if you feel yourself becoming overwhelmed with anxiety in the presence of your child, try to take a break. Danielle Veith, a stay-at-home mom who blogs about her struggles with anxiety, will take some time to herself and engage in stress-relieving activities when she starts to feel acutely anxious. "I have a list of to-do-right-this-second tips for dealing with a panic, which I carry with me: take a walk, drink tea, take a bath, or just get out the door into the air," she says. "For me, it's about trusting in the fact that the anxiety will pass and just getting through until it passes."

Find a support system.

Trying to parent while struggling with your own mental health can be a challenge, but you don't have to do it alone. Rely on the people in your life who will step in when you feel overwhelmed, or even just offer words of support. Those people can be therapists, co-parents, or friends. "I am a part of an actual support group, but I also have a network of friends," says Veith. "I am open with friends about who I am, because I need to be able to call on them and ask for help."

You can also look for support on blogs, online forums, and social media. JD Bailey runs a site called Honest Mom, where mothers can post essays about mental health and parenting. "I write about mental health to connect with other moms and help them not feel so alone," Bailey explains. "I get email and Facebook messages from readers, and the most common comment is, 'I felt so alone until I found your site.' And yes, writing about depression and anxiety helps me, too!"

Attendance Corner

As many of our students return to Hybrid In-person learning, it is critical that families understand the importance of student attendance and the different rules that apply to in-person days and remote or asynchronous days.

Definition of Absence from In-Person Learning WAC 392-401A-015 states:

1. A student is absent from in-person learning when the student is:
 - a. Not physically present on school grounds; and
 - b. Not participating in the following activities at an approved location during a scheduled in-person learning day:
 - (i) Instruction;
 - (ii) Any instruction-related activity; or
 - (iii) Any other district- or school-approved activity that is regulated by an instructional/academic accountability system, such as participation in district sponsored sports.
2. A full day absence from in-person learning is when a student is absent for fifty percent or more of their scheduled day.

Definition of Absence from Remote Learning

1. A student is absent from remote learning when the student is not participating in planned instructional activities on a scheduled remote learning day.
2. Evidence of student participation in remote learning may include, but is not limited to:
 - a. Daily logins to learning management systems;
 - b. Daily interactions with the teacher to acknowledge attendance (including messages, emails, phone calls or video chats); or
 - c. Evidence of participation in a task or assignment.

On your student's ASYNCHRONOUS days, they can show evidence of their participation by logging in to Canvas and checking their assignments, turning in those assignments either through Canvas or some other method used by their teacher, attending their Specialist Zoom classes, doing i-Ready lessons, or participating in small group sessions they are scheduled for.

Remember, Attendance Matters!



Uniform Information

With the return to Phase 3 Hybrid model quickly approaching, there have been many inquiries about uniforms. Those students attending school in the Hybrid model will be required to wear uniforms. The best places to order basic pieces are :

<https://www.childrensplace.com/> The Children’s Place online always has fantastic sales on uniform pieces, Old Navy, Target, & Walmart for basic pieces. *If you need uniform assistance, please contact the office at 425-385-4300.* If you are interested in purchasing Whittier logo pieces, please contact **Screen Print Northwest** directly at 425-303-3381. They are located at 2526 Colby Avenue for pick-up.

Everett Public Schools is hiring substitute paraeducators

Do you enjoy supporting children learn and grow? Are you a volunteer or have a student attending Everett Public Schools? Do you look forward to spending time with others? Are you seeking extra income?



If you answered yes to any of these questions, please apply to become a substitute paraeducator. We offer a competitive wage, flexible schedule, training and much more. For more information, please call the Substitute Services Office at 425-385-4111 or email at subservices@everettsd.org. To apply, please visit our website at www.everettsd.org/jobs and click “employment.”

Kindergarten registration begins this month

Do you have a child who will be 5 years old by Aug. 31, 2021? Registration begins on March 1, 2021. During school building closure, you can complete enrollment forms for kindergarten [online!](#) A [step-by-step parent walkthrough video](#) is also available as a resource.



New for fall, 2021 is the dual-language Spanish immersion program at Emerson Elementary School. Families with children entering kindergarten will have the option to choose the dual language strand. This program gives elementary students an opportunity to complete the Everett Public Schools curriculum in a nontraditional and exciting way by immersing them in Spanish language and culture from kindergarten through twelfth grade. Students in the program will become proficient in both Spanish and English while learning the same curriculum content as their peers outside the program.

Priority will be given to students within the Emerson Elementary School attendance area. If a high number of students apply, a lottery will be conducted to select students. If the class is not filled from those in the Emerson attendance area, an additional lottery from beyond the school attendance area will be conducted.

Education Support Professionals Week

March 8-12 help us recognize the important work education support staff does for schools and students every day. We encourage you to take a moment and say thank you to office staff, crossing guards, paraeducators, maintenance staff, food and nutrition services professionals, bus drivers and many other education support staff who help schools and the district function smoothly.



Daylight saving time begins March 14



Daylight Saving Time begins on Sunday, March 14 at 2 a.m. On Saturday night, set your clocks forward one hour (i.e., losing one hour) to “spring ahead.” There will be more light in the evening.

Also called Spring Ahead, Summer Time and Daylight Saving Time.

School Quality 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 Quality 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.

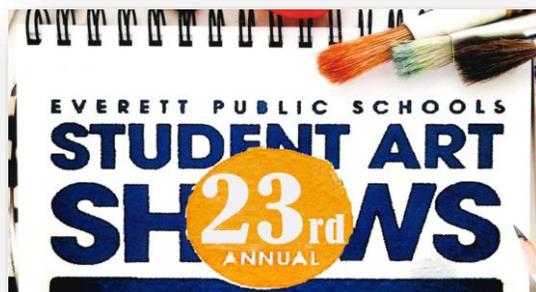
You will receive a link to our anonymous, multiple-choice family survey in the next few weeks. We ask that you please complete and submit the survey by **April 9**. If you have more than one student in Everett Public Schools, please complete a survey for each school your student attends so they can benefit from your feedback.



Please watch for the link to this School Quality Survey and take a few minutes to send us your input. The survey will be available from **March 1** through **April 9**. If you don’t receive a survey link, please contact your student’s school. We truly appreciate your time and participation. Your feedback is very important to us as we set and evaluate school improvement goals.

23rd annual student art shows

Everett Public Schools, in partnership with Everett Public Schools Foundation, is pleased to display the work of student artists with virtual art shows. The art shows will be posted to school websites under announcements.





Ways to stay in touch

On the communications department webpage, you can sign up for [InTouch](#) announcements and school board meeting agenda highlights delivered to your email box twice monthly. You can also follow us on [Facebook](#), [Twitter](#) and [Instagram](#).



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.



Safety tip line

3 easy ways

Text or call
 855-637-2095

 1350@alert1.us

 <https://everett-wa.safeschoolsalert.com>

FOR EMERGENCIES, PLEASE CALL
911!

Do you or your student have a concern about someone experiencing bullying or harassment?

Report it! You can talk directly with your school's office or you can call, text or email your concern.

If there is concern about safety on a designated walkway to school, call 9-1-1 immediately for authorized, quick help. We have strong partnerships with

local law enforcement who share our interest in safe schools and neighborhoods. Student safety is a priority for all of us. Working together, we can help make our neighborhoods and schools nurturing places for students to safely learn and grow.

Free meals continue through the end of the school year!

Breakfast and lunch will be available at no charge for students learning on-site. Five-day meal kits will continue to be available for pick up each Wednesday for all kids, both remote learners and on-site learners. Meals include fruit, veggies, whole grains, lean protein and milk. This program is available for all kids age 1-18, no qualification necessary. Follow @eps_cafe on [Facebook](#), [Instagram](#) and [Twitter](#) for the most up to date information.



Remember to register to vote

By registering to vote, either in person or online, you can exercise a basic democratic right.

1. In person -- You may register to vote or change your registration at Snohomish County Elections, 3000 Rockefeller Ave, Everett, 1st Floor, Admin Bldg. West.
2. Online -- If you have a valid Washington state driver's license, you may register with the [Secretary of State](#) quickly and easily online. You may also download a voter registration form in several languages from that site.

To learn details about elections, visit the [Snohomish County Elections](#) website.



Update emergency contacts

Please call your school if your phone number or emergency contact information changes at any time during the school year. This is the contact information used by the Everett Public Schools automated phone system in emergencies and to share important school information with families.

Do not miss out!

Our school is using Peachjar to send flyers home electronically.

Just go to the home page of our school website and click on the Peachjar Eflyer button to check it out. You do not need to login to receive or view school eflyers.



No action is required on your part. You should have already received a welcome email from Peachjar that includes a username and password. This is provided so you can manage your account and flyer delivery preferences. Don't worry if you've forgotten your password, you can reset it at any time.

This system is used exclusively for the distribution of school-approved flyers. Your email address will not be shared or used for any other purpose.



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